

## Biography

MaryAnn Burman RN, MSN, HTP

With a Bachelor's Degree in Nursing (BSN) from the University of San Francisco, and a Master's Degree in Family-Child Nursing (MSN/PNP) from The Catholic University of America, MaryAnn has created and pioneered innovative roles, practices and programs.

She has authored more than twenty publications and has presented numerous programs at the local, state and national level.

For more than 35 years she has integrated body, heart, mind, spirit dimensions to her practice, at first through Therapeutic Touch and later with Healing Touch, and intuitive leadership development. She brings an intuitive wisdom to each aspect of her practice as a mentor, coach, Healing Touch Practitioner, Essential Oils Educator, Certified AromaTouch Technique Practitioner, Certified Labyrinth Facilitator and Certified Aesthetic Pruner.

The common thread through all of her offerings is, as Florence Nightingale first wrote, putting people in the best situation to allow Nature to take its course. She is passionate about empowering others to listen to their own body heart wisdom to create a fulfilled, healthy and happy lives.

She is honored to be the mother of two grown sons and an adorable grandson. She recently Listened to Yes! and bought a lovely Queen Anne cottage in Vallejo, CA. Her recently published book, *Listening to Yes! Body Heart Wisdom Tools for Transformation*, is now available in print, audio and ebook form.

For more information, visit [MaryAnnBurman.com](http://MaryAnnBurman.com), [LinkedIn](#), or [Instagram @essentiallyyes](#).