

Therapist opens bodywork studio

By Sue Stafford
Correspondent

Upon entering the new movement and bodywork studio being opened by Selah Broderick, LMT, the first impression is of how flooded with natural light it is. The upstairs corner studio at 207 N. Fir St., A-3, above Cascade Fitness, has large windows on two sides and a door that opens out onto a deck adorned with colorful hanging flower baskets. Tucked in a back corner is a soothing, softly lit massage space.

As she approaches 60 — still a few years away — and following hip replacement surgery last winter, Broderick did some re-evaluation of what she wanted her working life to be, and also to be of support to the community.

Her new studio, Sey-Lah-Vie!, is the manifestation of her desire to take all of her life experience and direct it toward helping others embrace their aging with grace. The studio's name is a play on the French term "c'est la vie!" — this is life — and Broderick's first name, Selah. Selah was a name given to her by a group of women friends a number of years ago. It is a Hebrew word that means "rest here, think on this," which is what Broderick envisions her clients doing.

A licensed massage therapist and long-time yoga

instructor, Broderick will be offering three classes beginning June 29:

- **Roll It!** on Mondays from 6 to 7:15 p.m. will help release tight muscles and keep good blood flow through muscle tissue. It's like giving yourself a massage by utilizing foam rollers.

- **Strengthen, Lengthen, Relax** on Wednesdays from 6 to 7:15 p.m. is a combined movement class using yoga and other movement to create a balanced practice of stretching, strengthening, and relaxation techniques.

Selah Broderick hopes that Sey-Lah-Vie! will be a place for people to find respite, community, and to re-energize — a facilitated healing space.

- **Chair Moves** on Thursdays from 11:45 a.m. to 1 p.m. will use chairs and props for supporting movement that strengthens and lengthens your body to promote relaxation.

The first class is complimentary, and you can join any time. Each class is \$12 or purchase a punch card.

Broderick is also offering a full menu of massage and

bodywork, available individually in 60-, 75-, and 90-minute sessions or in money-saving packages. Also available are 30- and 45-minute neck, shoulder, hand and foot massages. Private assessment of tension trouble spots and design of an individual home practice are also available.

Dreams for the future include collaboration with other local practitioners and professionals to offer a variety of classes and workshops including writing, expressive arts, dance, Feldenkrais, pilates, and graceful aging. Broderick hopes that Sey-Lah-Vie! will be a place for people to find respite, community, and to re-energize — a facilitated healing space.

The importance of relaxation and alignment was apparent to Broderick from an early age, when as a youth severe asthma made her aware of the role tension played in her asthma. Beginning the practice of yoga improved her health and life as she learned to relax.

She began working in anatomy and kinesiology as a young woman, which led to many years of study with senior yoga teachers, fueling her passion for alignment, restoring and quieting practices.

Broderick founded Yoga for the Heart in 1991 in western Oregon, and for 20 years offered workshops and retreats. Her work with



PHOTO BY SUE STAFFORD

Selah Broderick has launched a new bodywork studio in Sisters.

hospice and studies with Rodney Smith, "Lessons From the Dying," have deepened her understanding of the need for rest and balance in all endeavors. She strives to create a safe and fun environment in which her clients can learn and share.

She is the mother of three musically gifted grown children and the grandmother of two little ones. In the fall, when her children are

hopefully all in the area, she will have a grand opening celebration with music provided by her offspring.

Sisters has definitely become her home with the opening of her studio and her planned purchase of a Habitat for Humanity house in the fall.

For more information contact Selah at 541-241-0043 or seylav7@gmail.com or visit seylahviestudio.com.

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