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Meditating with Candace Molatore

Meditation and mindfulness are all the rage right now, and for good reason. Recent studies show that practicing mindfulness, even for just a few weeks, can bring about many different mental, physical, and social benefits.



Can you really learn a massage modality remotely?

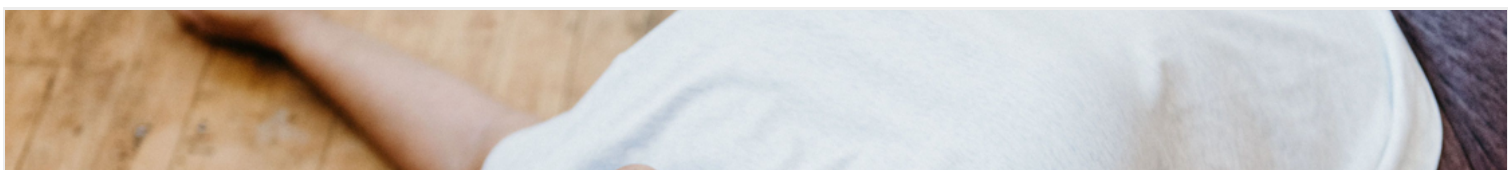
Yomassage is going 100% REMOTE in 2020! We know what you are

Yomassage is going 100% REMOTE in 2020! We know what you are thinking... How can you possibly learn a massage modality REMOTELY?? Let's show you. (And stay tuned for a video at the bottom of this post that walks you through the online training!)



Introducing Yomassage™ Self Care!

Yesterday, Yomassage had the exciting opportunity to collaborate with Getaway, a new business that allows you to escape Portland for time away in nature. Training Director and Master Trainer, Ashley Contreras, led our first Yomassage™ Self Care workshop at Studio PDX in Portland, OR.





Minority Mental Health Month

Each month, Yomassage focuses on one underrepresented population and looks for ways to serve, donate, or offer therapeutic touch through Yomassage and encourage all Yomassage Therapists to do the same. Share your own project with #yomassagegives and we will help you promote your event or highlight your story!





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