



My Story

As a healer, teacher and author, my goal is to help you achieve the life of your dreams. I am a practitioner of everything I teach my clients. It has taken me many years to get to where I am today and now it is time for me to share these amazing life-changing techniques, and help others accomplish the life of their dreams. Briefly, here is how it all happened.

After 13 years in corporate America, I was called to be a massage therapist. Once I graduated, I left corporate America to start my own wellness business. At first, I provided chair massage for numerous companies. Eventually, I began providing empowering, wellness lunch, and learns and workshops. These services are still a significant part of my business but are now mostly virtual. Yes, even chair massage is being done virtually.

In 2015, I had another calling. This time it was to be a minister. I began with Spiritual Enrichment Education, then went on to be a Licensed Unity Teacher, and in September 2020, begin Seminary at One Spirit Learning Alliance. Today, I teach classes, coach

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and consult individuals, and speak at large corporations and Spiritual facilities to inspire, encourage, and uplift seekers.

Massage School and my massage practice opened me up and helped me develop my intuition. It all stemmed from the still small voice inside of me that said, “become a massage therapist.” As I followed and continue to follow this intuitive knowing, my life keeps getting better and more empowering, and now I can help others to do the same. At first, my intuition guided me in my massage practice on how to help my client on the table. I have an eclectic style that naturally helps what is ailing each person. In the beginning, I was unconscious that it was my intuition that was guiding my hands. Over time, I realized the power of that silent knowing, that we all have.

Today I use that guidance, not only in my life and in my massage practice, but I also use it in my talks, classes and one-on-one sessions, to help people reach their highest potential. Wellness Programs, Classes, Lunch, and Learns (Single Sessions) and my Public Speaking help people to begin the inward journey. They start asking questions of themselves. One-on-one sessions allow us to delve deeper into a seeker’s life, which promotes healing and empowerment.

My Credentials

Author – “From Stressed to Blessed”

Undergraduate Degree – University of New Haven, 1981 BS Business

Graduate Degree – Sacred Heart University, 1989 MBA

Additional Education - Connecticut Center for Massage Therapy – 1993

Licensed Unity Teacher – 2019

One Spirit Learning Alliance - 2020

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Continuing Education:

Massage Therapy: AMTA Creating An Environment for Learning; Basics for Effective Teaching; The Future of Touch; World Skin Project; Massage during Chemotherapy; John Barnes Myofascial Release; Touch Pro Chair Massage; St. John's Neuromuscular Therapy, Trager

Institute for Brain Potential: Advances in Understanding, Preventing and Treating COVID 19; Toxic World; Conscious Eating: Mental Health, Inflammation and the Aging Brain; Stress-Related Disorders; Understanding and treating Generalized Anxiety and Related Anxiety Disorders; Understanding the Gut-Brain; Food for Thought: How Nutrients Affect Mental Health and the Brain; Stress Reduction for the Body; The Immune System: The Mind Body Connection; Mind over Misery: Stress, Anxiety, Mood & Pain; The Habits of Happy People; Stress Reduction for the Body; Listening to the Body: Understanding Stress-Related Symptoms; Wellness Coaching; The Essential Experience

Mindfulness and Meditation: Transcendental meditation; MBSR - Mindfulness Training; Practical Meditation & Mindfulness – Beth Roth

Les Mills Body-flow Instructor

Johnny G Spin Instructor