

## About Mana Rocks

Mana Rocks provides massage therapy and backstage coordination services to touring musical acts and film production crews. Either out on the road or closer to its home base in Portland Oregon, Mana Rocks caters to such elite names as Faith Hill, Clarence Clemmons of Bruce Springsteen's E-Street Band, and Storm Large.

Created in 2004 by licensed massage therapist Jenni Jo McLaughlin, Mana Rocks prides itself on creating a sanctuary amid the backstage chaos that is synonymous with the entertainment world.

Emphasizing integrity, attention to detail, and passion for promoting health, Mana Rocks believes that performers and crew who are fully functional, relaxed, and cared for are able to provide a better experience for the ticket holder.

*"Mana Rocks creates an oasis in the middle of the craziness, where not only the stars can relax and forget about the insanity for awhile, but the hard-working 'road dogs' can come and get some peace and calm too."*

~ Jenni Jo McLaughlin

*See Reverse for Credentials*





“Musicians and their crew work unbelievably hard to bring amazing experiences to everyone. Singers need to be relaxed & focused to sing their best, and sore wrists & arms can be debilitating for the band, especially on big tours. Massage isn’t a luxury, it’s a necessity!”

~ Jenni Jo McLaughlin

- Fully Insured, Nationally Certified
- Oregon Board of Massage Therapy #10533
- Member, NCBTMB since 2003
- Member, AMTA since 2003
- Member, Oregon Media Production Association
- BA, Social Sciences, Portland State University, 1995

### Artists, Festivals, and Venues Served:

Sasquatch! Music Festival/The Gorge Amphitheatre (George, WA)

The Rose Garden (Portland, OR)

Clarence Clemmons (Bruce Springsteen/E-Street Band) - 2008

Faith Hill and Tim McGraw’s Soul 2 Soul II Tour - 2007

Duncan Sheik (Atlantic/WEA)

Halfway to Hazard (Mercury/StyleSonic)

Taylor Swift (Big Machine)

Dick Dale (Rhino/WEA)

Lance Miller (Warner Bros. Nashville)

G. Love & Special Sauce (Brushfire Records)

Storm Large (Rock Star Supernova finalist/actress)

~ **Will Travel to Any Venue Worldwide** ~

## On-Site On-Tour Massage

Mana Rocks provides on-tour and on-site massage therapy for musical and tour support personnel, as well as film production talent and crew.

- Complete with road cases, Mana Rocks is fully contained and ready to hit the road! Scalable setup can feature table massage, chair massage, or both.
- “Relaxation Stations” are set up, in which both performers and crew can receive focused therapeutic massage, and ongoing, length-of-tour care for chronic muscle conditions.
- Each massage is personally customized to address individual specific goals. Therapeutic treatment plans are created, allowing for progressive work!
- Consistent and frequent treatment means you end your tour in better shape than when you began!



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## Techniques

### **Massage Techniques are a fusion of:**

Therapeutic Deep Tissue

Lomi Lomi Hawaiian

Swedish Relaxation

Heat Therapy

Intuitive Stretching

Range of Motion Facilitation

Ashiatsu Deep Feet Therapy

Aromatherapy

Each massage is enhanced by the use of the bodyCushion™ support system, which allows for the ultimate in comfort and postural alignment.

## Backstage Coordinating

Mana Rocks creates a relaxed and serene personal sanctuary (ambience and décor) to help our clients feel their best.

- We create dressing room environments for performers, providing a “home away from home” for a respite from the rigors of touring life.
- We can work in advance with promoters and venue catering staff to satisfy each performer’s catering needs and requirements in accordance with rider clauses and specified budgets set for each event.
- We are happy to direct locally hired crew and catering staff to meet performer’s specific needs.



## Raves



*"As an artist-performer who is constantly touring, my hand and arms take a lot of abuse out on the road. If I can't feel my guitar, then I can't do my job! Jenni Jo at Mana Rocks keeps my blood flowing so the notes keep going!"*

### **Chad Warrix**

Halfway to Hazard



*"I don't know how she does it but Jenni Jo at Mana Rocks consistently gives deeply transforming massages."*

### **Storm Large**

Singer/Actress



*"Calming hands, a peaceful atmosphere, and a joyful, giving spirit - that's Jenni Jo...one of the brightest lights on our tour!"*

### **Jeff McMahon**

Keyboardist with Tim McGraw's band,  
The Dancehall Doctors



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More Mana!

To book Mana Rocks for your tour, concert or event:

**503.453.6262**

For more on Mana Rocks:

**[www.manarocks.com](http://www.manarocks.com)**

Jenni Jo's Blog:

**[www.manarocksmassage.blogspot.com](http://www.manarocksmassage.blogspot.com)**



## Testimonials

*"Hands down, the best massage I have ever received! I recommend Mana Rocks to all artists I work with because of her level of professionalism, presentation, and incredible therapeutic skills."*

**Travis Labbe**, Production Manager,  
McMenamins Crystal Ballroom, Portland

*"I've had massages all over the world and let me tell you, Jenni Jo and Mana Rocks rank at the top for quality and service. I give them an A+!"*

**Jon Olson**, Emmy-Nominated Host & Exec. Producer, PDXposed

*"Mana Rocks and Jenni Jo's healing energies are the only choice for Gotham Metro Studios. We recommend her highly and find few therapists if any that can compare. On tour, on location or in town - get Jenni Jo!"*

**MJ Lasky**, Gotham Metro, Inc.

*"It's not just a massage but a whole relaxing nurturing revitalizing experience for all the senses."*

**David Mayne**, Film Director, Very Sirius Productions



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