



# IYASHI BEDROCK SPA

THE FIRST GANBANYOKU (ROCK BATHING) SPA IN  
NORTH AMERICA AND THE ONLY ONE IN CANADA

FAR INFRARED RAYS . NEGATIVE IONS . DETOXIFICATION  
BETTER SLEEP . GLOWING SKIN . WEIGHT LOSS . REVS METABOLISM  
PAIN RELIEF . HEALING . ILLNESS PREVENTION . INCREASED IMMUNE SYSTEM  
BETTER CIRCULATION . MENTAL ALERTNESS . MORE MINDFUL  
REDUCES STRESS & ANXIETY . MORE ENERGY . ANTI-AGING

**Introductory Price:** only \$15 for your first “Ganban” service (Rock Bathing, Hot Yoga or Hot Pilates)

## Corporate Discount Program – Michener Institute (Promo: Michener) Employees receive Bonus Sessions with their Iyashi “Ganban” Packages

- **5-Session Pack** – receive 1 additional bonus session for FREE (\$45 savings)
- **10-Session Pack** – receive 2 additional bonus sessions for FREE (\$90 savings)
- **20-Session Pack** – receive 4 additional bonus sessions for FREE (\$180 savings)
- **50-Session Pack** – receive 6 additional bonus sessions for FREE (\$270 savings)
- **100-Session Pack** – receive 10 additional bonus sessions for FREE (\$450 savings)

### Services

**Rock Bathing:** Relax and rejuvenate on our Black Silica Stone Beds. Towels and Spa Outfits provided.

**Hot Yin Yoga:** All the poses are sitting or lying down, to get maximum contact with the Black Silica stone beds.

**Hot Stone Pilates:** Classes are intent on developing core strength and muscle tone and banishing chronic aches and pains. All poses are sitting or lying down as per our Yoga.

**RMT:** Having a massage after a Rock Bathing service or one of our Classes feels amazing. Single or couples massages available.

**Reflexology:** By stimulating the nerve endings of the hands, feet or face, through application of pressure and touch, Reflexology improves blood and nerve supply to all areas of the body.



### Suites:

**Traditional:** (17 stone beds, for women only)  
**Deluxe:** (4 stone beds, for women, men or couples)

2662 Yonge Street (directly across from Sporting Life)

416 488-7625 (ROCK) [www.iyashibedrockspa.com](http://www.iyashibedrockspa.com)