

## Heather Karr

Licensed Massage Therapist

805.857.5693

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### MY PHILOSOPHY

Throughout my life I've always rushed around trying to get everything done. As a kid in school, as a mom, and as a business owner. I would pride myself on multi-tasking and being able to "tough through" daunting challenges. I used to put my stress management last. I've learned over time that stress reduction is not a luxury, and that no one gets a badge of honor for not taking care of themselves.

My goal is to help people reduce their stress level (so it reduces their chances of getting sick) and to help them operate in their business and personal life with clarity of thought, increased effectiveness, a stronger immune system with emotional and physical resilience.

### LICENSES and CERTIFICATIONS

#### MASSAGE THERAPY LICENSE:

Thousand Oaks, 9-13526

Los Angeles County, 269672

Simi Valley, 16036-1

#### CERTIFIED IN:

- Pregnancy (prenatal) Massage
- Geriatric Massage
- Compassionate Touch (Hospice)
- TMJ Release
- Chiropractic Massage
- Traditional Usui Reiki Natural Healing (Level II)

### MODALITIES

- Swedish • Chair • Deep Tissue • Hot Stone
- TMJ Release • Chiropractic • Sports
- Golf Ball Massage • Geriatric • Reiki
- Compassionate Touch (Hospice) • Abyhanga
- Pregnancy

### EDUCATION

#### Massage Center

171 E. Thousand Oaks Blvd., Thousand Oaks, CA

#### A2Z Health

2955 Moorpark Road, Thousand Oaks, CA

#### THE HEART TOUCH PROJECT

3400 Airport Ave., Suite 42, Santa Monica, CA

*(Training in compassionate and healing touch designed to teach bodywork practitioners, caregivers and others appropriate ways to work with seriously ill clients.)*

### EXPERIENCE

#### ahhhmmm

Independent Massage Therapy

August 2008 - present

Performed on-site therapeutic massages professionally with a high level of dignity, integrity and attention to the needs of the client.

#### Zen Spa

Calabasas, CA (818) 591-0046

Massage Therapist

December 2008 - present

Contact: Patty Callahan

#### LaVida Massage

Thousand Oaks, CA (805) 494-1448

Massage Therapist

August 2009 - present

Contact: Grace Deirdre

#### Omega Health Systems

Thousand Oaks, CA (805) 230-2673

Massage Therapist and Chiropractic Assistant

October 2008 - January 2009

Contact: Sevak Khodabakhshian, D.C., Q.M.E.

### VOLUNTEER

#### Buena Vista Hospice Care

Westlake Village, CA (805) 777-1133

Contact: Glenys Bough

#### Assisted Home Hospice

Thousand Oaks, CA (805) 379-1616

Contact: Eleanor Giron

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