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MASSAGE THERAPY

MY PHILOSOPHY

Throughout my life I've always rushed around trying to get everything done. As a kid in school, 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, however, 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 (which 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 and emotional and physical resilience.

LICENSES and CERTIFICATIONS

MASSAGE THERAPY LICENSE:

California Massage Therapy Council #2832

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

ASSOCIATIONS

- Heart Touch™ Project
- Associated Bodywork & Massage Prof. (ABMP)
- Greater Conejo Valley Chamber of Commerce
- California Massage Therapy Council

"GOLF BALL MASSAGE" PRODUCTS

Inventor of the SPABall Kaddy™ and the KaddyBACK™.

Developed a special "Golf Ball Massage" where a golf ball is used (with the SPABall Kaddy) for a deep-tissue therapeutic massage, as well as cross-fiber work, while protecting the therapist's hands. The KaddyBACK is used for self-care for deep massage on the upper back.

www.golfballmassage.com

EXPERIENCE

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Independent Massage Therapy

August 2008 - present

Buena Vista Hospice Care

Westlake Village, CA (805) 777-1133

August 2009 - present

Contact: Glenys Bough

Assisted Home Hospice (volunteer)

Thousand Oaks, CA (805) 379-1616

August 2009 - present

Contact: Eleanor Giron

Zen Spa

Calabasas, CA (818) 591-0046

Massage Therapist

December 2008 - September 2010

Contact: Patty Callahan

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.

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.)