



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 Kodenkan 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 to Expect
during a massage or
restoration session*



Jaya R. Carl

Certified Restoration Therapist

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Where Will My Massage Session take place?

Your massage or restoration therapy session will take place in a warm, comfortable, quiet room. Soft music may be played to help you relax. You will lie on a table especially designed for your comfort.

Who Will Perform the Massage?

A trained professional who has received proper training, often in a variety of techniques, will conduct your session. The city or county licenses massage practitioners. Although no two massages are exactly alike, you may request a certain technique or modality. You may also request your preference as to a male or female therapist. Make this request when you book your session.

Must I Be Completely Undressed?

Most massage and restoration therapy techniques are traditionally performed with the client unclothed; however, you may decide what amount of clothing you prefer to wear for your own comfort. You will be properly draped during the session. Most people wear their underpants during the treatment.

Will the Practitioner Be Present When I Disrobe?

The practitioner will leave the room while you undress, relax onto the table and cover yourself with a clean sheet or towel.

Will I Be Covered During the Session?

You will be properly draped at all times to keep you warm and comfortable. Only the area being worked on will be exposed.

What Parts of My Body Will Be Massaged?

You and the practitioner will discuss the desired outcome of your session. This will determine which parts of your body require massage. A typical full body session will include work on your back, buttock, shoulders, arms, hands, legs, feet, abdomen, neck and head. You will not be touched on your genitals or breasts.

Will Lubricant Be Used?

A light oil or lotion may be used to permit your muscles to be worked on without causing excessive friction to the skin or pulling of hair. The lubricants used should hydrate the skin and be readily absorbed.

What Will the Massage or Restoration Therapy Feel Like?

It depends on the techniques used. In a general restoration therapy treatment a deep pulsing pressure is used and this is adapted to the needs of the client and their ability to relax. You should communicate immediately if you feel any discomfort. Myofascial Release is a very quite gentle and meditative experience. Massage and restoration therapy are most effective when your body is not resisting.

Are There Different Kinds of Massage and Bodywork?

There are numerous types of massage and bodywork; various techniques utilize different strokes, including basic rubbing strikes, rocking movement, posture and movement re-education, application of pressure to specific points and more. Ask the practitioner about the methods they use.

How Long Will the Session Last?

The average full-body massage or restoration session lasts approximately 50 minutes. A half-hour appointment lasts 25 minutes. Restoration therapy is a concentrated treatment and should never last over an hour; it is not your mother's massage.

What Should I Do During the Session?

Make yourself comfortable. The practitioner will either gently move you or tell you what is needed throughout the session (such as bending your knee). Many people just close their eyes and completely relax. Others like to talk during their session. Feel free to ask the practitioner questions about massage and restoration therapy in general or about the particular technique you are receiving.

How Will I Feel After the Massage or Restoration Therapy Session?

Most people feel very relaxed. Some experience freedom from long-term aches and pains developed from tension or repetitive activity. After an initial period of feeling slowed down, people often experience increased energy, heightened awareness, sound sleep that night, and greater productivity which can last for days. The next day areas that were worked particularly deep may have some therapeutic soreness. Since toxins are released from your soft tissues during a massage, it is recommended you drink plenty of water following your massage.

What Are the Benefits of Massage and Restoration Therapy?

Massage and restoration therapy can help release chronic muscular tension and pain, improve circulation, increase joint flexibility, reduce mental and physical fatigue and stress, promote faster healing of injured muscular tissue, improve posture and reduce blood pressure. Massage and bodywork is also known to promote better sleep, improve concentration, reduce anxiety and create an overall sense of well being.

Are There Any Medical Conditions That Would Make Massage or Restoration Therapy Inadvisable?

Yes. That's why it's imperative that before you begin your session, the practitioner asks general health questions. It is very important that you inform the practitioner of any health problems or medications you are taking. If you are under a doctor's care, it is advised that you receive a written recommendation for massage prior to any session. Many practitioners may require a recommendation or approval from your doctor.

General Information

Restoration Massage Therapy

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