

About Me



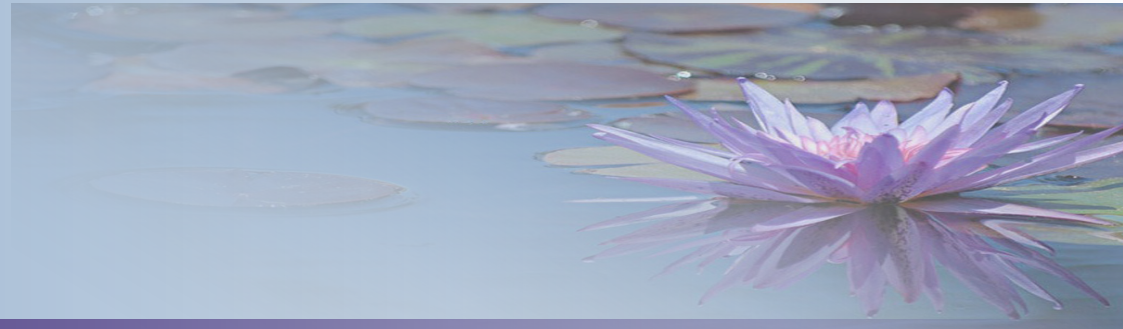
I offer every client the best of who I am, to help you realize and embody your most authentic self.

For decades, I was a dancer and teacher, and an executive admin for CEOs in business, non-profits, and education. After a brain injury and body trauma in 2000, bodywork and energetic healing helped me recover and regain my ability to think and express myself.

I've spent a lifetime exploring the intangible side of existence through meditation, study of comparative religions, and pursuit of the elusive truths that reside within us all.

Now in my wisdom years, these studies and experiences are the basis of my career as a bodyworker, empath, and spiritual healer.

My purpose is to guide other women to a life of wellness, harmony, and fulfillment. I'll lead you on a journey to reclaim your health and energy, your mental sharpness and focus, and a sense of joy in every moment!



How It Works

Whether you're recovering from injury or illness, or are frustrated with the limitations of aging, my custom programs target your specific challenges and goals.

I design a program of bodywork, coaching, supportive technology, movement routines, and self-care secrets for a route to the results you want, in a time-frame you can rely on. You receive:

- A start-point assessment to set goals
- Bodywork sessions to move toward freedom
- Energizing movement to maintain your pace
- Self-care techniques to support you
- Guided relaxation to rejuvenate your relationship with your body
- NASA-linked technology for better blood flow and immunity
- Wellness journal to track your progress
- A VIP spa day and review session

Together, we'll establish a new relationship between your body and your thoughts, emotions, and sense of self. You'll discover a whole new joy in living!

One of my full-service programs is sure to bring back the spring in your step and the sparkle in your eyes — which is exactly perfect for you?

RECOVERY PROGRAMS

Your recovery program targets specific challenges and goals you may have and supports you in recovering your health.

To regain health and wellness, we unravel your unique compensation pattern, layer by layer, until you're back to normal — or better!

REGENERATING PROGRAMS

Frustrated with the changes that seem inevitable with age? My regenerating program starts you moving easier, having more energy, thinking more clearly — and enjoying life fully again!

“Older” doesn't have to mean losing your ability to have a fulfilling, joyous life. Reset your relationship with your body and tune up your life from the inside out and from top to bottom.

Bodywork or Massage?

Is there a difference? Absolutely!

Massage is great, and has wonderful effects — any massage will lower your stress level, improve your circulation, let you feel rested and relaxed. Massage effects do linger for hours or days, so you may sleep better, and feel relaxed for a while — until your stress level rises. Then what?

My targeted bodywork goes deeper and works better on **your** personal issues, with a broad spectrum of techniques to realign tissue on many levels.

Bodywork re-educates your body to function more smoothly, retain more flexibility, and stay healthier longer.

We explore your holding patterns from skin to deep-muscle layers, and on to subtle body systems like lymph and spinal fluids, balance, and energy levels.

Rather than a one-time short-term approach, we set goals and track progress over the course of your program, in a learning process that lets you tune in to your body and form healthier movement patterns.

With integrated bodywork, you stay in better condition overall, and results last longer. Deep change takes time — but I also offer single sessions for relaxation as well!

My Training

My training includes Swedish/Esalen style massage, Ortho-Bionomy®, acupressure/shiatsu, Chinese Tui Na massage, cupping and moxibustion, integrated stretching, cranial/sacral balancing, Reiki, and other energetic work. I draw on all these modalities, as well as decades of experience as an nationally-known and award-winning dance teacher and performer, and a long-time yoga practitioner, to work with you.

CA Certified Massage Therapist (#70604)

Trained at MTI, Davis
Specialization in Acupressure
Usui Reiki Master and Teacher
Minister & Spiritual Healer
Universal Life Church

BA, Business Management
St. Mary's College

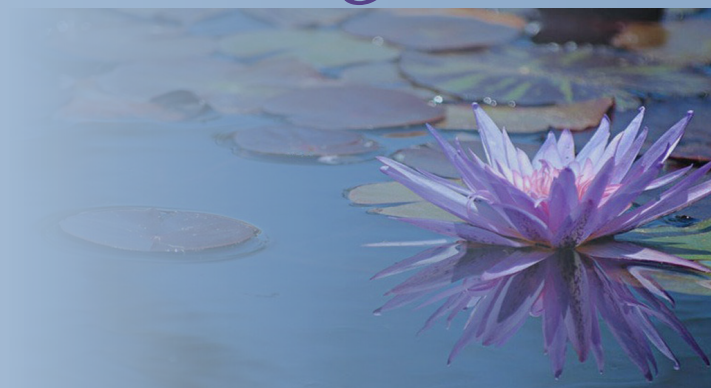
Professional Member
Assn. of Bodywork & Massage Professionals
Associate Member
Society of Ortho-Bionomy International

FLOATING LOTUS WELLNESS

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Floating Lotus



A Women's Wellness Practice

Wellness is a body in tune with mind, emotions and spirit for a vibrant, healthy, and joyous life.

No matter your age, it's never too late to become your true self.