

# Wrecked, stressed - why not try the spa?

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**By GREGG L. PARKER**

**For the Madison Spirit [writeone35758@yahoo.com](mailto:writeone35758@yahoo.com)**

Ain't Life Grand offers soothing and intense yoga options

Naomi Jacobs-El believes retreating to her spa will leave clients saying "Ain't Life Grand." Her spa, named Ain't Life Grand, reduces "daily physical and mental demands we place on ourselves. Our society is over stimulated and overstressed."

Jacobs-El credits her daughter's birth 11 years ago with starting a career in health and fitness. "As a personal trainer and group fitness instructor, I discovered yoga and became a certified instructor." After discovering the "Thai yoga massage" technique that combines yoga and massage, she returned to school for certification in therapeutic massage. "I knew the synergetic effect of these modalities would allow me to offer more comprehensive therapy sessions to my clients," Jacobs-El said.

Samantha Belcher is Jacobs-El's partner and also a massage therapist. With more than 10 years in the field, she has helped senior citizens, youth, pre- and post-natal women and "individuals living with and recovering from disease and injury." Jacobs-El has designed programs "for populations throughout the lifecycle, in educational, clinical, studio, recreational, therapeutic and corporate environments." Her resume shows work with numerous organizations, including the University of Alabama in Huntsville, Oakwood College, Intergraph Corp., elementary schools, neighborhoods, Huntsville Hospital Wellness Center, Crestwood Medical Center physical therapy, Siemens VDO Electronics Corp., Raytheon Corp., Riviera and Real Life fitness centers and Gold's and World gyms.

Jacobs-El assures clients will receive "professional, effective service tailored to fit their specific needs. My favorite part of my job is making my clients smile because they got just what they were looking for and they enjoyed their experience with me," she said.

At Ain't Life Grand, clients will enjoy therapeutic, orthopedic, deep tissue, Swedish relaxation and "Ahh - Shiatsu barefoot" massages, movement synergy and Thai yoga. For personal training, Jacobs-El offers one-on-one exercise training specializing in core strengthening for functional fitness, clinical exercise, balance, flexibility and agility. Cardiovascular training includes walking and running routines.

Private and group Hatha yoga classes are offered. "Classes combine Iyengar alignment principles to the rhythm of the Vinyasa practice with Yin elements," she said.

Jacobs-El received a master's degree in business administration from Alabama A&M University and massage certification from Madison School of Massage Therapy. Her daughter Ayanna, 11, is a rising sixth-grader at Madison Elementary School.

Ain't Life Grand is located at 4072 Sullivan St., Suite G. Office hours are by appointment only. For more information, call 653-8280 or send e-mail [tonjacobsel@yahoo.com](mailto:tonjacobsel@yahoo.com) or visit [www.messageandmovementsynergy.com](http://www.messageandmovementsynergy.com).