



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 COVID modifications: wear a mask, handwash ...

Care Programs/Packages

- Therapeutic Intensive:** 3 full sessions - within ___ 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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