

Education • Training	Description
Bachelor of Science in Counseling Psychology Rochester College 2011	Assist individuals to understand their development and create fulfillment and enrichment in daily life
Bioenergetic Analysis 4 year preclinical & clinical training 2009 Michigan Society for Bioenergetic Analysis Currently in supervision Facilitate E-Motion™ Exercise groups 2009-current	An integrative approach to mind and body. Develop self-awareness through breathing and movements designed to ground and center. Manage stress healthier, address issues of anxiety, depression & trauma, enhance capacity for pleasure
Personal Growth Facilitator Individuals & small groups 1994-current	Assist individuals to become empowered through increasing self-awareness utilizing meditation, journaling exercises, group interactions, women's groups
Bowen Technique - Bowenwork™ Professional Bowen Practitioner 2007 Advanced education: Mind-Body & Bowen, Working w/ Back Pain, Specialized Procedures I & II Associate Instructor Bowenwork™	Soft-tissue relaxation technique which balances the body by working with the central nervous system to reset tension and dysfunctional patterns. Assists the body to rest, repair and rejuvenate Wellness In Your Hands ... 4 hour hands-on course Learn procedures to assist your body in maintaining balance and health – back, neck, knees and respiration
Hatha Yoga Teacher Training – 200RYT Jenna Aviva-Lee 2009	Focus is on building a stable base, proper alignment and gentle flows to enhance strength, flexibility, balance, breathing, and a calmer mind
Thai Massage/Stretch Certified Thai Massage Therapist Level I Nuad BoRan 2011	Thai Massage/Stretch guides the recipient through a series of fluid stretching and movement using gentle pressure
Polarity Therapy™ Fundamental 2 year training 2001	Energy balancing system which directs life force energy along natural pathways to clear blocked energy and open the body to healing
Flow, Alignment, & Connection™ Certified Practitioner 1999	Energy bodywork based on accessing the creation aspects of your consciousness; it is deep work affecting all levels of your experience—physical, emotional, or mental symptoms, conditions; energy patterns; and templates for energy patterns
Awakening Your Light Body™ Teacher Graduated 1990; Certified Teacher 1994; Advanced study group 1997-2010	An in-depth meditation process of infusing your Soul's light into your personality. Building and expanding consciousness aligns us with our life purpose and assists in manifesting our potential
Professional Glass & Metal Artist Self-taught: 1988 - 2007	Original, designed and created glass * sterling silver jewelry, Everyday Angels™, glass & metal sculpture