

Healing Powers in Wilson

By Julie King
Photos By Jamye Chrisman

Whether it's sacred geometry or sheer coincidence, there is a growing web of Body, Mind, Spirit businesses in Wilson. But competition is not a concern, according to Teton Spirit Members who are inviting more and more friends to set up shop in one of the richest zip codes in America.

Since 2008, when the Wilson Medical Clinic was built, the 83014 zip code has become a coveted address for ayurvedic practitioners, massage, MELT and cranial sacral therapy to name just a few. Traditional health practitioners support alternative therapies and alternative therapies weave in traditional, Native American and Eastern influences to keep the community healthy and young at heart.

At the base of Teton Pass

Wilson Wellness and MELT

In the fall of 2013, Laura Simmons and Stacy Fisher opened Wilson Wellness, a studio behind the gas station at the base of Teton Pass. Simmons, a sought after physical therapist who offers hands-on bodywork like CranioSacral therapy, soft tissue and articular balance, and core strength training, finally acted on her desire to move to the Wilson area. She describes her work as full body treatment and maintenance.

"I didn't have doubts about moving here," Simmons said. "My heart has been drawn here because of the nature of the people and the nature of the geography. My vision is to create a center to help this community grow young."

Now she has a gym with all kinds of props that she shares with Stacy Fisher, the first certified MELT (Myofascial Energetic Length Technique) instructor in Wyoming. Fisher works privately and with groups teaching MELT. She also offers MELT classes through Dancer's Workshop in Jackson, using body rollers and balls for hand and foot exercises to solve long-term problems, empowering people to self-medicate with core stretches. It is used in conjunction with private physical therapy sessions to improve proprioception, strength and flexibility.

At 30, Fisher is half the age of most of her clients. "Every year they are with me, they feel better," she said. "I'm striving to be more like them. To spend as much time and energy taking care of myself."

Simmons and Fisher were seeing the same client from two different locations in town before they joined forces, but they didn't know each other yet. "We were working together through our clients," Fisher said. "Passing messages through their bodies."

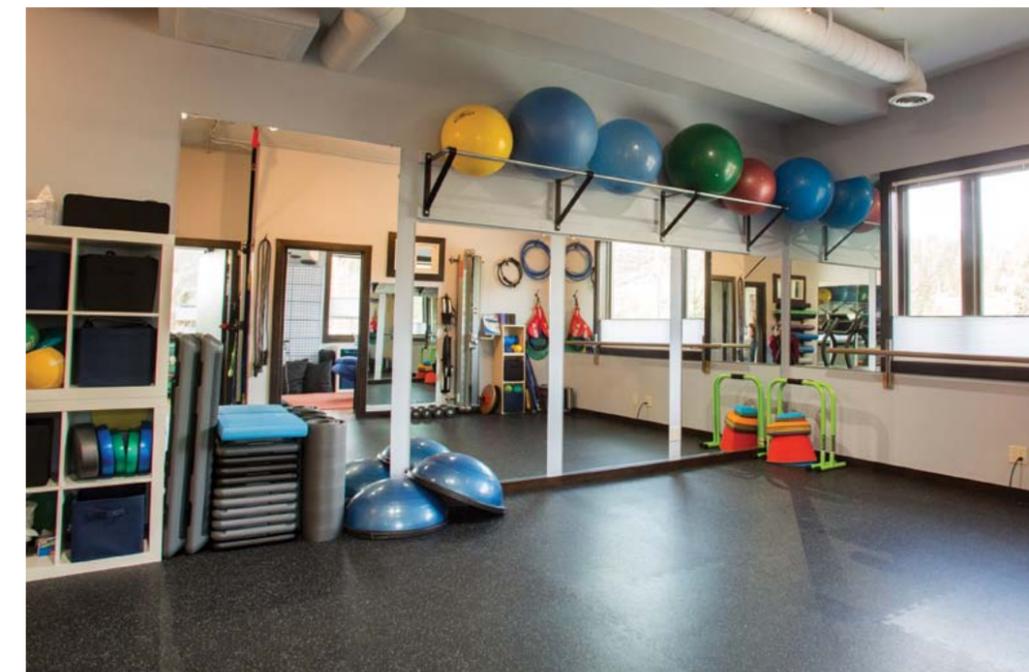
It wasn't until Fisher invited Simmons to come to MELT and a mutual client gifted Fisher a session with Simmons that they discovered

how complementary their work was. With a wellness approach that is half acute and half maintenance, they now share a lot of clients who have tried everything before. "Although we had never met, we could see the positive benefits of each others work through the client," Fisher said. "Laura has magical hands."

Intuitive Guidance and Light Therapy

Kathy Chandler another friend of Simmons offers angel and spiritual readings, reflexology, Reiki and energy work, including a light therapy called Theragem just down the hall from Wilson Wellness. Ever since her near death experience after a head-on car accident 20 years ago, Chandler taps into her inner child and Cherokee Indian roots, which have adopted Lakota shoots to clear energy.

Being in Wilson, to her is a gift, because it brings her closer to the people and animals she feels called



to serve. "I love where I am," she said. "I've never been happier. There is such a vortex in Wilson. I was talking to a shaman visiting here and he said he tested the area. We are

Upper image: Laura Simmons (left) and Stacy Fisher, happy to be working together in Wilson.

Above: Wilson Wellness training and fitness space.



Upper Left: Kathie Chandler treating a client with light therapy.

Above: Scott Mellor

Left: Samantha Eddy and Catherine Hunt at Spirit: Books, Gifts, Life.

He came to this work after studying with his father, Stephen Mellor, a chiropractor and naturopath in Idaho who offers nutrition, herbology, and emotional tools for his patients. “They are clients for me and patients for him,” Mellor said.

Central Wilson

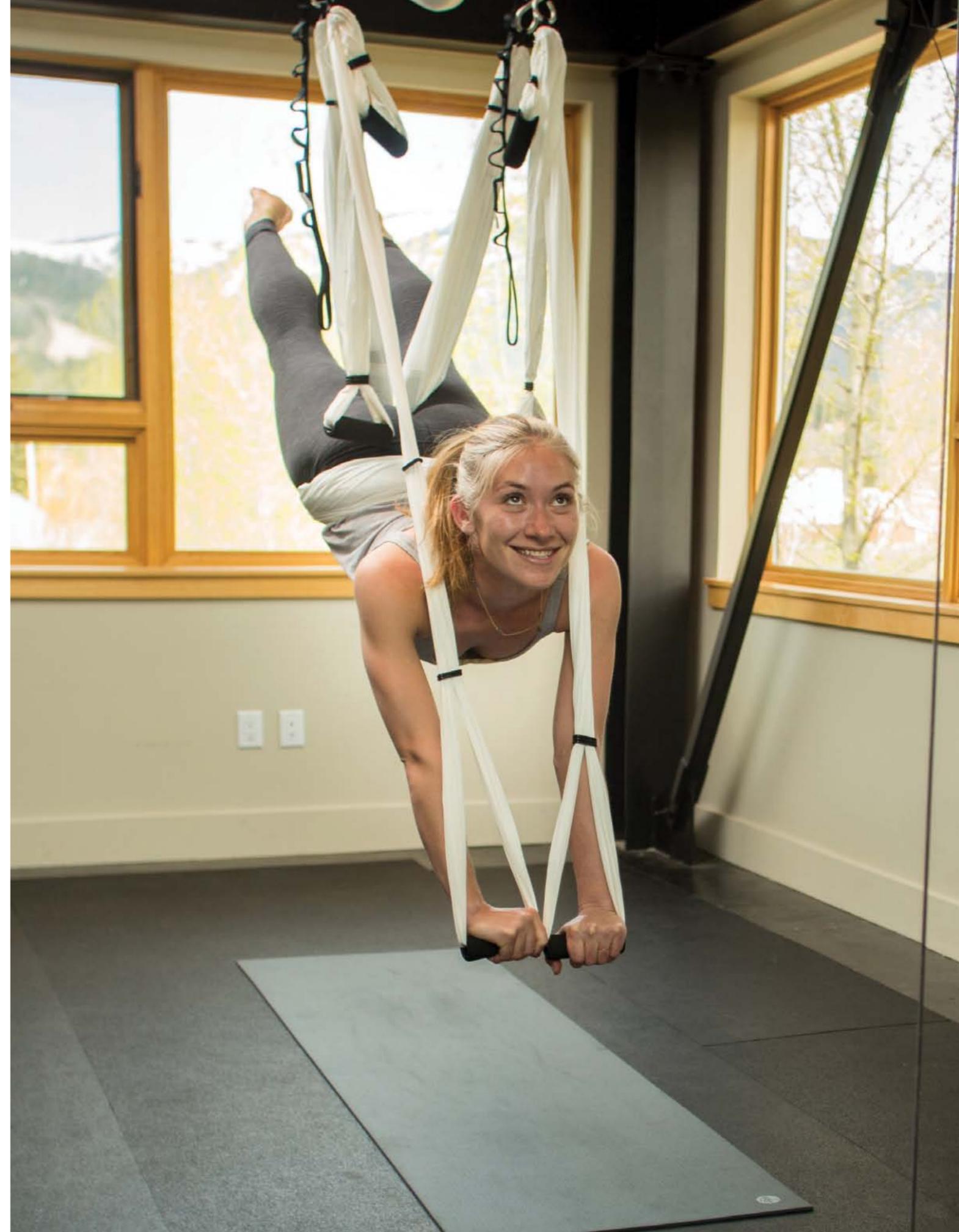
Metaphysical & Meditation

Spirit: Books, Gifts, Life is a metaphysical book and gift store located in the Fish Creek Center next to Wilson BackCountry Sports and Pearl Street Bagels. A cheery little shop filled with words of wisdom, energetic gifts and totems for all ages, it opened on the winter solstice in 2011.

It has since become a resource for spiritual seekers and professionals alike. The store is approached on a weekly basis by healers and intuitives coming through town to do workshops, educational programs and offer private sessions in its cozy back room. Owner and Teton Spirit Connection publisher, Samantha Strawbridge Eddy also offers guided meditations, group and private sessions for clearing emotional blocks and limiting belief systems.

Spirit is “connecting the dots in Wilson” said Eddy. “Wilson is this little, tiny enclave at the base of Teton Pass. But there is a tremendous energy center here

Facing Image: Cameron Barker doing Aerial Yoga in her Wilson studio.



just off the fault line and right in a healing vortex. I really feel like Wilson is the place of a great heart keeping. We all have the same intent to serve others with all we are. “I like to teach people what I do, to learn how to manifest,” Chandler said.

Her suite mate is Scott Mellor who works with quantum physics and offers healing sessions to help flush out neurotoxins. “I work with cellular physics therapy, using auras and the morphogenetic field around people,” he said. “If you turned on a light bulb to create light, it goes through the filament and stops at the wall.” Using the aura to get into the room of the body he places a brass disk on chakras or meridians to re-educate cells. “Energy is light and light is information. They are all interchangeable.”

The light information goes down to the cellular level within the body to detect corruption in information your body is feeding itself. “That is often where problems begin,” he said. When the disk spins counterclockwise, it indicates a blockage. His work is to change the direction to clockwise.



Above: Hayden Hilke doing myofascial bodywork on a client.

that has been recognized since the time Native American Indians were summering in this area.”

Therapy, Men's Circle

Evan Daily, a licensed marriage and family therapist with training in spiritual psychology who has created a stronghold for men, sees clients in his creekside office behind Spirit. Having been there for 14 years, he is a veteran of the Fish Creek Center where he says you get the body, mind, spirit treatment all in one building. His men's circle, which meets at Teton Healing Arts in town once a month, requires accountability, integrity and telling the truth about yourself. It has a self described “edge to it.”

“Men come in kicking and screaming, but 10 years later they are fully into it,” he said. The only requirement is that men do a globally recognized weekend warrior training. The next one is scheduled for August 21 (See the Special Events Calendar on page 50 for details).

East of Fish Creek

On the east side of Fish Creek in the twin building next to Wilson Medical resides Peak Physical Therapy and JH Yoga Therapy. Wilson Medical is a traditional practice for internal medicine by Mike Menolascino and other professionals affiliated with St. Johns Medical Center. Upstairs in that same building is the office of Dr. Mark Menolascino, the area's only MD offering Integrative Medicine. And across the hall from JH Yoga Therapy is the travel medicine office for Dr. David Shlim, who also teaches buddhist philosophy.

Yoga & Ayurveda

JH Yoga Therapy owner Cameron Barker offers individual and small group yoga therapy classes. She also reads Jyotish astrology, an Eastern practice that uses pulse and tongue diagnosis and recommends herbs to balance subtle energies in the body that are out of balance.

After working with many of the doctors in her building complex through the wellness festival, Cameron is excited to expand the

preventative health care options in Wilson. “The work scene is nice and mellow, and the community is really open to the healing arts,” she said. “I feel like the people here really understand me and what I'm looking to do.”

In addition to her almost 20 years of yoga experience, Barker is an allopathic and ayurvedic practitioner who works with the elements and offers nutritional and lifestyle advice through breath, mantra, meditation and aromatherapy.

Physical Therapy

Barker was lured to Wilson by Peak Physical Therapist Hayden Hilke as well as her desire to be near Simmons and Fisher at Wilson Wellness. Hilke moved downstairs mid 2013 to expand her space, opening up a beautiful upstairs corner office for Barker to set up her ayurveda and yoga shop.

Hilke offers myofascial bodywork for sports-specific rehabilitation. “My specialty is back pain,” she said. Having healed herself from a lumbar fusion operation after hitting a tree on her snowboard, Hilke knows what it takes to come back from a traumatic injury. She has been in Wilson for a more than 16 months now and is happy that she played a small role in convincing her friends to join her and set up their practices nearby.

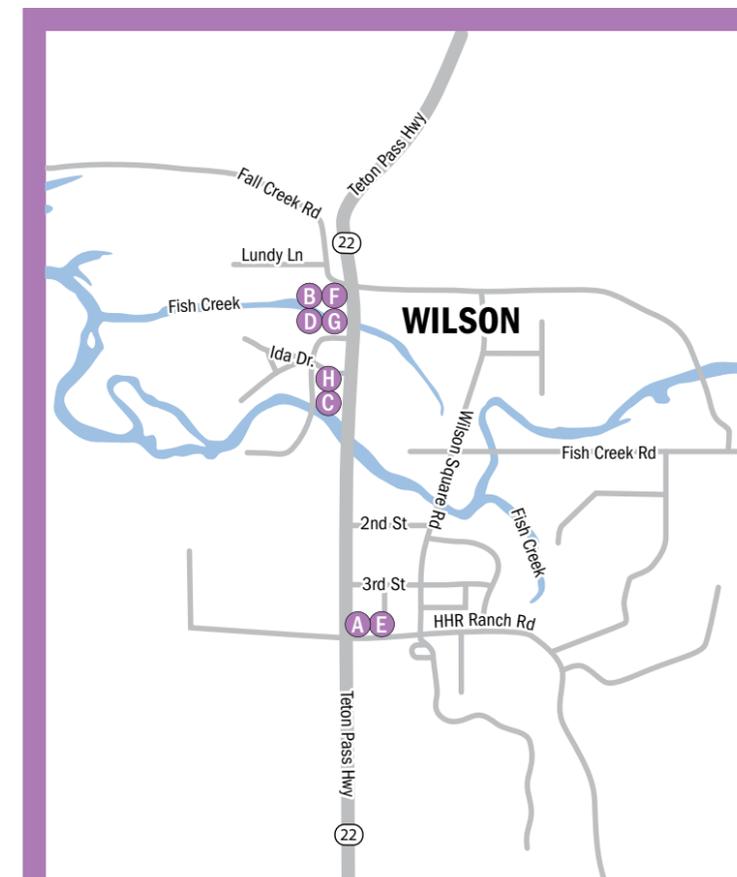
“I've been shocked at how many young people live in Wilson and how many people take good care of themselves. Physical therapy is the first line of attack for how to age more gracefully.”

It seems as if all of the advice on the bookshelves at Spirit is floating off the pages and into the air of this community. “There is something energetically special about this location here at the base of Teton Pass, this opening here in the midst of this wall of mountains,” said Samantha Eddy.

Maybe, as Simmons of Wilson Wellness said, it is as simple as

looking out your window and watching a moose walk by. “Wilson, in and of itself speaks of wellness.”

“I absolutely feel like I'm on a grid,” Barker said. “We are primed to start a new mentality; let go of the fear of scarcity and create a wellness destination...I think this is the time.”



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