

Sarah Reynolds, LMT, RAB

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SUMMARY

- I am an American living in North Zealand since January 2021.
- Registered Alternativ Behandler (RAB)
- Natural Therapeutics Specialist since 1999 with expertise in Holistic Healing, Clinical Massage and Aquatic Therapy
- Instructor in many manual therapy techniques for individuals and groups
- Qualified in a range of manual therapies including WATSU®, Healing Dance®, Myofascial Trigger Point Therapy, Fascial Fitness and Pregnancy & Infant Support
- Full CV available upon request

EXPERIENCE

Natural Therapeutics Specialist, Massage Therapist May 1999 - Present

Private Practice in holistic health, wellness and pain treatment using natural approaches including massage therapy, aquatic therapy, WATSU® and Healing Dance®, Myofascial Trigger Point Therapy, Pregnancy massage, Craniosacral, Rosen Method, Hydrotherapy and Reflexology

Massage Therapy Instructor June 2003 - Aug 2015 Albuquerque, New Mexico

Crystal Mountain School of Therapeutic Massage: Developed curricula and taught massage therapy, communication, stretching, pregnancy massage, reflexology, massage history and study of massage techniques

Massage Therapy Instructor June 2002 - June 2004 Albuquerque, New Mexico

Universal Therapeutic Massage Institute: Classroom instructor in: swedish massage, shiatsu, business and ethics, sports massage, reflexology and craniosacral therapy

EDUCATION

2002 - Present Middletown, California/ Worldwide

School of Shiatsu & Massage / Healing Dance Institute

WATSU®, Healing Dance®, Shiatsu, Healing Arts

2010 - 2011 Albuquerque, New Mexico

American Institute for Myofascial Studies

Myofascial Trigger Point Therapy

2007 - 2009 Albuquerque, New Mexico

Central New Mexico Community College

Anatomy & Physiology, GIS, Digital Art Design & Publishing, Yoga

1998-1999 Albuquerque, New Mexico

New Mexico School of Natural Therapeutics

Natural Therapeutics Specialist, Healing Arts - Massage Therapy, Polarity Therapy, Reflexology, Nutrition, Shiatsu and Clinical Applications

1991-1994 Boulder, Colorado

University of Colorado Boulder

Bachelor's Degree, Womens Studies, Religious Studies

ASSOCIATIONS

DAKBOE

DAKBOE is a nationwide professional association for alternative therapists. It is the largest interdisciplinary association for alternative therapists in Denmark.

The American Massage and Bodywork Association

ABMP is the leading massage association in the United States for massage and body therapy professionals, students and educators.

The Worldwide Aquatic Bodywork Association

WABA monitors the training and certification of aquatic body therapy programs and their ethical application, coordinates research, and helps provide access to the benefits of aquatic body therapy.

Healing Dance® Institute

A professional collective that teaches, contributes, and promotes the unique form of aquatic therapy called Healing Dance, a WABA approved form of therapeutic bodywork.

LANGUAGES

English: Fluent, native language

Spanish: Elementary skill

Danish: Elementary skill. I have completed A-levels at Studieskolen.

INTERESTS

As a newcomer to Denmark, I am fascinated by all things Danish. I enjoy hiking, cycling and photographing North Zealand.

LICENSES AND CERTIFICATIONS / LICENSER OG CERTIFICERINGER

April 1999

Natural Therapeutics Specialist

New Mexico School of Natural Therapeutics

Sep 1999

Licensed Massage Therapist

State of New Mexico, USA

May 2001

Certified Pregnancy Massage Therapist

Kate Jordan Seminars

Oct 2001

Licensed Massage Therapy Instructor

State of New Mexico, USA

May 2003

Registered WATSU® Practitioner

Worldwide Aquatic Bodywork Association

Dec 2004

Certified Infant Massage Instructor

International Institute of Infant Massage

June 2011

Certified Myofascial Trigger Point Therapist

National Association of Myofascial Trigger Point Therapists

Sep 2016

Registered Healing Dance® Practitioner

Worldwide Aquatic Bodywork Association/ Healing Dance Institute

Oct 2016

Registered Healing Dance® Instructor

Worldwide Aquatic Bodywork Association / Healing Dance Institute

Sep 2017

Fascial Fitness Trainer

Fascial Fitness with Divo Müller and Robert Schleip / Fascial Fitness Academy