

I am ABMP.

Neusa, California.

Member since 2002.

BACKGROUND: I first learned massage while interning in a Carmelite Order convent in Brazil, then worked toward certification in San Diego. I have developed my own style, ekobé bodywork therapy. Ekobé means *essence of life* in an indigenous Brazilian language.

PERSPECTIVE: As a holistic health practitioner, I'm honored to help people achieve a healthier life. By allowing the body to rest, one finds the natural tools to heal.

BUSINESS GROWTH: My practice is 98 percent booked at all times. I have plans to systemize my ekobé method even more and teach it to other therapists.

ABMP AND ME: When I started out, I called all the massage associations; ABMP was the friendliest. I'm always treated as if I'm their only member. The wealth of information on their website, along with timely e-mails about regulations and laws, are really helpful.

LAST WORD: It is easier to be peaceful and loving when our bodies are well. My weekly massage is the main secret of my success. It's easy to help others feel well when you feel well yourself.



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