

Summertime—Livin' Easy

June 2012

dede dancing, LMT

Summer warmth infuses our lives. Muscles, tendons and ligaments soften and open. Hearts open. It's easier to smile, easier to move around, easier to find fun things to do. Hurray! I always hope this free and easy way of being will last through winter, but even a gentle winter seems to suck warmth and softness from us Midwesterners.

Speaking of free and easy...In the past few weeks people I haven't seen for a while have been coming in to sooth their newly rediscovered "yardening" muscles, or to work on rehabilitation after an injury. Many of them seemed embarrassed to call after so long gone, apparently feeling they had let me down by (or I might judge them for) not continuing their regular work with me. Also—people sometimes seem uncomfortable if they don't want to reschedule after their appointment. So I want to talk about this a little.

To clarify the way I feel about off-again/on-again use of massage therapy: I always feel honored to participate in your health care. Whether we work together once, once-a-week, or once in a while—I'm glad to be there for you when **you think** the work I do is what you need.

Wellness is a purely subjective experience. The efforts you make to be healthy are likely to change throughout your life, and often will be different than the efforts you see others making. My point? An attitude of "Different strokes for different folks" is a nice easy way to be with yourself and others about health care choices. I encourage regular massage because I do believe it to be very *healthifying*. I do not believe it is the *only* way to enhance your health. You don't let me down by making other choices.

There are many excellent bodyworkers in our area (massage and physical therapists, chiropractors, personal trainers, yogis...). I encourage you to try some of them—especially if you and I are not getting the results you were hoping for, and even if we are—It is good to have experience with a variety of practitioners, so you know what you like and what is most helpful for you.

You may choose to skip massage therapy for a while. I don't know what challenges life may present for you. I know I am happy to see you when you come in.

June 1, 2012 my rates are changing:

One hour is now \$70

90 minutes--\$80

All other prices remain the same

I do not accept tips

