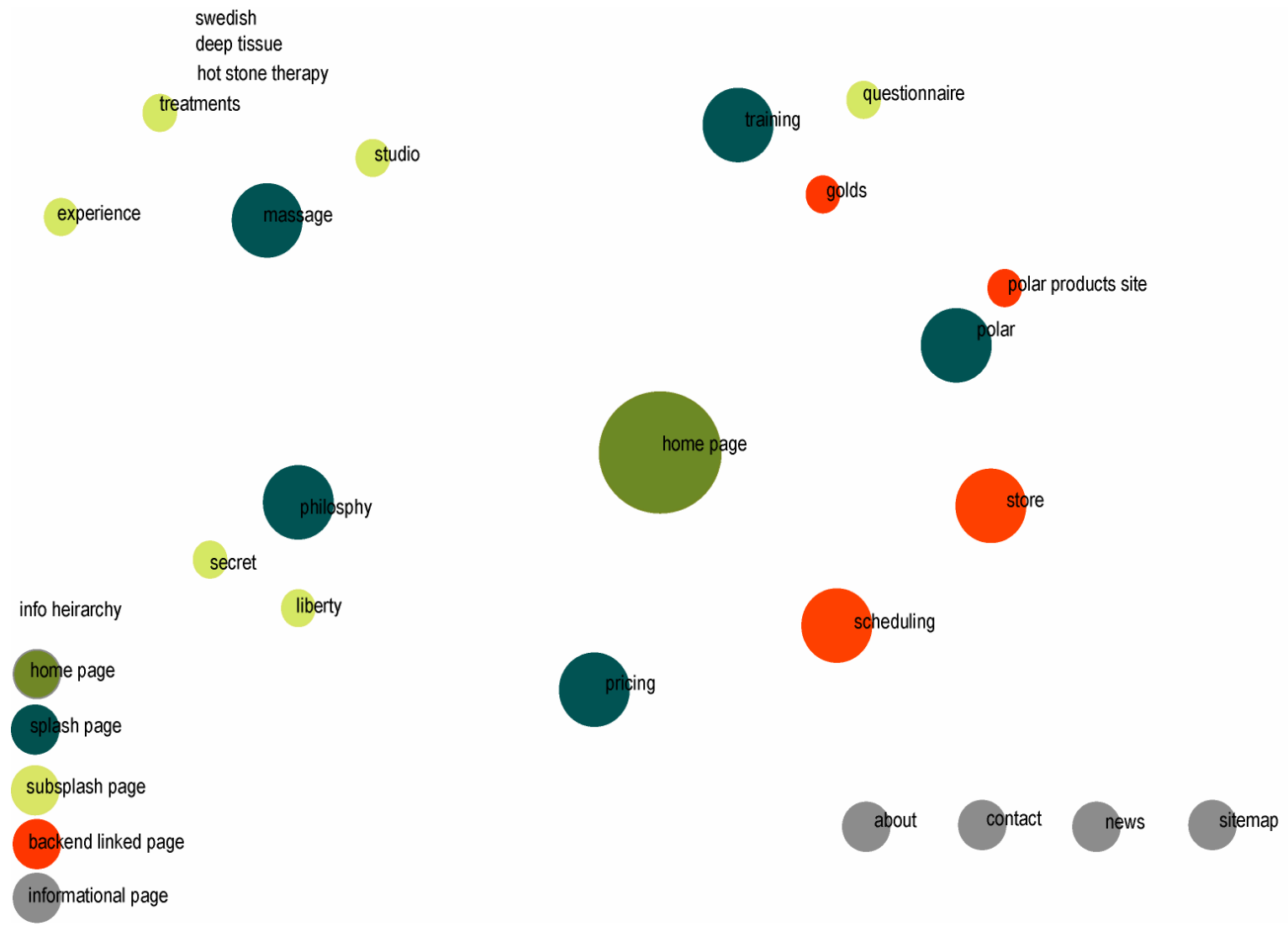


Awakened Seed

Website

Awakenedseed.com >> concept / site map



[Awakenedseed.com](https://awakenedseed.com)

Awakened Seed empowers you to achieve focused abundance, pure health and fitness. We are dedicated to helping you achieve physical and mental balance as you work towards realizing your true potential. Awaken Seed offers professional massage services, NASM certified personal training and over 5,000 health and fitness supplements.

Awakenedseed.com/massage

Awaken your body, mind, and sprit through massage

<subnav>

The Experience

The Studio

The Treatments

Awakenedseed.com/massage/experience

The Experience

A rejuvenating and nurturing experience awaits you at the Awakened Seed massage studio. Our intimate setting is designed to nurture the senses of body, mind, and spirit via a warm, inviting environment maintained at the optimum temperature to stimulate the process of physical and emotional renewal.

Upon arrival, refreshing lemon-cucumber water or herbal teas are provided to hydrate body and calm spirit. Subtle, exotic aromatherapy oils and soothing music quiet your mind to prepare you for your massage treatment. We only use massage products that contain active botanical extracts which, unlike traditional massage oils, will leave your skin feeling luxuriously soft and healthy. At the end of your treatment, a fresh, steamed cloth with essential oils is provided to gently refresh you.

Awakenedseed.com/massage/studio

The Studio

The Awakened Seed massage studio is quietly tucked away in the lovely Noe Valley district of San Francisco, close to the Castro, Mission and Diamond Heights neighborhoods. Convenient access to parking and public transportation is available.

Massage treatments are delivered by our certified professionals who focus on delivering a healing massage experience with great customer service. Skilled and knowledgeable in many specialized techniques, our staff are happy to consult with you on your individual needs and preferences.

Awakenedseed.com/massage/treatments

The Treatments

The Awaken Seed massage studio offers three core treatments – Swedish massage, Deep Tissue massage and Hot Stone Therapy. Rejuvenating aromatherapy using fragrant, natural, botanical essential oils from plants, leaves, bark, roots, seeds, resins and flowers is incorporated into all treatments. Energy work techniques are also incorporated in all treatments to maintain energy balance, loosen blocked energy, enhance equilibrium and promote deeper relaxation.

Swedish Massage

The Experience: Relieve tension and soothe nerves through this European-style total body relaxation experience. A combination of stroking, kneading, percussion and vibration applied with special massage lotions set body, mind and spirit at ease.

The Benefits: Relieves muscle pain, improves circulation, Decreases tension, increases flexibility, removes toxins, aids muscle trauma recovery.

Deep Tissue Massage

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Hot Stone Therapy

The Experience: Escape to a state of pure relaxation with this ancient Native American treatment. Warm stone thermotherapy is combined with traditional Swedish massage using heated stones to dissolve muscle tension and induce deep relaxation.

The Benefits: Relieve stiffness, Alleviates muscle soreness

Awakenedseed.com/training

Awaken your health and fitness through training

Awakened Seed's personal training services are offered exclusively by Ryan Joseph through **Gold's Gym** <[link to Gold's Gym website](#)> in San Francisco. Ryan Joseph is an experienced personal trainer certified through the National Academy of Sports Medicine.

Ryan trains clients using the sports medicine based methodology of NASM's Optimum Performance Training. While traditional training programs have been based entirely on the experience of bodybuilders, coaches or athletes, the NASM OPT method represents the first and only comprehensive training program based on current scientific research. This methodology provides undisputed results specific to individual goals, be they improving performance, conditioning or rehabilitation, whatever your level.

The **Awaken Seed training process** begins by completing **Pre-Training Questionnaire** <[link to awakenseed.com/training/questionnaire](#)> and **scheduling your an appointment** <[link to awakenseed.com/scheduling](#)> at **Gold's Gym**. <[link to Gold's Gym website](#)> This is followed by a comprehensive assessment of individual strengths and weaknesses in the areas of posture, movement, strength, flexibility, and athletic performance. Assessment information will be used to help correct any existing imbalances and design a individualized program to success.

Pre-Training Questionnaire

Date < >
Name < >
Height < in.>
Weight < lbs.>
Age < >
Physician's Name < >
Physician's Phone < >

Physical Activity Readiness

- 1) Has your doctor ever said that you have a heart condition and that you should only perform physical activity recommended by a doctor? <Y/N>
- 2) Do you feel pain in your chest when you perform physical activity? <Y/N>
- 3) In the past month, have you had chest pain when you were not performing any physical activity? <Y/N>
- 4) Do you lose your balance because of dizziness or do you ever lose consciousness? <Y/N>
- 5) Do you have a bone or joint problem that could be made worse by a change in your physical activity? <Y/N>
- 6) Is your doctor currently prescribing any medication for your blood pressure or for a heart condition? <Y/N>
- 7) Do you know of any other reason why you should not engage in physical activity? <Y/N>

If you have answered yes to one or more of the above questions, please consult your physician before engaging in physical activity and tell your physician which questions to which you answered yes. After a medical evaluation, seek advice from your physician on what type of activity is suitable for your current condition.

General

Occupation

- 1) What is your current occupation? < >
- 2) Does your occupation require extended periods of sitting? <Y/N>
- 3) Does your occupation require extended periods of repetitive movements? <Y/N> (If yes, please explain.) < >
- 4) Does your occupation require you to wear shoes with a heel (dress shoes, high heels, etc.)? <Y/N>
- 5) Does your occupation cause you anxiety or mental stress? <Y/N>

Recreation

- 6) Do you participate in any recreational activities (golf, tennis, skiing, etc.)? <Y/N> (If yes, please list.) < >
7) Do you have any hobbies (reading, gardening, working on cars, exploring the Internet, etc.)? <Y/N> (If yes, please explain.) < >

Medical

- 8) Have you ever had any pain or injuries (ankle, knee, hip, back, shoulder, etc.)? <Y/N> (If yes, please explain.) < >
9) Have you ever had any surgeries? <Y/N> (If yes, please explain.) < >
10) Has a medical doctor ever diagnosed you with a chronic disease, such as coronary heart disease, coronary artery disease, hypertension (high blood pressure), high cholesterol or diabetes? <Y/N> (If yes, please explain.) < >
11) Are you currently taking any medication? <Y/N> (If yes, please list.) < >

Awakenedseed.com/pricing

Awaken Seed Massage Studio Pricing

All massage treatments can be scheduled and purchased via credit card conveniently via our automated online system. <link to awakenedseed.com/scheduling> We encourage you to take advantage of this quick and easy way to book.

Single Massage Appointments*

1.0 hour / \$90.00

1.5 hours / \$135.00

2.0 hours / 180.00

Massage Packages

Five Massage Session Package

(5) 1.0 hour / \$81.00 (\$405.00)

(5) 1.5 hours / \$126.00 (\$630.00)

(5) 2.0 hours / \$171.00 (\$855.00)

Ten Massage Session Package

(10) 1.0 hour/ \$72.00 (\$720.00)

(10) 1.5 hours / \$108.00 (\$1,080.00)

(10) 2.0 hours / \$162.00 (\$1,620.00)

**New clients automatically receive \$20 off their first massage treatment if they schedule and purchase online.*

Personal Training Services

Personal training is scheduled and purchased through Gold's Gym San Francisco. <Link to Gold's Gym>

Gift Cards

If you wish to give the gift of relaxation, gift cards for massage treatments can also be purchased online.

Awakenedseed.com/philosophy

Awaken your body, mind and spirit through reflection

Awaken Seed does not only offer massage and training services, we seek to empower and inspire through positive thinking. Below are links to some of our own inspiration.

The Secret

The Secret involves unlocking the laws of attraction as great thinkers throughout the ages have done. You are a magnet attracting to you all things, via the signal you are emitting through your thoughts and feelings. Discover how to become a powerful magnet for the creation of unlimited joy, health, money, relationships, love, youth - everything you have always wanted.

Discover the Secret <[link to the Secret flash movie](#)>

The Liberty Principle

The Liberty Principle reveals how each individual is responsible for the outcome of their own destiny, based on what they feel and believe inside. You can be liberated through the choices you make and efforts you put forth, only if you begin feeling and believing what you truly want to become.

Discover the Liberty Principle <[link to the Liberty Principle flash movie or website](#)>

[Awakenedseed.com/polar](https://awakenedseed.com/polar)

Awaken your health and fitness through science

Awaken Seed is an official reseller of Polar products, including Polar Heart Rate Monitors. Paired with your individualized Awakened Seed personal training plan, this technology helps empower you towards realizing your health and fitness goals. Polar Heart Rate Monitors are worn conveniently around the wrist, enabling a scientific, results-based training approach to be maintained whether training takes you indoors or outdoors.

Awakenedseed.com/store

<link to Awakenedseedstore.com>

[Awakenedseed.com/scheduling](https://awakenedseed.com/scheduling)

<link to Scheduling Back-end>

Awakenedseed.com/about

Ryan Joseph

Founder of Awakened Seed

Health and Fitness Professional • NASM Certified Personal Trainer • Advanced Certified Massage Therapist

Ryan Joseph founded Awakened Seed to empower people to live their dreams. He is a progressive humanist with a nurturing spirit to inspire others towards sense of empowerment, responsibility and community. He is active in the community, working with many organizations, charities and individuals that align with his own guiding purpose of empowering individuals to achieve their dreams.

Ryan graduated from the San Francisco School of Massage and has been practicing massage therapy for over five years. He received his personal training certification through that National Association of Sports Medicine. Ryan is also involved with the Life-force Educational Corporation which teaches cognitive therapy techniques to uncover hidden mental and emotional blockages that prevent people from realizing true potential. He incorporates his education and experience into his practice to inspire and the awakened potential of his clients.

Ryan holds his BA degree from the Academy of Art, San Francisco in Media, Interior Architecture and Design.

Awakenedseed.com/contact

Contact

Ryan Joseph

Health & Fitness Professional

NASM Certified Personal Trainer

Advanced Certified Massage Therapist

Office 415.683.8282

Cell 415.710.6022

Fax 415.9720.2243

Email ryan@awakenseed.com

Awakenedseed.com/news

Get the latest training, fitness, wellness and supplement news from Awaken Seed.

<links>

September 2007 Newsletter

August 2007 Newsletter

Awakenedseed.com/sitemap

Home

Massage

The Experience

The Studio

The Treatments

Training

The Questionnaire

Pricing

Philosophy

The Secret

The Liberty Principle

Scheduling

Polar

Store

About

Contact

News

Newsletter 1

Newsletter 2

(etc.)

Sitemap

Awakened Seed

Brochure

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We are dedicated to helping you achieve physical and mental balance as you work towards realizing your true potential.

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<Cover design – Awakenseed logo>



Inside left

Awaken your body, mind, and spirit through massage

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Inside center

The Treatments

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Massage appointments can be made for 60, 90 or 120 minutes. Massage packages and gift cards are also available. Pricing can be found online at www.awakenseed.com.

Inside interior right

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Awaken your potential through supplements

Awaken Seed offers over 5,000 supplements from over 140 brands to help you achieve your goals and realize your true potential.

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Awakened Seed

Flyer

Front

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**Awaken
true
potential**

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Founder of Awakened Seed
Health and Fitness Professional • NASM Certified Personal Trainer • Advanced Certified Massage Therapist

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Postcard

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MuscleMilk

Diet

Health & Fitness

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