

I am a mind-body wellness provider with a 20 year track record of providing integrative massage therapy, a certified meditation teacher in traditional meditation techniques from Shree Mahesh Heritage in Rishikesh India and a 200-hour yoga teacher specializing in yin, restorative and chair yoga for beginners. With a rich and experienced background in training in meditation, mindfulness, breathwork, licensed massage therapist, certified yoga instructor, and certified trauma touch therapist I integrate and weave my knowledge, skills, and experience into well-rounded mindfulness moments.

I enjoy working with others to share and inspire how they too can create better balance and well-being in your life, enhancing your relationship with self, creating internal joy and happiness, treating the self with love and respect and embrace the life you are living each day. Whether I am providing meditation, massage or trauma-focused body work, I have always been about treating the whole person. After building a successful massage practice in the South Denver, Colorado over the last 19 years, I have expanded offerings including meditation and yoga trainings in private practice, small group and mind-body workshops/retreats/corporate events. My on-site and corporate work offerings include group meditation techniques in breathwork, relaxation, mindfulness, visualization, guided and body scan meditations. The benefits of these practices include stress and anxiety reduction, which will help ground a person in their present moment by providing calmness, clarity, and focus. Your organization will gain a more relaxed, motivated and productive employee. Win-Win! I invite you to reach out to me via phone at 303-886-2964 or email me at emobdymassagewellness@gmail.com