

Announcing Therapeutic Massage

AT THE NATURAL CARE CENTER
OF TAI SOPHIA INSTITUTE



Please welcome **Liz Brinson, LMT, NCTMB**, as an affiliate practitioner at the Natural Care Center. Liz is an advanced practitioner of **Craniosacral Therapy (CST)**, a gentle manual therapy that encourages health in the central nervous system.

She is a graduate of the University of Maryland and the Baltimore School of Massage, a licensed massage therapist who is nationally certified in therapeutic massage. She also has received training in myofascial work and pregnancy/postpartum massage. Liz employs a practical, comfortable approach, some humor and a good dose of compassion in her work.

In response to subtle movements and physiological rhythms, CST facilitates clients' connection with their non-conscious impulse toward balance and health, and uses this innate drive to guide the release of primary restrictions. CST is often relaxing, and gracefully promotes cognitive, emotional and spiritual integration through structural bodywork.



Kristen LaSor, LMT, is a graduate of the Baltimore School of Massage, and a member of the American Massage Therapy Association.

Kristen, a Licensed Massage Therapist, came to **Massage Therapy** to obtain a solid understanding of the human body. She believes wholeheartedly in the healing power of massage. Her goal as a massage therapist is to dedicate herself to the health and well-being of her clients through professionalism, integrity, confidentiality, and respect. She provides her clients with nurturing sessions to promote relaxation and self-healing. She hopes through continued sessions, her clients will achieve a better body awareness and sense of peace in their lives.



And please welcome **Cathy Miller, LMT**, as an affiliate practitioner at the Natural Care Center. Cathy is a licensed massage therapist with additional diplomas and certifications in Asian Bodywork Therapy (NCCAOM), Process Acupressure, and Clinical Acupressure (Soul Lightening International). Cathy offers a “whole-being” approach to bodywork, and tailors each session to the specific needs of each client.

She offers **Swedish or Deep Tissue Massage** (traditional massage therapy), **Asian Bodywork Therapy** (including shiatsu—gentle or deep compressions and/or stretching along meridian pathways), **Clinical Acupressure** (accessing specific acupoint combinations with a special style of touch, and in a particular order to facilitate balance and healing), and **Process Acupressure** (facilitating awareness in the body/mind/spirit as issues naturally arise and unfold during bodywork).



**Tai Sophia
Institute**

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We are pleased to have the expertise and healing presence of Cathy, Kristen, and Liz at the Natural Care Center. Please join us in welcoming them to the clinic.

For an appointment, please call the Natural Care Center at 410-888-9048 or
800-735-2968, ext. 6614