



Bodywork and Massage that Heals

- **Improve posture**
- **Rehabilitate** all kinds of injuries
- **Resolve chronic pain**
- **Learn more efficient ways of using your body**



Michael Moschel, CMT, Director

Practice Philosophy

We at Bodywork and Massage that Heals believe that each client is a unique individual. Every client's treatment is designed to fulfill that person's particular needs.

We combine an eclectic combination of Myofascial Release, Deep Tissue Massage and Neuromuscular Therapy while utilizing Muscle Energy Technique, Motion Palpation and Swedish Massage when needed.

This approach helps us obtain the maximum results possible in the shortest amount of time.



Member, Complementary Wellness Professional Association. Requirements: Highly Recommended, Properly Educated, Credentialed or Licensed, and in a Professional Business Location

Background

Michael Moschel is the director of Bodywork and Massage that Heals. In 1996, the American Council on Exercise certified him as a Personal Trainer.

After several years experience as a Personal Trainer, Michael realized that many people had difficulties exercising due to injuries, chronic pain, posture and a variety of other deficiencies that needed correction. He then became a student of the Feldenkrais Method®, which is a way to understand the body three dimensionally through movement and body communication.

Michael studied Athletic Training and Physical Therapy at the college level. He graduated from the Massage Therapy Institute of Colorado with a 4.0 grade point average and was awarded the Institute's Student Achievement Award.

Client Comments

*"Thorough, deep and concentrated Massage Therapy is realigning my posture and leg movements resulting in decreased pain... I appreciate Michael's assistance in going beyond the symptoms of these physical problems and finding, then treating the **cause**. I highly recommend Michael for extensive bodywork in finding the root of some of your physical ailments."*
- CJ, Englewood CO

"I've suffered from chronic, often severe headaches for most of my life. I've been working with Michael for 6 months and have experienced a significant decrease in the amount and intensity of my headaches. I would highly recommend his services to anyone with chronic pain." - Kathy J, Englewood CO

"Michael's deep work is satisfying. When I brought my mother to Michael, I was amazed to see him smooth out and reshape the hump on her back. He is determined, accepting, and compassionate. Michael's strategy and intent to transform seem to be guided by an inner power. It is a delight to collaborate with someone who is so passionate about his work." - Barbara O, Wellington CO

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