

ANITA PEEK SMITH, ΦΜ



Sorority: Phi Mu

University: FSU

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Birthday: January 15

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Anita was born and raised in Miami and whose mother was an official Pioneer Descendent, her family settling in Florida before 1845. Anita attended Miami Jackson High School, active in many organizations with fierce school spirit, then Miami-Dade Jr. College and on to FSU, to major in Education. Having had Physical Education teachers through high school who were profound mentors, Anita chose to teach Physical Education. Her focus was not just on teaching the skills of sport, but helping young girls appreciate the joy of movement and understanding that their bodies are their vehicles for the experience of Life. From teaching in the public school, to opening one of the first Nautilus gyms in the country, to massage therapy and treatment of athletic injury, she discovered her passion and purpose, still as a physical educator, but in a different form for the past 42 years. Soma Neuromuscular Integration, a Body/Mind process based on the work of Dr. Ida Rolf, changed Anita's life physically and emotionally, leading her to want to work with the whole person, the whole Being. Becoming an Advanced Craniosacral Therapist, a certified workshop leader and coach for the work of Louise Hay, Certified Passion Test facilitator, Dance Kinetics instructor, and Complete Self Attunement facilitator, a meditative process, have all contributed to Anita's evolvment in her personal life, and are included in her professional offerings for individual's personal transformation and integration. Her practice includes clients in South Florida and in Durango, Colorado where she lived for 14 years before returning to Miami to be more present in the lives of her granddaughters. Anita's passion has always been to assist others in deepening into their connection with the Body/Mind. They are inseparable, what we think and believe reveals itself in our bodies. Assisting others to arrive at a different perspective in their personal lives begins to show up in a more expanded relationship with the world. Anita feels privileged to have this as her life's work. Anita recently attended a large Phi Mu reunion at FSU reconnecting with many college day sisters. At this time, she and others received the 50 plus membership pin! Anita has two sons, Travis (FL) and Oley (CO) and 2 beautiful granddaughters from son Travis. Wherever Anita goes, she brings that amazing smile and her deep, genuine compassionate caring for everyone. Those who know her would best describe her as a lover of nature and of all living things. Anita is always ready to listen to anyone with an open receptivity. Philanthropically, after a trip to India in 2008 for a medical procedure, in a desire to give back to India, Anita began a project to support Indian school children in the small fishing community where she spent time recuperating. Funds are raised each year for tuition to a school established there by the British. This year, the second girl from this group will graduate! Her experience in India was life changing and she'll gladly share with anyone interested! Donations are always gladly accepted. Miami Women's Panhellenic is fortunate to count Anita Smith among its members. Thank you for all you bring to our group.