

Flanagan MacKenzie
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School of the Art Institute of Chicago, BFA; 1983

Esalen Institute, Massage Practitioner Certification, 1999

Advanced Studies in CranioSacral, Lymph Drainage, Application of Eastern Principles to western Bodywork , Ortho-Bionomy and TRE

Upledger Institute, Certified as Craniosacral Therapist; August, 2009

TRE, llc. With Dave Berceci Level III Trainer in April, 2009

Society of Ortho-bionomy, Associate Ortho-Bionomist; 2007

1999 to Present, Bodyworker, private practice; specializing in osteopathic-based modalities, San Luis Obispo, CA

Basic Theories of Osteopathy:

The Body is a unit

The Body is self-healing and self-regulating

Structure and function are interrelated

Foundational Theory of My Practice:

I provide a listening presence to the body. The body feels safe and supported to free itself of restrictions, become more flexible and functional. Restrictions in the body have a physical and emotional presence. When both clear the body improves and the person feels better. The body is working on itself at a pace that feels comfortable and integrating its changes as it works. Feeling supported in change feels as good to a muscle or tendon as it does to the whole person.