

Karen Faulkner, RMT, CYT

2016 is a milestone year for Karen as her business, The Healing Touch, celebrates 25 years. She is continually evolving and refining her massage and yoga therapy services.

Karen became a 200hr certified yoga teacher in 2008 and naturally progressed into studying yoga therapy which is based on biomechanics and movement principals that when applied allows students to develop and deepen their awareness of their movement on and off the mat that can be contributing to their pain and discomfort levels. Karen is constantly developing her yoga and massage therapy skills and most recently has been studying somatic movement.

In Karen's classes you will find yourself in a nurturing environment that encourages students to work at their own pace. With the use of props ranging from blocks and blankets to chairs and walls, her classes are gentle, restorative and therapeutic. Karen's keen eye and hands on approach helps students develop healthier movement patterns and build stability to let go of excessive tension. When the body is supported, it lets go.

Karen is pleased to offer group classes in two locations as well as see clients privately for integrated massage and yoga therapy sessions in her home studio. For more information about Karen and the services she offers follow this link to her website www.healingtouchyogatherapy.com



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