



# Gary

## Massage Therapist

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

A. It means a lot to me- balance, addressing the physical, mental, and emotional aspects of life, creating change, and creating recovery. It also has been a blessing to me both as a client and a practitioner by being able to combine a passion with a career.

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

A. Pain and inspiration. I was in my early twenties working 10-12 hour days in a food production plant on a cement floor. My low back and feet were killing me. I went to see a local chiropractor who helped relieve my pain. On my first visit I immediately noticed how every patient was leaving with a smile on their face. This was inspiring to me and I knew right away that I wanted to help heal people in a similar way.

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

A. A new awareness of their body, one that allows them to live in a pain free place. I hope they are naturally guided to live more in their body, not just their mind. To live in a body full of movement, breath and serenity.

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

A. Over many years of working, I have developed skills that allow me to work as an artist, creatively and intuitively, tapping into what my clients are seeking.

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

A. Disc chest fly on Gamma, it is so challenging. Gotta love the skull crusher with a squat on a bosu at Delta, or anything where I get to stack the weight! Off the floor, Tabatas and jumping lunges.

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

A. Talk about a work in progress. I have practiced Vipassana, a style of meditation. More than ever I am interested in nutrition and eating healthy rather than quick and convenient. I am also a client of Soma bodywork, I've been through the sessions four times. Exercise is a consistent part of my life. Mostly, I do my best to keep my intentions clear at all times.

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

A. As a structural integrator, I would like to see people more comfortable in gravity. Breathe with intention, stay hydrated, love something, and laugh hard, as often as possible.