

Gail Castle
Therapeutic Massage
and Bodywork

a transformation station LLC

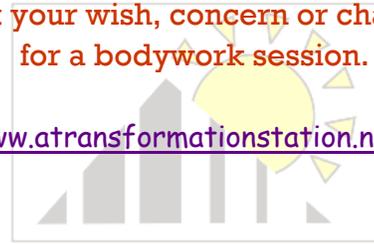
7829 Lake Crest Ct.
 Ypsilanti, MI 48197

734-480-1191

Sampler Menu- Basics

Present your wish, concern or challenge
 for a bodywork session.

www.atransformationstation.net



Services: **Choose 1** from the following

<p>Chair Massage</p> <p>Experience Swedish massage for general relaxation and well-being.</p> <p>Other techniques may be added.</p>	<p>Scar Release</p> <p>Experience myofascial release for surgical or traumatic scars greater than 6 months old.</p> <p>Instruction for follow-through at home.</p>	<p>Acupressure</p> <p>Experience the use of finger pressure on acupoints for pain relief or disease intervention.</p> <p>Instruction for follow-through at home.</p>	<p>Quantum Touch®</p> <p>Experience these light healing techniques utilizing the breath and visualization for pain relief, postural improvement, etc.</p> <p>Learn the L-O-V-E concept.</p>	<p>Visceral Work</p> <p>Experience these manual therapies and notice the range-of-motion of your organs and body change.</p> <p>Learn the organ-emotion connections.</p>
<p>Laser - Electrical Stimulation</p> <p>Experience low level laser / brief, DC micro-current stimulation to acupoints, trigger points or pain-related areas for assisting the healing process.</p>	<p>Myofascial Therapy</p> <p>Experience manual techniques along with your active movements for pain relief and postural improvement.</p>	<p>Tuina</p> <p>Experience these fluid traditional Chinese medicine routines combining massage, acupressure and movement for musculoskeletal health.</p>	<p>BodyTalk Access™</p> <p>Experience this basic health management routine that helps the communication, synchronization and balance in the brain, immune system and the physical body parts.</p>	<p>Reflexology</p> <p>Experience hand or foot massage that influences the reflex points for the whole body.</p> <p>Learn some of these connections.</p>

-OR-

Services: **Choose 2** from the following

<p>Simple Contact</p> <p>Experience how using light hand placement and tuning into changes in tension and temperature allows your body to self-correct.</p>	<p>Energizing Wholeness</p> <p>Experience this energywork routine for the entire body to restore general health. Assist the process visualizing colors and the specific body parts.</p>	<p>PNF Breathing</p> <p>Experience this manual muscle re-education technique to improve your lung capacity and thoracic cage mobility.</p>	<p>Dural Stretch</p> <p>Experience this craniosacral therapy for de-kinking the spinal cord and brain lining which improves our cerebrospinal fluid hydraulic system.</p>	<p>Triple Helix</p> <p>Experience this energywork routine which can help with strengthening personal boundaries and improving one's time/space orientation.</p>
<p>Figure 8 Energy Sloshing</p> <p>Experience this hands-on routine for restoring the natural bilateral flow of energy from one foot, up and around the trunk, then down to the other foot.</p>	<p>Vibrancy Power Points™</p> <p>Experience techniques to some of these body locations and learn the relationship to facets of human consciousness (life lessons).</p>	<p>Ear Pulls/ OA Release</p> <p>Experience these craniosacral therapy techniques to help relax and balance the head, neck and jaw areas.</p>	<p>Muscle Release Technique™</p> <p>Experience this moderately deep massage and quick movement technique to a specific region for more comfort and flexibility.</p>	<p>Tractor Beaming</p> <p>Experience this Core Transformation® technique for gaining space and balance within the shoulder and pelvic girdle complexes.</p>

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Sampler Menu- Addiction

Present your wish, concern or challenge
 for a bodywork session.

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Services: **Choose** from the following

Chair Massage

Experience Swedish massage for general relaxation and well-being.

The thoracolumbar area is given special attention in chronic conditions.

Vibrancy Power Points™

Experience techniques to some specific locations on the body that resonate with developmental themes in life and have a connection to a part of one's physiology.

For addiction:
 Courage - pulse
 Commitment - epigenetics
 Altruism - body chemistry

Acupressure

Experience the use of finger pressure on acupoints for pain relief or disease intervention.

Instruction for follow-through at home.

Includes:
 Golden triangle
 CV 17
 St 36
 Liv 3

Tractor Beaming

Experience this Core Transformation® technique for gaining space and balance within the shoulder and pelvic girdles as well as in the extremities.

Entrain to the therapist while discovering your new functional neutral.

Laser - Electrical Stimulation

Experience low level laser / brief, DC micro-electrical nerve stimulation to acupoints, trigger points or pain-related areas for assisting the healing process.

Simple Contact

Experience how using light hand placement and tuning into changes in tension and temperature allows your body to self-correct.

PNF Breathing

Experience this manual muscle re-education technique to improve your lung capacity and thoracic cage mobility for easier breathing.

This is especially useful for smokers.

Switching

Experience this essential BodyTalk™ technique for normalizing one's stress thresholds.

Technique instruction and word play for follow-through at home.

Visceral Work

Experience these manual therapies and notice the range-of-motion of your organs and body change.

Learn the organ-emotion-type of addiction connections.

For improving the functioning of organs within a region of the body.

Reflexology

Experience hand, foot or ear massage to reflex points that influence specific places within the body.

Learn some of these connections correlating to the tender places which are craving attention.

MNRI® Method

Experience some Masgutova Neurosensorimotor Reflex Integration techniques for the development and restoration of reflexes necessary for survival and thrival.

Notice how these will benefit one's physical, emotional and mental maturation as well as the recovery from impactful events.

PNF Movement

Experience Proprioceptive Neuromuscular Facilitation techniques using basic 3D movement patterns, verbal commands and special hand placements with your therapist.

Gain awareness, comfort, ease and quality of movement in the arms, legs, scapular or pelvic regions.