

# RWR Massage Schedule

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250-643-0293

**Shannon Rue** is the owner of Mountain Massage Studio and has been practicing and training in a variety of different body work techniques for 17 years. Shannon also combines massage with her experience as a Registered Therapeutic Counsellor, Yoga Instructor and Health Coach to offer a unique experience to individual clients with the focus on mind, body and soul as a whole.

## Friday

1:00-2:00pm

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2:05-3:05pm

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3:10-4:10pm

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4:15-5:15pm

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5:20-6:20pm

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## Saturday

9:00-10:00am

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10:05-11:05am

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11:10am-12:10pm

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12:15-1:15pm

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3:00-4:00pm

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4:05-5:05pm

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5:10-6:15pm

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\*You are responsible for your appointment time and the \$80 fee. 24-hour notice required for cancellation or you must find someone to fill your spot.