

# Restorative Massage



Jaya R. Carl

*Certified Restoration Therapist*

*The Magic is in the Elbow.*

Shanti Restoration Therapy

940 Park Ave.  
San Jose, CA 95126



Jaya R. Carl, CMT

From Jaya's very first Jujitsu class in 1986 Restoration Therapy has been an important part of his practice. In 1991 he received his Massage Technician certificate from the American Judo & Jujitsu Federation (AJJF), then his Massage Practitioner certificate in 1999. He also received an advanced certificate in Seifukujitsu/Restoration Therapy in 1999 from Profs. Tony Janovich and Sig Kufferath. Jaya continues to study under his sensei Prof. Robert Hudson at the Seifukujitsu Institute of Southern California and with Prof. Janovich at the Kodokan Jujitsu & Restoration Therapy School of Santa Clara. His Myofacial Release training began in 2004.

Jaya's Jujitsu and massage is grounded in many years of yoga practice and qigong. He completed the Yoga Teachers Training with Swami Vishnu Devananda of the Sivananda Yoga Vedanta Centers International in 1973. He continues to propagate yoga by running the Shanti Yoga Center in San Jose, California.

*The Magic is in the Elbow.*

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## What is Restoration Therapy?

Restoration Therapy is a combination of:

- Amma (original Japanese therapy)
- Acupressure
- Shiatsu
- Lomi Lomi
- Herbology
- Reflexology
- Western Massage

It is a full body deep general circulatory treatment that is designed to balance the systems of the body and promote healing. Ninety percent of the work is done with the crux of the elbow which gives Restoration Therapy its distinctive look and feel.

Restoration Therapy is also known as Long Life™ Massage, the "famous elbow" technique and commonly called Okazaki Restorative Massage.

## Where did it come from?

Restoration Therapy has been practiced in Japan for centuries. Professor Henry S. Okazaki, founder of Danzan-Ryu Jujitsu, continued to develop Restoration Therapy by combining the most effective techniques from several disciplines (see What Is Restoration Therapy? above). Prof. Okazaki (1890-1951) was the foremost exponent of the ancient Japanese holistic healing art of Seifukujitsu, the art of conquering adverse health conditions. Because Prof. Okazaki was living in Hawaii he was able to learn and incorporate Hawaiian, Japanese, Chinese and Western methodologies into his own unique Restoration Therapy approach to healing.

Seifukujitsu and Restoration Therapy are a significant part of Danzan-Ryu Jujitsu. To his Jujitsu students Professor Okazaki stressed the need to take responsibility for their actions through knowledge of how to reverse the effects of their martial techniques through restoration arts. The true purpose of the study of Jujitsu is to make the student a healer. The self-control, concentration, confidence, and ability to project life force (Qi, Prana, vitality) developed in martial arts training are the same attributes utilized by the best healers.

## Benefits of Restoration Therapy

*This profound technique helps the body heal itself. Some of the specific maladies that a series of treatments will affect are:*

- stress
- illness
- tension
- headaches
- menstrual cramps
- repetitive stress syndrome
- migraine headaches
- nervous tension
- muscular aches and pains
- injury rehabilitation
- mental fatigue
- physical fatigue
- general fatigue

*In addition to its healing characteristics, Restoration Therapy is known to:*

- increase self esteem
- tone the body
- promote general health
- improve circulation
- balance flow of Qi
- reduce accidents
- leave you feeling restored, not exhausted

## Receiving A Treatment

*Before a treatment the client should:*

- bathe
- refrain from eating for two hours
- drink plenty of water
- remove jewelry and contact lenses
- modest clients may choose to wear a bathing suit

*After the treatment the client should:*

- drink extra water
- wait an hour before eating or bathing
- plan to spend some quiet time immediately following the treatment
- feel great, *You are restored!*

## General Information

### Shanti Restoration Therapy

LongLife™ Massage by Jaya R. Carl

510-828-4661 (cell)

408-885-1018 (Clinic in San Jose)

Clinic at Shanti Jujitsu Dojo & Yoga Center  
940 Park Ave.  
San Jose, CA 95126

Clinic Rates:

\$60 per session

\$240 for 6 sessions

\$45 for one session per month

Out-Call Rates:

\$85 per session

\$360 for 6 sessions

\$65 for one session per month

Specific Therapies add \$20

Herbs add \$2 and change to list price  
(limited availability)

## By Appointment Only

(48 hour notice recommended):

San Jose Clinic:

- Monday and Thursday; 11AM - 7PM
- 2nd Saturday 1PM - 4 PM

Out-Call (Dublin/Tri-Valley area)

- Tuesday; 8 AM - 3 PM
- Wednesday and Friday; 8 AM - 7 PM
- Saturday; 8 AM - noon

