

Morning Star Bodywork
Aaron Maschmeyer, CAMTC # 47012
Medical Massage and Bodyworker

My goal as a CAMTC Certified CMT, Bodyworker and Health Educator is to witness and support your road to holistic health through self-care. It is my goal to provide a safe space for you to experience your body and explore new ways to live a pain-free and productive life. It is important to me to take the time to know your medical history and your individual needs. This way we can develop together the best goal for each session. Know that I am a good and compassionate man on a spiritual path, who meditates daily. I make notes before and after each session, in order to study like a detective your health condition and track your progress from session to session.

Sessions may include relaxation massage, hot packs, an electric thumper, trigger point therapy with assisted range of motion, resistance stretches, and lymphatic system clearing. I also do Gua Sha, cupping, and other deep tissue modalities. I only charge for table time, so take all the time you need to tell me about your health and your goals before we start. It's your session! I prefer to work with you rather than just on you, working together as a team to explore and improve your health condition. I incorporate many ways to help you control the pressure and intensity of the actual work being done. You are the master of your body and I am just a visitor with skill sets to help create positive change.

Sessions can also include breath work, Reiki, laying on of hands prayer work and energy work. With energy work, great amounts of energy can sometimes be felt and as a result the body may tremble as energy runs up the spine in the form of "Kriyas" and old blocked areas begin to clear. Arms and legs may shake, and it is also common to see colors during the session. All men and women must wear a swim suit bottom or thick running shorts, which I provide as part of the session, if you cannot bring your own. For modesty women may wear a bra as well that fastens in the back, so I can work on the back and then fasten it back again before you turn over. Each session is a co-creation based on mutual respect. I always leave the room while you disrobe and knock before entering.

When you set an appointment for a bodywork session, please park your car to the left in our driveway. I also only charge for table time, and will always be prepared to give you a consistently thorough and effective session. Thank you for the time you invest to help bring your mind/body/spirit into harmony. Referrals based on my policies are always appreciated. I have been helping people since 1987.

Fees: Actual Table Time: \$80.00 per hour: 60-90-120 minute sessions welcome.
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