



KNEAD·ED



Performance Massage Therapy and Bodywork

What is it I do:

I just touch people.

With years of training how the body works- I loved the information, so I studied very hard, with much passion, and the entire body from the atomic and molecular level on up. I found great pleasure learning to interweave the layers for even more understanding.

With that I through years of effort and mental training. I learned and changed my own head to get out of a serious depression. I learned to control my thoughts, and then saw how that makes huge differences, even how strangers see and react to you. I have learned how to quite the thoughts in meditation, and quite it enough to notice aspects of life that were buried in the noise- Still Times Square until you can hear the sound of hummingbird's wings in flight.

I was born to a family that loved me so much. I was welcomed, wanted, and enjoyed by my sisters and my family. There was a passion of possibility the 60's that my parents were feeling and thinking. These things and more, filled my earliest years. I learned I could care for others and be cared for to the point that nothing could go wrong. There was such a bright bliss that darkness was non-existent.

Then a couple of years ago I went to the best school of massage therapy. Oops. Not only did I learn about the living body, but also the living person. I was learned how to touch people. I was graded on my touch quality. I learned to touch to listen to the deeper tissues. I learned that what I was thinking about affected my touch. I learned that what another practitioner was thinking felt different receiving the touch.

In short, I touch people with my mind completely quite. I touch holding a sense of the greatest love and safety. I touch with understanding of the body- it's bones, nerves, muscles, and the Chinese Medicine Qi meridians. I touch, and my life efforts and passion unite to a spark of magnificence.

I touch to hear. I ask to hear at all levels -- when my hands contact and the deepest thought in my quite head is "I am here to help. Please, show me what is wrong, so I can do my best to help." I touch to listen because I'm really am curious and caring, I listen for more and more subtle aspects, because they mix so well with the physical.

What I do is invest my lifetime of passion and love and apply it when I just touch people.

Why do I do what I do/ mission statement:

Because I have learned how much bodywork can make a difference.

Because I found something that combines my life passions.

Because each time I reach that space of caring and quite for another I also hear myself.

And thus: because I am personally experiencing the very best in bodywork and taking it for all it's worth.

KneadEd Massage Therapy and Bodywork

Combining research, education and compassion to help you feel and perform
at the level you seek by releasing the tensions you have outgrown.