



## EXPERTISE

Reiki Practitioner, Swedish Massage, Deep Tissue Massage, and Foundational Acupressure.

## INTRODUCTION

I recently took a leap of faith. My own transformational client experience of receiving energy healing, bodywork and massage therapy while dealing with physical and emotional traumas gave me the courage to do so. I quit my Accounting job of 10 years and set out on a quest in pursuit of following my hearts passion. I decided to become fully immersed in the art of healing. I am a recent graduate of Potomac Massage Training Institute in Silver Spring, MD. In 1999, I graduated with a Bachelor of Arts in Psychology from the University of Maryland. In those 20 years from student life to student life, my journey has been a difficult one. I can say with a heart full of confidence that walking through those adversities led me to this calling. To be a facilitator of healing, and to be in service to others. My healing experiences, my beliefs and my own circle of healing facilitators inspired me to become a Licensed Massage Therapist in the state of Maryland. I am Foundation Acupressure certified through Soul Lightening. I am Usui Reiki Level II certified practitioner working towards Master certification.

My vision to practice exists to help and serve others who wish to create change, to feel better, and to improve quality of life. Combining a mix of modalities into uniquely tailored client sessions, I seek to assist clients by helping to restore, support and facilitate healing within themselves. I wish to serve those in my community who seek healing on a soul level through mind, body, emotion, and spirit integration. I will work in partnership with clients by supporting their bodies natural functioning to facilitate healing. Together we will create a plan for decreasing stress, encouraging growth in every facet of life, and finding satisfaction in one's own life purpose. Transforming souls by bringing body, mind, emotion and spirit into one's soul alignment. I am a facilitator and not a fixer! I will bring energies from the Heavens and from the Earth through my heart and through my hands to promote wellness and a new awareness. I believe that compassionate therapeutic touch and the flow of love from the heart are healing and strengthening. Our bodies know how to heal themselves; and that wisdom comes from within. To empower one's own inherent wisdom is healing. I ask that you come explore what I have become so passionate about. As my new career in healing is just beginning, I ask that you be patient, understanding and willing to work together. I wish to provide client-centered sessions that allow for safe space where my clients own inner wisdom can bring them to healing, to health and to their own knowing that they are enough. I believe that by integrating mind, body, emotion and spirit we can achieve wholeness, wellness and overall wellbeing.



## SERVICES OFFERED

- Usui Reiki Practitioner
- Swedish Massage
- Deep Tissue Massage
- Foundation Acupressure

## MAKE AN APPOINTMENT

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