



Mary-Anne Schoenike, Reflexology and Reiki Master

Mary-Anne has been practicing at Verkuilen Chiropractic & Wellness Center since January 2014. She grew up in Rhode Island and moved to Wisconsin to attend the University of Wisconsin-Stevens Point. She has lived in Shawano since 1981 and taught Kindergarten and Early Childhood-Special Ed at Gresham and Lincoln Schools.

When her brother was diagnosed with ALS or Lou Gehrig's Disease, she became interested in Holistic Complimentary Therapies. She began her studies in Reiki, a light-touch energy based modality that works as a support system mechanism to the body, in 2008 and became a Reiki Master Teacher in 2010. In 2011, she became certified in Reflexology, the practice of applying pressure to the feet utilizing specific thumb, finger and hand techniques. Both modalities help reduce tension and bring balance to the body systems to promote healing. Reflexology also aids in improving circulation.

Mary-Anne enjoys traveling, reading, journaling, and creating SoulCollage cards. Retired or not, she still enjoys teaching and offers classes in Reiki, Reflexology and SoulCollage.