

A memorable trip to Asia planted a seed . . .

Since 1994 I have had extensive training and study in a range of bodywork modalities. I continually study and take courses in Reflexology and massage. I have an ongoing practice and study of Qigong, Taichi, Yoga and Breathwork.

MASSAGE THERAPY

Clinical Massage Therapy, NY Curriculum

Graduated May 17, 2007

The Academy of Massage Therapy, Hackensack, NJ

National Certification Board for Therapeutic Massage and Bodywork (NCBTMB)

Certified October 10, 2007 (# 542656-07)

Licensed Massage Therapist in NY State (LMT NY)

Licensed September 2007, (# 020906)

Licensed Massage Therapist in NJ State (LMT NJ)

Licensed January 2013, (# 18KT00441300)

PERINATAL MASSAGE

Pre- & Perinatal Massage Therapy

Certificate of Achievement/ 32 continuing education hours, April 2011

Cortiva Institute and Body Therapy Associates with Carole Osborne, Hoboken, NJ

Pre- & Perinatal Massage Techniques Refinement; Advanced Perinatal Issues;

Supporting Maternity Clients with Special Needs

Certificate of Achievement/ 32 continuing education hours, June 2011

Cortiva Institute and Body Therapy Associates with Carole Osborne, Hoboken, NJ

Ma Massage Prenatal Massage Therapy Training

Certificate of Achievement/ 16 continuing education hours, May 2015

Pacific College of Oriental Medicine with Kiera Nagle, New York, NY

MANA LOMI® (Hawaiian Massage)

Mana Lomi® Level 1

Clinical Techniques of Mana Lomi® Hawaiian Massage with Carol Hart

34 continuing education hours, August 2021, Kauai, HI

Mana Lomi® Certificate of Endorsement by Carol Hart

Completion of 20 Mana Lomi® Reports, October, 2021

REFLEXOLOGY

Hand, Ear, Face Reflexology Training Program

Certified 100 hours, April – July 2005

New York Open Center, Inc. / The Vital Energy Source with Wendy Coad, New York, NY

Foot Reflexology Training Program

Certified 200 hours, March – June 2005

The Vital Energy Source with Wendy Coad, New York, NY

American Reflexology Certification Board (ARCB) - Foot Certification April 2006 (# B01117)

Reflexology Teacher Training – Basic & Advanced Reflexology

Certified 200 hours, September 2006 – March 2007

The Vital Energy Source with Wendy Coad, New York, NY

Moving the Energy: The Interface of Reflexology, Massage, the 12 Meridians and 5 Elements

15 continuing education hours, October 2008

J.L.M. Educational Training with Lillian Morten, New York, NY

American Reflexology Certification Board (ARCB) - Hand certification August 2009 (# H0062)

The Science of Reflexology Deposits

4 continuing education hours, September 2009

Linda Chollar Reflexology Training & Research Group with Jesus Manzanares, MD,
Los Angeles, CA

Exploring Infertility and Reflexology

16 continuing education hours, October 2009

The Swedish Institute with Vera Krijn, New York, NY

Pain Control & Stress Reduction with Foot/ Hand /Ear Reflexology

3 continuing education hours, June 2013

The American Academy of Reflexology with Bill Flocco, Linthicum, MD

Integrated Foot/ Hand/ Ear Reflexology for Musculoskeletal Issues & Pain

17 continuing education hours, June 2013

The American Academy of Reflexology with Bill Flocco, Linthicum, MD

Manzanares Method of Reflexology™

16 continuing education hours, October 2013

Manzanares Method of Reflexology™ with Jesus Manzanares, MD, New York, NY

Integrating Reflexology with Foot Function Level 1

14 continuing education hours, October 2017, Essex, Vermont

Certified Myoskeletal Therapist

16 continuing education hours, December 2017

Theory, practice and clinical application: Technique Tour Home Study Course with Eric Dalton

Structural Reflexology® Level II

Integrating Reflexology with Foot Function

17 continuing education hours, September 2018, Essex, Vermont

Manzanares Method of Reflexology™

24 continuing education hours, April 2019

Science-based Manzanares Method of Reflexology™ with Jesus Manzanares, MD, New York, NY

Clinical Techniques of Mana Lomi® Hawaiian Massage with Carol Hart

34 continuing education hours, August 2021, Kauai, HI

Certified Structural Reflexology® Practitioner by Structural Reflexology®, LLC

Recognition of master level by Instructor/Director Geraldine Villeneuve, June 2022

QIGONG & YOGA HEALING/BREATHWORK*Qigong Meridian Therapy/ Chair and Full Body Treatments*

Two-year training, certified 1997

American Taoist Healing Center and Hubei College China of Traditional Chinese Medicine,
with Nan Lu, OMD, New York, NY*Medical Qigong Training Level 1*

One-year training, completed October 2008

Tao of Healing with Nan Lu, OMD, New York, NY

Dragon's Way and Wu Ming Qigong Instructor Training

One-year training, completed 2009

Tao of Healing with Nan Lu, OMD, New York, NY

Dragon's Way Teacher Training Certificate April 2009

Tao of Healing, New York, NY

Medical Qigong Training Level 2

One-year training, completed November 2010

Tao of Healing with Nan Lu, OMD, New York, NY

*200-Hour Yoga Teacher Training Program at Shakti Yoga & Living Arts
(Includes Pranayama/Breathwork training), Certificate of Graduation October 2020*

*20 Hours of Training in Qigong Infused Yoga™
Certificate of Completion November 2020*

Breathwork/Pranayama

Classes with Robert Moses online since 2020

Classes with Roger Jahnke August 2022

THAI MASSAGE/ SHIATSU/RAINDROP MASSAGE

Thai Massage Training

32 hours training, 2006

Academy of Massage Therapy with Rick Haesche, Hackensack, NJ

Nuad Bo Rarn: Side-lying Thai Massage

7 continuing education hours, September 2006

Connecticut Center for Massage Therapy with Rich Haesche, Newington, CT

Shiatsu level 1 and 2 Integration Training

180 hours training, May 2007

Academy of Massage Therapy with Larry Wolf, Hackensack, NJ

Thai Massage for the Table

6 continuing education hours, May 2008

Bodymind Thai Massage with Rick Haesche, Newington, CT

Acupressure Facial Jin Shin Do® Acupressure

6 continuing education hours, December 2008

The Jin Shin Do® Foundation for Bodymind Acupressure with Gail Kellstrom, Katonah, NY

Raindrop Massage

4-hour training with Anna Winkler at Shakti Yoga & Living Arts, May 2008

PROFESSIONAL AFFILIATIONS

Reflexology Association of America (RAA)

Associated Bodywork & Massage Professionals (ABMP)

TEACHING**Reflexology:**

Pacific College of Oriental Medicine, New York, NY; December 2010 — 2020

Healing Hands Massage School, Westwood, NJ; April 2008 — June 2010

Private Classes, Maplewood, NJ; April, 2009 — Present

The Institute for Continuing Education, Fairfield, NJ; May 2014— Present

Premier Continuing Education, New Jersey & Pennsylvania, June 2016 – 2018

Qigong & Yoga

Dragon's Way Qigong[©] and Wu Ming Qigong for Breast Health, May 2009 —2020

Qigong Infused Yoga[™] and Yoga Classes, October 2020-present