



# Gary

## Massage Therapist

### **Q. What does bodywork mean to you?**

A. It means restoring balance to the body, physically, spiritually and emotionally. Bodywork is also an excellent way to enhance one's awareness by facilitating change as well as supporting recovery.

### **Q. Why did you decide to become a bodyworker?**

A. I was motivated by pain and inspiration. In my early twenties, I was working 10-12 hour days in a food production plant, standing on cement floors. My low back and feet were constantly in pain. Finally, I went to see a local chiropractor who helped relieve my pain. On my first visit, I immediately noticed how every patient left their visit smiling and with a sense of overall relief. This was very inspiring to me and from that day on I wanted to help people in a similar way.

### **Q. What do you hope clients gain from attending your bodywork sessions?**

A. My hope is that my clients gain a new awareness of their breath and body that allows them to live upright with ease. As my mentor, Karen Bolesky says, "When you change movement and the way a person stands in the world, their whole self-image and behavior begins to shift. We don't just get the person vertical...we help them find personal meaning."

### **Q. Why are your bodywork sessions special?**

A. The education and training I received at the Soma Neuro-muscular Institute inspired my work as an artist, not only a bodyworker. Throughout the years I have further developed my technique through advanced training, but more importantly, I've grown spiritually. This spiritual growth has allowed me to advance as an artist and intuitively tailor each session to an individual client's needs.

### **Q. What is your favorite move on the Kinesis wall? Off the wall?**

A. On the Kinesis wall, my favorite move on Gamma is disc chest fly. I also love the skull crusher with a squat on a bosu, deadlifts or cleans on Delta. Off the wall, squat jacks and jumping lunges.

### **Q. How do you address holistic health in your life?**

A. Setting boundaries in all aspects of my life have allowed me to experience a tremendous amount of growth. Sleep, nutrition, hydration, exercise and connecting with nature have been vital in supporting a healthy work life balance.

### **Q. What is the one thing you think every person can do to improve their health?**

A. Love unconditionally and laugh often!