

CAMTC gathering at the home of Pat Meyer-Peterson, 1/29/15

Indu Aggarwal, Mohit Aggarwal, [Cindy Allred-Jackson](#), [JoAnne Christy](#), [JeAnne Frey](#), [Brian Keena](#), [Ernie Kidd](#), Darlene Leon, [Kent Peterson](#), [Pat Meyer-Peterson](#), [Dee Walsh](#)

We had a wonderful mixed group on Thursday night – Pat’s husband Kent provided a medical physician’s perspective (along with being a great sommelier and butler!), and Cindy Allred-Jackson, M.Ed. and Indu Aggarwal and her son Mohit also joined the group for the first time. Cindy has a well-established Zero-Balancing practice here in Charlottesville, and will be going soon to Crestone, Colorado for a three-month intensive Massage Therapy program which will lead to her being eligible to become a CMT in Virginia. Pat and Kent know two people in the area, a will give Cindy contact information so they can connect (small world!) Indu and Mohit attended at the invitation of Pat, who introduced her to the group as a healer familiar with various forms of Indian bodywork and herbal remedies. Mohit, her son, is a student preparing to apply for medical school.

Indu presented information about the practice of [Shirodhara](#) head massage, which uses a fluid medium (oil, water, scented waters, milk, etc.) to provide a controlled and continuous stream to the clients forehead in the area of the 3rd eye/ [ajna](#) chakra, and stimulates the pineal and pituitary glands. One of many videos on-line can be found here (apologies for the introductory few seconds of advertisement): <http://www.howcast.com/videos/507909-How-to-Pour-Oil-for-Shirodhara-Massage-Ayurvedic-Massage>. Although Indu does not practice as a CMT in Virginia, she is interested in providing this form of bodywork on a limited basis, and welcomes therapists to ask for more information. Contact information: Indu Aggarwal, induaggarwal13@hotmail.com, 412-682-0972 home, 412-894-6673 cell.

JeAnne has long been interested in forming a mentoring group, which would connect more established therapists with those who are just getting started. JeAnne writes: “Having personally benefited from being both mentored and being a mentor in massage therapy, I'm surprised there isn't already a way to connect people specifically for mentoring in our area. Since we have not seen a lot of activity from newer MTs and massage students at the Charlottesville Massage Therapists' group on FaceBook, I decided to set up a group using a different platform to see if that could build some momentum, or at least be more readily found. Mentors must be Virginia CMTs (please provide license/certificate number) and have a minimum of 3 years experience.”

If you are interested in being a mentor – or would like to *have* the helping guidance of a seasoned therapist, please contact JeAnne! She has recently posted information about this on the Charlottesville Massage Therapist’s Facebook page, and also has the direct link, mentioned above, for more information: <https://groups.google.com/d/forum/charlottesville-massage-therapy-mentor-network>

JeAnne is also coordinating with Pat to provide a list of CMTs who are taking clients IN THE EVENINGS who are interested in referrals for FEI (Federal Executive Institute). 3 to 5 names should be more than sufficient.

We talked about the possibility of having “guest speakers” at future sessions, as we have enjoyed the varying perspectives of folks who are new to the group, as was the case with Indu and her presentation. Anyone who would like to share specific information regarding an approach, modality, etc. is *welcome* to do so – just put in a word when you RSVP to any gathering announcement, and we’ll set aside some time to listen and learn!

Although several folks in the group still have ties to AMTA, we can’t (ethically) use AMTA member contact info lists to publicize CAMTC gatherings – reasonable enough. BUT, if possible, it would be appreciated if any local AMTA members could share the specifics of future CAMTC gatherings with AMTA leadership staff, so that they could in turn post announcements for their membership via Constant Contact or newsletter, email, etc. Those who are new to the CAMTC group are reminded that gatherings are open to ALL CMTs in the area, along with their invited guests (guests are usually bodyworkers who are not CMTs, and/or Allied Health professionals.) Only local CMTs, however, will be listed on the [CAMTC webpage](#).

JeAnne is now sharing space with [Karen Binney](#), who specializes in light touch/lymphatic drainage.

“What’s happening at Westminster?” That question was asked, but not really answered! The group knows that Westminster’s expanded facility is open, and that massage will be offered, but no one present knew any details. Readers: if you know, please let someone who attended this meeting know! (Contact information via hyperlink available for most folks at top of page.)

Many, many thanks to Pat and Kent for hosting our evening in their home, and for sharing their time and talents! The next meeting should be at lunch or breakfast-time, to better include others with schedules that don’t mesh with evening gatherings. If you have a suggestion for a date/time/location, please give Dee a shout and weigh in! Otherwise, we’ll pull something together and announce it via Facebook, website, email, text message, smoke signals, whatever - **looking at some time in the first few weeks of March.**