

CO Licensed Massage Therapist

CO Certified Nurse Assistant

Certified Lymphedema (KLOSE) and Manual Lymphatic Drainage Therapist (CSHA and Chikly)

BSN in Progress

Cooking and Hospitality Institute – Le Cordon Bleu Degree; Culinary Arts and Nutrition

Massage and Bodywork Trainings

SOMA – Institute of Clinical Massage – Clinical Massage Therapy Diploma 750 Hr. Clinical Massage

Upledger Institute –

Craniosacral I & II - Teaching Assistant

Somatoemotional Release I & II

Advanced Craniosacral I

Cranial Nerves

Glial Cell I & II

The Brain Speaks I and II

Chronic Depletion & CD-The Body

Grounding and Healthy Boundaries – Suzan Scurlock

SER TIP - Guided Imagery.

Acupressure Principles I and II

Immune System

Biodynamic Craniosacral Therapy – Michael Kerns, Franklyn Sills, Anna Chitty

DeOmbrio Institute –

Whole Body Lymph Pumping, a PT approach

Barral Institute – Teaching Assistant

Visceral Manipulation I, II, III, IV, V, VI

Neural Manipulation I, II, III

Concussions I

Listening I & II

Fascial Decoding

Vascular – Upper Body and Lower Body

Visceral Vascular Manipulation of the Thorax

Colorado School Of Healing Arts – Lymphatic Program I – III.

[CHIKLY](#) Institute

Lymphatic – LDTI, LDT2

Chronic Depletion, Long Haul Co Vid, Fibromyalgia

Brain I & II

Anatomy Trains – Tom Myers . Slings in Motion, Dissection Labs, Balancing the Diaphragms/Structural Integration

[Ortho-Bionomy](#) –

Heart Field, Enteric Nervous System, Peri-Personal Space

[OsteoDouce](#) – Energetic Osteopathy

Fitness Trainings:

[TRX](#), [BOSU](#), Bender Ball, [ViPr](#), [HKC Kettlebell](#), Advanced Myofascial Rolling.

[NASM](#) – Personal Trainer, Corrective Exercise Coach. MMA (expired)

[Power Pilates](#) – 650 Hr. Apprenticeship Program for Equipment and Advanced Pilates – Classical Program

[Romana Pilates](#) – Level 1 – 2 Studied under Juanita Lopez and Rhonda Valadez, Real Pilates, Evanston, IL. Jay Grimes and Ron Fletcher

[Balanced Body](#) – Core Align 1 & 2

North Shore Yoga – 200 Hr. Yoga Alliance Teacher Training Program – Ashtanga and Vinyasa Yoga