



## **A Student's Journey**

My passion is bodywork. I have been in the health and bodywork field for twelve years and still can't picture another profession I would rather be in. My education in exercise science provided me with a bridge into the health and wellness field. Being a health director at a local center led me into the education and training of massage therapy as it applied to the rehabilitation field. I enjoyed working with athletes as part of their training program. I loved working with muscles in respect to their function and recovery.

But I wanted to learn more about how the body functioned as a unit. I wanted to understand more about the body systems and how each one directly impacted the other. This interest led me directly to the CFT training. Little did I know that this would open up a whole new practice. CFT gave me the education about what fascia is, how fascia works, and how interconnected fascia is with the amplitude and function of the craniosacral system. Blending the therapies together -- fascia and craniosacral unwinding at the same time -- showed me the unity of the system.

My practice is now 50 percent children with a growing percentage of special needs children as well. Nutritional Consultants, Chiropractors, Speech/Language Specialists, Physical Therapists, Massage Therapists, Birth Doulas, and Lactation Consultants, and, of course, mothers refer patients to me. To see all the children improve in varying degrees is humbling. It is my deepest intention to continue expanding my knowledge in the bodywork field to be an instrument of healing for those who enter my office.

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