

IN TOUCH

S U M M E R 2 0 0 2

Acupressure
Craniosacral
Energy Release
Lymphatic Drainage
Neuromuscular Therapy
On-Site Chair Massage
Raindrop Therapy
Reflexology
Residential
Swedish

MIDNIGHT IN MOSCOW

The trip was made to the Ukraine by way of Moscow in June, and with positive results. The treatment takes time, and yet also shows change within hours. The "Great Adventure" was excruciatingly exhausting for all of us, and especially for Gwen who's lungs were already working at less than 100%. She continues to show improvement, in not so obvious ways while also recovering from the exhaustion from the difficult trip. I feel privileged to have been a part of the team that made this trip, I learned a lot



*Let us be grateful to people
who make us happy.
They are the charming gardeners who
make our souls blossom.*

Marcel Proust

about myself, my limits, the benefits of this treatment, and the state of Eastern Europe and Russia since Perestroika. It was wonderful to see Moscow has become a very open, modern city with commerce and lots of welcomed tourism since my last time there. The visit to Kiev, Ukraine was much like my experience in Moscow over 30

years ago. I'm sure they are making changes and moving into a more modern community, yet the hotel staff treated us with rude enforcement of rules and expectations that are not very relative to someone raised in a free country. It is a beautiful city, with lots of rehabilitation of old buildings that were allowed to deteriorate under communist rule. One-on-one, the people are kind and friendly. With the schedule

for treatment, we did not have time or energy for tourism, maybe I will learn more about the city and the country with my next visit.

The photo was taken at 10:45PM in Red Square, showing St. Basil's and the Kremlin in the background and the sky as the sun is finally setting. Pictured with me are Gwen, Andrea, and Richard: the medical team for the "Great Adventure".

MESSAGE IN GOVERNMENT

Seen here giving chair massage to the Honorable Jimmy Naifeh, Speaker of the House, in his chambers; I participated in the annual Massage Day at Legislative Plaza in March. Wendy Kanter once again organized dozens

of volunteers to provide Massage to the legislators during a typical work day. It was a great success, and we hope we were able to carry the message of positive health benefits that may

*We are here to add what we can to life,
not to get what we can from it.*

William Osler

be provided by appropriate touch, and the value of our profession in the community. I always enjoy the opportunity to provide a moment of relaxation, relief from stress and new body aware-



ness to those who will take a moment for themselves and receive chair massage. It was an energizing day for me; physical work that can be tiring, yet emotionally and spiritually invigorating to know I touched many who may never have sought out Massage Therapy, if not for this opportunity. The chance to personally influence someone to "feel" the comfort of massage, to acknowledge the need for increased circulation, muscular tension release and the wonder of improvement with only 10 minutes of touch was the focus of my work.

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