

## Qualifications

I graduated from the University of Rochester in 1999 with a degree in both psychology and health and society. Looking to further my education while continuing to help people, I enrolled in the Medical Arts Massage School in Raleigh, North Carolina and received my license and national certification in the fall of 2001.

The Medical Arts Massage School provided me with a foundation of massage techniques including Swedish, deep tissue, trigger point and sports massage. I have since furthered my massage education in Pregnancy Massage, Orthopedic Massage, Thai Yoga Massage and Integrative Neuromuscular Myofascial technique and Reiki..

In addition to massage, I also completed my yoga teaching certification in February of 2009. I have been a student of yoga for 10 years but I wanted to bring the many benefits of yoga to my massage clients. I believe yoga is a great compliment to massage therapy. Not only does it provide another stress relieving outlet for you, it also helps release and stretch those muscles that will be worked on in your massage session.

### **Continuing Education:**

- Integrative Neuromuscular Myofascial Technique, Laura Landsiedel, October 2009
- Yoga Teacher Certification, Peachtree Yoga Center, February 2009
- Thai Yoga Massage, Sunny Klaber, October 2007
- La Stone Massage, La Stone Therapy, Inc., November 2003
- Prenatal Massage Workshop, Nurturing the Mother, February 2002
- Orthopedic Massage I, Orthopedic Massage Education Research Institute, June 2000
- Orthopedic Massage II, Orthopedic Massage Education Research Institute, September 2002
- Orthopedic Massage III, Orthopedic Massage Education Research Institute, February 2003
- Reiki I, Reiki Master Pamela McMahon, September 2003
- Reiki II, Reiki Master Pamela McMahon, February 2004

### **Certifications:**

- North Carolina Massage Therapy License #2759
- Georgia Massage Therapy License MT005282
- Member of the American Massage Therapy Association
- National Certification in Massage Therapy, December 2001
- Medical Arts Massage School, Raleigh, NC
  - 636 hour Massage Therapy Program (clinic and classroom), October 2001
- University of Rochester, Rochester, NY
  - Bachelor of Arts, Health and Society, May 1999
  - Bachelor of Arts, Psychology, May 1999

### **Massage Experience:**

- Private Practice, Cary, NC. March 2003-present
- Cisco Systems, Research Triangle Park, NC June 2004-January 2005
- Skin Sense a Day Spa, Cary, NC January 2002-August 2005
- Extensive experience at onsite community service massage events, including sports massage and chair massage

[Massage Therapy](#)[Yoga Classes](#)[Prices & Specials](#)[Contact Us](#)[Directions](#)