

Certifications/Training

1990-2000 Institute of Essential Integration/Lost Track School

2000 Traditional Martial Arts

2006-2007 Thai Yoga Massage

2008-2009 Massage Therapy

2009 Joint Mobilization/European Osteopathic Technique

2010-2011 Jin Shin Jyutsu

2012 Joint Mobilization

2014 Sourcepoint Therapy

2015 Traditional Martial Arts + Chinese Medicine

2016 Rolf Method of Structural Integration

2016-2017 Yoga Therapy

2017 Japanese Hot Stone Massage

2017 Japanese Facial Massage

2018 Japanese Anma and Shiatsu