



*a transformation station LLC*

healthfully experience change

# ◆ Bodywork Services ◆

**For:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Phone or email:** \_\_\_\_\_ **Recommended by:** \_\_\_\_\_

**Concerns/diagnoses:** \_\_\_\_\_

**Precautions/contraindications:** \_\_\_\_\_

**Goals:** \_\_\_\_\_

## Therapeutic Massage and Bodywork

*individual sessions combining various manual - movement - psychological therapies with some education*  
alias *re/treatments*

- First session:** 90 mins., \$70 history, posture /flexibility check, therapies /neuromuscular feedback testing
- Full personalized therapeutic sessions:** 60-75 minutes, \$60 therapist's expertise with input
- Sampler Menu sessions:** 20-30 minutes, \$30 try different therapies - pick from therapist's menus

## Education and Networking

*small group classes and events with some therapeutic hands-on practice and socialization time*  
alias *re/trainings*

- Bodywork Bash - Stress Appreciation:** 3 hours, \$100\* transform dis-stress to normal eu-stress
- Bodywork Bash - Scar Release:** 3 hours, \$100\* many benefits for people with scars > 6 months old

*\*Sponsor a class for 1-2 people. Valuable for local teachers, healthcare pros and the interested public.*  
audiovisual presentation of concepts, practice of techniques, handouts Request other topics and themes ...

## Care Programs/Packages

- Therapeutic Intensive:** 3 full sessions - within 14 days, \$150 (with the \$30 reward)
- Sampler Menu Punch Card Package:** 6 (\$30) sessions - within 6 months, \$150

**A Transformation Station LLC**



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**Invest In An Experience ... Better Yourself.**

**Gail Castle** licensed massage therapist and bodyworker

**Ken Castle** humanager, IT guy, assistant energy worker

◆ Transforming pain, disease and related dysfunctions. ◆

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