

## **Gail Castle LMT, BCTMB**

### **BIO:**

Licensed massage therapist in the state of Michigan  
Board Certified in Therapeutic Massage and Bodywork (1995-present)  
Co-organizing member of A Transformation Station LLC  
Practiced physical therapy (1980-2002) including rehab, pain management, sports med  
Member of the American Massage Therapy Association  
Certified Quantum-Touch® practitioner (2006-2015)

### **SERVICES:**

Just some of the treatments that she enjoys combining in sessions are:

- general massage (Swedish massage, chair massage, sports massage, pre- and post-surgery massage)
- myofascial work (Myofascial Release, Myofascial Therapy, Muscle Release Technique™, Neuromuscular Therapy, Positional Release, scar release, Fascial Release, Precision Kinematics)
- craniosacral therapy
- acupressure / tuina / electrotherapy point stimulation - laser
- visceral work
- reflexology
- energy work (Quantum-Touch® Level I and II/Core Transformation, Reiki, Omega, Energizing Wholeness, Triple Helix, Eiland's course work, what comes naturally)
- BodyTalk Access™ / Modules I and II
- Proprioceptive Neuromuscular Facilitation / rehab exercises / breathing exercises
- Simple Contact
- Vibrancy Power™ points
- visualizations / affirmations / mind-body discussions
- Masgutova Neurosensorimotor Reflex Integration (MNRI)

### **FULL SESSION DETAILS:**

- Initial session includes a history review, a posture and flexibility check, and some treatment.
- Other sessions include a verbal update, rechecks, treatment and closing techniques or homework assignment.
- Treatments are determined by neuromuscular biofeedback testing, Gail's experience and the participant's choice from a menu.
- Attire: comfortable, flexible clothing such as shorts and a t-shirt.
- Common comments after sessions: "I feel better." "Interesting." "Surgery for the soul." "Put back together ... more connected" "I learn something every time." "That pain/spasm/numbness (symptom) has changed/is gone." "I think I can get through this next (challenge)." "I'm relaxed ... calm and yet energized." "The human body and its healing process are amazing." "Good session."

### **VIBRANCY SIGNATURE™:**

Environment: Energize  
Expression: Empower  
Intimacy: Leadership  
Life Force: Support  
Intention: Compassion

### **INTERESTS:**

- Holistic health, nature, human interests, cats, volunteer work