

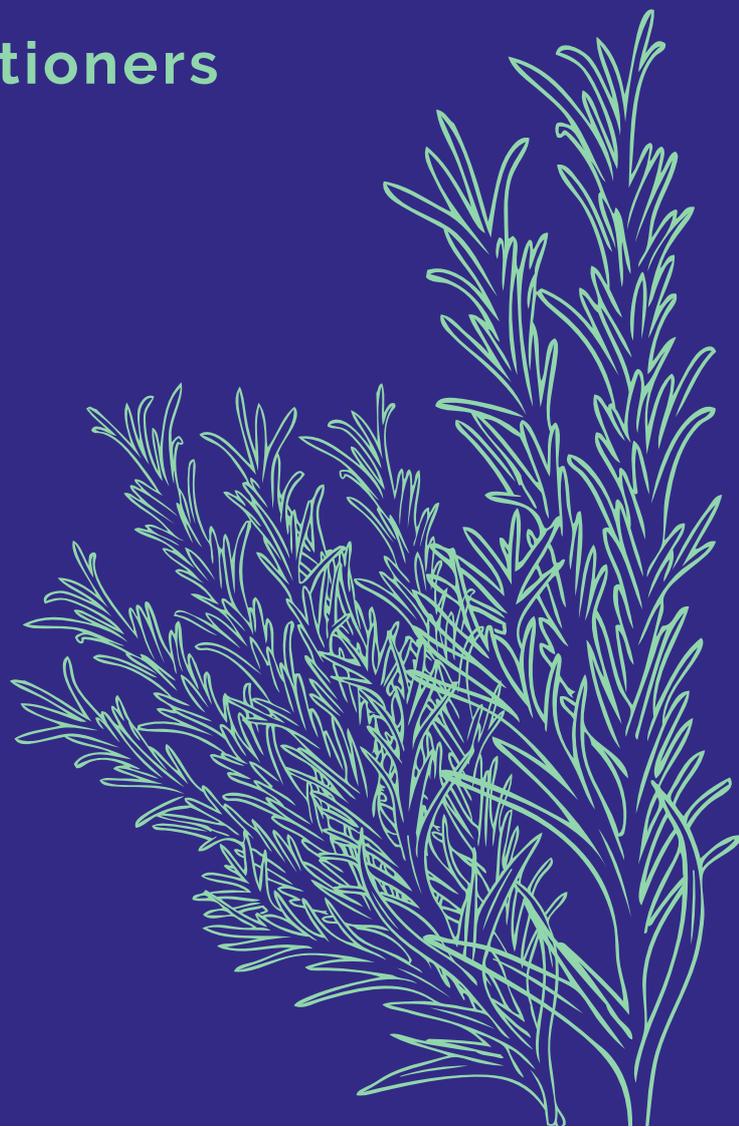


Holistic Healthcare Practitioners Guide

A Guide to Moab Valley Practitioners

2022 EDITION

Acupuncture
Ayurvedic Medicine
Bodywork
Chinese Medicine
Counseling
Energy Work
Herbalism
Kinesiology
Massage Therapy
Naturopathic Medicine
Nutrition
Posture Therapy
Reiki



ABOUT THIS GUIDE

Moonflower Community Cooperative produces this free Holistic Healthcare Practitioners Guide to connect local healers and practitioners to the broader Moab community. Moonflower also supports their practices by providing them with opportunities to teach free community education classes at the co-op. Practitioners specialize in acupuncture, Chinese medicine, herbalism, bodywork, mental health counseling, and more!

Interested in being included in our Practitioners Guide?

Email outreach@moonflower.coop and include a photo, contact information, and short blurb of no more than 100 words.

ACCESS OUR GUIDE ONLINE

Visit bit.ly/practitionersguide2022

ABBREVIATIONS

- AIP:** Autoimmune Protocol
- BCSI:** Board Certified Structural Integrator
- CAPP:** Certified Aston Patterning Practitioner
- CHC:** Certified Health Coach
- CMHC:** Clinical Mental Health Counselor
- CNTP:** Certified Nutrition Therapy Practitioner
- DACM:** Doctor of Acupuncture and Chinese Medicine
- DOM:** Doctor of Oriental Medicine
- E- RYT 500:** Experienced Registered Yoga Teacher, 500 hour
- LAc:** Licensed Acupuncturist
- LMT:** Licensed Massage Therapist
- MA:** Master of Arts
- MAcOM:** Master of Acupuncture and Oriental Medicine
- MD:** Doctor of Medicine
- MSTOM:** Master of Science in Traditional Oriental Medicine
- ND:** Naturopathic Doctor
- RN:** Registered Nurse

PRACTITIONERS LISTED A-Z BY LAST NAME

Lisa Albert, LMT



Healing Bodywork
Healing Arts Center
50 E. Center St. Suite #5, Moab, UT 84532
435-260-9506 | lisaalbert5@yahoo.com

Lisa Albert has 20 years of experience trained in CA & UT, blending a combination of therapies to create a massage especially for you to treat stress, stiff & sore muscles, and sports injuries & increase range of motion. Spinal Touch is a gentle but effective polarity-based spinal treatment that gives the body the info it needs to heal. Combined with tuina (Chinese Acupressure), it can treat misalignments that cause sciatica, neck, back, and shoulder pain. Bellanina Facelift Massage is a luxurious way to pamper yourself. In one deeply relaxing hour your fine lines will be minimized while your face will be toned, re-hydrated and glowing. Consider multiple treatments for younger looking skin!

Spinal Touch,
Bellanina
Facelift Massage,
Massage

Nancy Anderson, MA, CMHC

Integrative Counseling with
Nancy Anderson
Healing Arts Center
50 E. Center St. Suite #8
Moab, UT 84532
970-708-0078
nanbanderson@hotmail.com

Nancy works broadly with all adults, with specialization in healing from trauma, childhood abuse, depression, anxiety, and eating disorders. She also works with interested clients to facilitate spiritual growth, bringing the perspective of the medicine wheel, dark night of the soul, and being present with unintegrated aspects of the self, such as inner child or shadow aspects. She combines talk therapy, EMDR, which is a way of working to heal trauma, and ceremonial work, such as cord cutting or meeting one's power animal.

Ray Andrew, MD



Prestige Wellness Institute
2700 S. Hwy. 191 Suite #2, Moab, UT 84532
435-259-4008 | prestigewellnessinstitute@gmail.com
www.prestigewellnessinstitute.com

Moab is home to one of the premier functional, antiaging, and regenerative medicine clinics in the region, drawing patients from all over Utah and surrounding states. You might think you are just getting older. You might think accumulating one disease after another is the norm. Don't settle for mediocre health. You don't have to live in fear of infectious diseases, Alzheimer's, cancer, or heart disease. Regenerate your joints instead of resorting to surgery. You don't have to suffer with autoimmune disease, fatigue, or pain. You have options. Learn what you can do to transform your health at Prestige Wellness Institute.

Functional &
Regenerative
Medicine

Crystal Bunch



**Yoga, Reiki,
Meditation, Life
Coaching**

Owner, Mindful Movement Moab
76 S. Main St. Suite #15, Moab, UT 84532
435-699-6123 | mindfulmovementmoab@gmail.com
www.mindfulmovementmoab.com

Registered Yoga Teacher-500 * E-Registered Yoga Teacher-200 * 200 CMT (Certified Mindfulness Instructor) * Reiki Master
"Bringing the mind and body together."
Private Reiki, wellness/life coaching, meditation, and yoga sessions available. In person or virtual appointments. Sliding scale for payment available. Book online or text.

Ashley Bunton



**Samassati Color
Light Therapy**

Color Light Therapy with Ashley Bunton
435-220-1411 | bunton.ashley@gmail.com

Samassati color light therapy is an intuitive approach using color light in traditional Chinese medicine for rejuvenation, balance and relaxation. Color light is nutrition for the body and can facilitate a deep energetic and emotional reset during the darker winter months and year round. My certificate and training in Samassati color light therapy is through the European Institute for Light Therapy with Jan van der Est, one of the world's leading light therapists, using the latest protocols and light therapy tools. I have facilitated Samassati color light therapy sessions for five years.

Connie Cady



**Energy Healing, Life
Transformation
Coaching, Wellness
Consulting**

A Better Life Choice
541-543-4874 | connie.cady@abetterlifechoice.com

Connie is an energy healer and life transformation coach. Transforming people's lives and raising the vibration of our planet is her calling and passion. Most of her work involves identifying and releasing trapped emotional energies or baggage and replacing these energies with life giving positive energies. All it takes to trap a negative emotion is to experience something that we don't know how to process in that instant. She also corrects imbalances in chakras and meridians. She also looks for infections, toxins, nutritional deficiencies, structural imbalances, and allergies and addresses those according to whatever the client's body needs. Energy healing supports all other healing modalities and helps them to be more effective. This work is all about removing blocks to healing so the body can heal itself.

Debra Cahill, DOM, LAc



Acupuncture, Chinese Medicine

Health Rising Wellness

970-242-0020 | deb@healthrisingwellness.com
www.healthrisingwellness.com

Debra Cahill is the owner and sole practitioner of Health Rising Wellness. She has been treating patients since 2005. Debra has been treating patients in Grand Junction, CO (since May 2012) and Moab, UT (since Jan. 2015). Oriental medicine services are provided, such as traditional herbal medicine, nutrition, and lifestyle counseling.

Debra has closed her Grand Junction and Moab offices and moved into semi-retirement. She is now offering Zoom consultations and herbal refills to patients. There are many modalities that Debra offers education and encouragement to her patients for self care and wellness. Refer to her website for examples of those injuries and diseases that may be treated with Oriental medicine as well as testimonials from those who have enjoyed the benefits of Oriental medicine.

A free 15 minute consultation is available to those who would like to know whether these services fit their needs. Please refer to the contact information above.

Lisa Carter, LMT



Lotus Massage

Healing Arts Center

50 E. Center St. Suite #9, Moab, UT 84532

801-388-9247 | lotusmassagemoab@gmail.com

www.lotusmassagemoab.com

Massage Therapy

Lisa specializes in deep tissue, sports, Swedish, and prenatal massage.

Anthony Charles, LMT



High Desert Massage

11 N. Main St. Uranium Office #5, Moab, UT 84532

435-260-7573 | www.highdesertmassage.info

Massage Therapy, Bodywork, Cupping Therapy

Anthony has made massage and bodywork his full time occupation. His passion is helping clients to feel better since 2013. Anthony specializes in deep tissue, trigger point, structural, plus 9 other massage modalities. He combines many of them together to create your perfect massage. His clients leave feeling better with better understanding how to prevent muscle pain, manage and maintain.

Didar Charles, LMT



High Desert Massage

11 N. Main St. Uranium Office #5, Moab, UT 84532
435-260-7522 | www.highdesertmassage.info

Massage Therapy

Didar Charles is a professional therapist with extensive knowledge in anatomy, physiology, and massage therapy. Didar is committed to a professional client-oriented practice which integrates the specific needs of each client individually to ensure strong health and effective recovery.

Sarah Cook, LMT, CHC



Sarah Cook Massage & Health Coaching

76 S. Main St. Suite #10, Moab, UT 84532
435-260-0424 | nourishyourroots@gmail.com

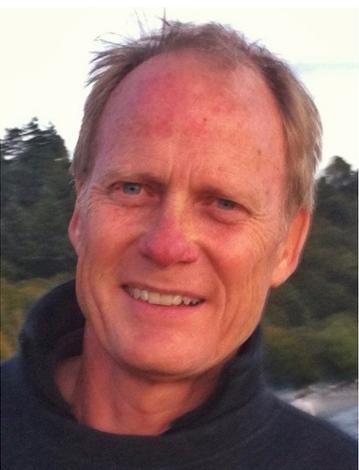
As a certified health coach, I love working with clients to achieve their health-related goals by providing deep listening, guidance and accountability. Having fun and ease with food and cultivating present moment awareness are my go-to tools for helping others make lifestyle changes for healthy, happy living.

As a licensed massage therapist, I love to customize each session to my client's individual needs, incorporating a variety of modalities such as neuromuscular therapy, hot stones, sports, cupping, and deep relaxation.

Packages are available for combo massage/coaching sessions for ultra nourishment and value.

**Massage Therapy,
Health Coaching**

Will Cooper, MAcOM, LAc, DipAc



435-260-8005 | cooperwill84532@gmail.com
www.moabacupuncturewillcooper.wordpress.com

Acupuncture, East-Asian Medicine, Therapeutic Bodywork

Licensed bodyworker since 1988. Licensed and board-certified acupuncturist and practitioner of East-Asian herbal medicine since 1998. A 1998 graduate of the Seattle Institute of Oriental Medicine; attended the Canadian School of Osteopathy and has had many years of private study and mentoring with U.S. doctors of osteopathy specializing in cranial work and other manual therapies. Will's practice is a skillful fusion of the ancient tradition of acupuncture with the art and science of osteopathy. Especially effective in the treatment of injuries and chronic pain (including headaches), as well as the maintenance of health and treatment of many other health issues.

Meagan Coy



M.C.'s Healing Arts

76 S. Main St. Suite #7, Moab, UT 84532

info@mcmassagetherapy.com | www.mcmassagetherapy.com

Customized Massage Therapy Sessions, Thai Massage, YoMassage, Cupping Therapy, and Private Yoga Sessions

I am a licensed massage therapist and registered yoga instructor and have been providing classes in Moab for over 5 years. I offer customized massage therapy sessions that can incorporate a variety of modalities to help facilitate a holistic sense of healing to the body, mind, and spirit. I also offer private one-on-one yoga sessions if there is something more specific that you want to work on, or group yoga sessions as well.

Breann Davis, LMT, RYT-500



Balanced Body Massage Therapy & Yoga

76 S. Main St. Suite #14, Moab, UT 84532

801-440-5958 | breann@massagetherapy.com

www.moab.massagetherapy.com

Breann Davis (she/her) is the owner of Balanced Body Massage Therapy & Yoga. Breann has been a Board-Certified, Licensed Massage Therapist since 2003. She is trained in a variety of modalities and specializes in manual lymphatic drainage, deep tissue, relaxation, hot stone, and Swedish massage. Breann is a registered yoga teacher with specialty training in trauma sensitive yoga. She enjoys sharing her gifts and offerings with the Moab community.

Massage Therapy

Desert Power Yoga



Desert Power Yoga

420 N. 500 W., Moab, UT 84532

303-905-0062 | desertpoweryoga@gmail.com

www.desertpoweryoga.com

Desert Power Yoga is comprised of a group of healers and instructors. Our goal as a studio is to provide wellness and fitness to our Moab community. We offer weekly mindfulness, meditation, restorative yoga with Reiki, kundalini with gong meditation, kids yoga, and hot yoga classes. Our teachers are all available for private meditation, yoga, and Reiki sessions. We offer a weekly donation-based class in an effort to provide yoga and wellness to our entire community. As space is currently limited, reserve your spot for class on our website www.desertpoweryoga.com.

Christy Williams Dunton



435-259-2709 (home) | 435-260-1464 (cell)
christywilliamsdunton@gmail.com

Somatic Archeology, Generational Brainspotting, Historic Trauma Recovery

Christy has been a practicing intuitive counselor for 25 years. Certified in Somatic Archaeology and Generational Brainspotting (tm), she is a Historic Trauma Recovery specialist and a graduate of the Clairvoyant Training Program at the Southwest Center of Spiritual Studies. Private readings in person or over distance, group work, retreats, and classes are available. Her integrated, holistic approach includes energy work for increased clarity, intergenerational family patterns, PTSD, chronic pain, addiction recovery, injury, creative blocks, aspirations and life transitions of all kinds. Celebrant services for weddings and threshold ceremonies are also available.

Caroline Floyd, DACM, MSTOM, LAc



Desert Sol Acupuncture + Wellness

2721 Spanish Trail Rd., Moab, UT 84532

435-200-1533 | www.desertsolacupuncture.com

[instagram.com/desert.sol.acupuncture](https://www.instagram.com/desert.sol.acupuncture)

Acupuncture, Herbal Medicine, Cupping

Caroline Floyd is a Doctor of Acupuncture and Chinese Medicine (DACM) who specializes in pain management/sports medicine, women's health, mental health, and gut health. Ask about our sliding scale payment options for Moab locals.

Lucia Gardner



SoulPathmaking with Lucia

801-631-8915 | luciwg Gardner@hotmail.com

Counseling, Artmaking, Individual Sessions, Classes, Retreats

Healing the body-mind-spirit with paint, collage, energetic bodywork, restorative restful yoga, shamanic healing, deep listening and soul care. Lucia has 35+ years experience as a chaplain, midwife, artist, healer, massage therapist and bodyworker (specialized in releasing trauma). Professional credentials include: licensed massage therapist, Shamanic practitioner, board certified clinical chaplain, pastoral counselor, certified expressive arts and SoulCollage facilitator. Listen to your soul's calling with guidance and support.

Katie Grauel



Moab Rolfling®

Healing Arts Center

50 E. Center St. Suite #2, Moab, UT 84532

435-261-7908 | moabrolfling@gmail.com

www.moabrolfling.com

Katie Grauel is a certified Rolfer and Board Certified Structural Integrator. Rolfling® structural integration is a holistic manual therapy and movement education that strives to bring greater ease and awareness to posture and movement, resulting in less effort and pain. Through hands-on bodywork, Rolfling® eases the patterns of tension held within the facial matrix of the body. Katie seeks to engage her clients as active participants in their own healing process, which begins with awareness of sensation and perception, allowing for the possibility to build new healthy patterns of movement and being.

“Danka” — Danuta M. Gredysa, MA



Integrative Connection

385-272-2157 (text) | danka.Moab@gmail.com

www.integrativeconnection.org

Tap into support, inner wisdom, and actionable awareness. Integrative Connection is a form of facilitation developed by Danka that allows us to explore and address a wide range of topics in a **safe, non-judgmental way**. Rooted in unconditional positive regard and radical personal responsibility, it teaches us to navigate life using practical tools and **our own inner wisdom**. Integrative Connection comes out of Danka’s doctoral training in clinical psychology, doctoral research in neuroscience, and her personal and professional experience with psychotherapy, spiritual counseling, ceremony, vision fasting, and plant medicines. Participants typically meet once a week for 1.5 hours, for 3-5 months, and often begin to see results in their first few weeks. **No person is turned away due to finances or inability to pay.**

Talk+Walk
Talk+Tea
Ceremony
Sacred Art

Noël Harlan, LMT



MASSAGE CO
SPORTS & THERAPEUTIC

Massage Co. Moab

76 S. Main St. Suite #6, Moab, UT 84532

443-807-7534 | noelharlancmt@gmail.com

Massage Co. Moab offers tailored treatments for Moab lifestyles utilizing a range of therapy options. We specialize in sports massage, cupping, structural integration, prenatal/postnatal, craniosacral, and acupressure massage. From recovery to relaxation, Massage Co. Moab has your back.

Chloe Hollis



Intuitive Reiki Energy Healing

Natural State Intuitive Healing, LLC

50 E. Center St. Suite #4, Moab, UT 84532

970-433-8151 | chloehollishealing@gmail.com

www.chloehollis.com

I have practiced intuitive Reiki energy healing for 2 years now and am excited to offer this powerful healing modality to my community. Reiki works on the physical, mental, emotional, and spiritual levels to improve health and enhance the quality of life for my clients. During a customized session, supportive Reiki energy reduces stress and promotes balance, allowing the body's natural self-healing mechanism to kick in. Deep healing is possible as we clear blocks and release unexpressed pain or trauma to experience greater peace and vitality. This shift is life changing. Relax and come back to yourself with intuitive Reiki.

Anne Howe



Certified Gyrotonic® Trainer

Moab Movement Studio

150 E. Center St. Suite #206, Moab, UT 84532

435-260-0747 | annehowemoab@gmail.com

Anne Howe has been a licensed massage therapist for 23 years with an advanced certificate in orthopedic and sports massage. Her client experience has been working with athletes, injuries and the aches and pains of daily living. Anne is also certified as a GYROTONIC® Trainer. The GYROTONIC® EXPANSION SYSTEM® is a three-dimensional movement exercise system using focused and supported exercises that increase balance, coordination and strength rehabilitating injury and improving restricted joint mobility. Through her years of experience, these therapies, techniques, and training assist her clients in the recovery process from postural discrepancies and injuries due to exercise, overuse, and trauma.

(GYROTONIC® and GYROTONIC EXPANSION SYSTEM® are registered trademarks of Gyrotonic Sales Corp and are used with their permission.)

Kelsey Huckle, BS, MA, CNTP, AIP Coach



Nutrition & Functional Medicine

Huckleberry Healing

970-275-6797 | huckleberryhealingllc@gmail.com

www.huckleberryhealing.com

As a certified nutrition therapy practitioner, Kelsey believes in bio-individuality, requiring different healing protocols for each person. In our fast-paced society today, people are susceptible to developing gut flora disturbances, due to stress, diet, lifestyle, etc. Healing the gut is her primary focus, specializing in gut imbalances such as SIBO, IBS, candida overgrowth, bacterial dysbiosis, leaky gut syndrome, and celiac disease. As a certified autoimmune paleo coach, she is also very passionate about helping people who struggle with autoimmune diseases. Contact her for a free 20-minute consultation!

Jessica Kiesel, MS



The Pain Free Athlete

**505-412-3132 | jessica@thepfathlete.com
www.thepfathlete.com**

Jessica uses an integrative approach to help you overcome chronic pain. She believes in treating the whole person utilizing the biopsychosocial approach to healing. Her offerings include posture therapy, online exercise classes, pain science education, and individual or group wellness coaching. She is certified by the Postural Restoration Institute® (PRI), Egoscue University®, National Strength and Conditioning Association (NSCA), American College of Sports Medicine (ACSM), American Council on Exercise (ACE) and Wellcoaches. Complimentary consultations available.

Star Kolb



Sundari Yoga & Wellness Studio

**1105 S. Hwy. 191 Suite #3, Moab, UT 84532
435-355-0629 | www.sundariyogamoab.com**

Yoga Classes (online, in person, group and private), Meditation, Breathwork, Body Rolling, and more

Star Kolb has been practicing disciplined movement, meditation, breath work and yoga since she stepped foot in Moab in 1999. Her studies took her around the world, to gratefully return and offer these studies to this beautiful community. Star opened Sundari Yoga & Wellness Studio with the intention of having a space for her regular students; the studio quickly expanded for wellness practitioners of all types to gather and offer their pearls of wisdom and education to the community. Star has been formally teaching yoga classes since 2008. Her style of teaching is adaptable to all bodies.

Sarah Krsna



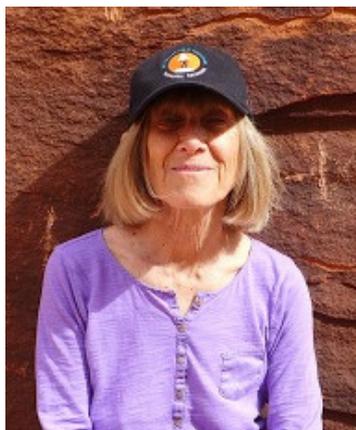
Prickly Pear Studio

**11 N. Main St. Uranium Office #8, Moab, UT 84532
435-210-4979**

Massage Therapy, Facials, Waxing

Sarah Krsna offers compassionate waxing, facials, and massage therapy at Prickly Pear Studio in Moab.

Nancy Kurtz



435-259-0734 | nancystarjive@gmail.com

Astrology, Tarot, Energy Work

I offer astrology and tarot readings “for all seasons” as well as an energetic approach to personal healing that enables others to more fully develop their own intuitive abilities.

Catherine Leathers



Phoenix Rising Wellness

2904 Rimrock Rd., Moab, UT 84532

435-260-7385 | cathleathers@gmail.com

www.phoenixrisingmoab.com

Catherine has been practicing Ortho-Bionomy in the Moab community for over 25 years. This remarkable healing system is a gentle therapy that accesses the innate wisdom of the body so it can self correct and restore its natural state of wholeness. It addresses all types of trauma, caused from injuries, surgeries, and stress. Based in osteopathic medicine, this works with structure, lymph, fluids, organs, neurology, and the endocrine system. Sai Shakti healing is a vibrational medicine that accesses the original seed sounds of creation that engage powerful healing intentions. This Soul work washes out fears, so clarity is restored, offering resolution to deep standing issues. One can relax into deep peace, ease, and inspiration.

Ortho-Bionomy® & Sai Shakti Healing

Donald T. Leathers, ND



Phoenix Rising Center

76 S. Main St. Suite #10, Moab, UT 84532

435-259-8123 | donald@phoenixrisingmoab.com

Don Leathers is a licensed naturopathic in Utah, providing health and wellness care for all ages and conditions. He uses homeopathy, herbs, nutrition, bodywork, and Qigong to build the life force and personal awareness to be your true nature. He uses homeopathy as the foundation to help rest and build the life force. As the life force builds, conditions, imbalances, and pains diminish and strength with mental clarity returns. The intent is to get back to simplicity, good food, and life without having to take a lot of vitamins and medicines.

Naturopathic Medicine, Sheng Zhen

Phoenix Rising Center



76 S. Main St. Suite #10, Moab, UT 84532
435-259-8123 | phoenixrising@phoenixrisingmoab.com
www.phoenixrisingmoab.com

Private & Group Classes, Seminars, and Retreats

Phoenix Rising Center, a community based organization, has been advocating and inspiring the Moab community since 1998. We have several teachers currently offering ongoing classes and seminars in Tai Chi, Sheng Zhen Meditation, Tibetan martial arts, meditation, fire pujas and soul healing processes. The intention and primary focus is the cultivation of the heart, quieting the mind, nourishing the body, and elevating the spirit. We advocate health and the transformation of consciousness to live the full potential of life.

Kelly Michaud

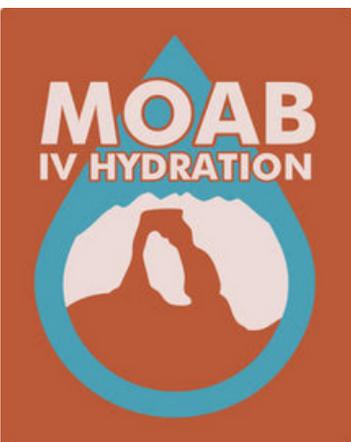


**Shift Structural Integration
Healing Arts Center**

50 E. Center St. Suite #2, Moab, UT 84532
435-260-0179 | Kelly.michaud.si@gmail.com
www.rolfmethodmoab.com

Through the Rolf method of structural integration, Kelly offers a transformational bodywork modality that can assist in achieving more effortless movement and an improved sense of well-being. This integrative, full-body approach, created by Dr. Ida P. Rolf, realigns the whole body through soft tissue and fascia manipulation. It also shifts the body's overall awareness through movement re-patterning techniques and sitting/standing tracking work, ultimately changing the body's relationship with gravity and how gravity weighs on the body. When the fascial network is more organized, space is created in the whole system, and ease is experienced.

Moab IV Hydration



**Glen Maxson (Paramedic) and Brittany Cantwell (RN, BSN),
Owners/Founders**
info@moabivhydration.com | facebook.com/moabivhydration
instagram.com/moabivhydration

We are Moab's only mobile IV therapy provider. We come to you! We offer a variety of IV infusion packages for a range of symptoms. With a combined 18 years of experience in the medical field (RN and Paramedic), we have become experts in the practice of IV therapy. Being Moab locals and year-round adventurers, we understand why you come to or live in Moab and how harsh this environment can be on your body. Whether you hike, bike, run, climb, 4-wheel drive, or you just don't feel 100%, we are here for you!

Christina Myers



Integrated Health & Wellness

150 E. Center St. Suite #103, Moab, UT 84532
937-284-2190 | clmyers351@gmail.com

Counseling, Bodywork, Lifestyle Coaching, Wellness Education

As a counselor and bodywork practitioner, Christina has helped people heal through personal transitions, chronic conditions, and serious illnesses for over 35 years. Using an integrated, holistic approach, Christina helps individuals address the psychological, behavioral, physical, and spiritual factors that influence health and happiness.

Flora Najafi, LAc

Flora Najafi L.Ac.

Licensed Acupuncturist



Moab Acupuncture Clinic, LLC

Healing Arts Center

50 E. Center St. Suite #3, Moab, UT 84532

435-259-8483 | moabacupuncture@gmail.com

www.moabacupuncture.com

Flora is a board certified acupuncturist who specializes in treatments of chronic pain, sport injury, allergy, anxiety, depression, insomnia, fatigue, stress, PTSD, TBI, addiction, male and female reproductive systems, and more.

Scott Pauker, LMT, CAPP, BCSI



Cadence Holistic Health

(970) 234-2053

www.cadenceholistichealth.com

Scott has practiced therapeutic bodywork and body-oriented psychotherapy for over 18 years. He is a Board Certified Structural Integrator, a Certified Aston Patterning Practitioner and has studied with the Internal Family Systems Institute and the Focusing Institute since 2009. He offers two primary forms of work: One is talk-based psychotherapy for individuals and couples with the goal of resolving both internal conflicts and relationship conflicts. The other is bodywork sessions which blend hands-on methods with movement/postural education, stretching, strengthening, and ergonomic consulting. Whether through psychotherapeutic work or bodywork, his goal is always to help people find positive lasting change in order to feel more peace and less pain. He offers free 15 minute phone consultations to help you determine if he'd be a good fit for you. Please visit his website or contact him for more information about the various aspects of his work.

**Individual Therapy,
Couples Therapy,
Internal Family Systems Therapy,
Orthopedic/Injury Treatment Bodywork, Structural Integration/Myofascial Release**

Trista (Winder/Thomas) Poulsen



2765 Nuevo Ct., Moab, UT 84532
801-636-3156 | tristayogamassage@gmail.com
www.yogautah.com | [instagram.com/trista_loves_life_](https://www.instagram.com/trista_loves_life_)

E-RYT 500 (Anusara Yoga Based), Licensed Massage Therapist, Life Coach, NARM trauma coach in training

Trista has been teaching alignment-based Anusara yoga for 12 years. She has been doing deep tissue massage for rehabilitation, muscle recovery, and postural health for 10 years. Her background of road, mountain bike, and cyclocross racing has made her more aware of how much bodies need deep tissue work. She is currently attending graduate school for marriage and family therapy, owns the local bike shop Bike Fiend with her husband Michael, and is enrolled in a trauma therapy training program centered around neurobiological healing. Trista does life coaching in person and on Zoom for personal discovery and overall health, and deep tissue massage that is trauma-informed and aids in muscle recovery and injury rehabilitation. She teaches Yoga for Strength & Flexibility at Sundari Yoga and Wellness Studio in Moab and on Zoom. Learn more at her website at yogautah.com.

Stephen Proskauer, MD



Integrative Child and Adult Psychiatry
76 S. Main St. Suite #6, Moab, UT 84532
Text or call 801-631-8426

Harvard-trained psychiatrist and Zen monk Steve Proskauer has been exploring the frontiers of emotional and spiritual healing for fifty years. His practice combines psychotherapy, meditation, shamanic and energetic healing and carefully chosen medications with minimal side effects. Steve is an expert at treating bipolar spectrum disorders, adolescent crises, PTSD, blocks in creativity, and childhood abuse, plus trauma originating in prenatal, birth, infancy, and past lifetimes. Steve is drawn to red rock energy and the vibrant Moab healing community. He enjoys writing and has published a visionary novel, *Gaia's Web*, and two volumes about integrative psychiatry, *Karmic Therapy* and *Big Heart Healing*.

Antje Rath, CMHC



Sunrise Counseling
Moab Regional Hospital - Speciality Clinics
476 W. Williams Way, Moab, UT 84532
435-719-5500, option 2 | antjer@mrhmoab.com

Antje offers mental health counseling for children, adolescents, adults, and couples. Many insurances are accepted.

Drew Roots, LMT



**Massage,
Specialized
Bodywork, Wellness
Coaching, Classes**

San Miguel Wellness

1102 San Miguel St., Moab, UT 84532

435-260-9298 | rootsbodywork@myabmp.com

www.smwr.abmp.com

Drew works with active and previously active people in chronic pain. He helps them get mobile, strong, and grounded so they can return to all activities they love and need to do in their life. This is done through several unique modalities and training exercises. As a bodyworker for over 25 years, Drew gets an idea of what works well for most people if they are serious about creating changes. A large part of it is understanding the causes of chronic pain and tension and then doing the necessary steps to change one's muscle memory to more functional patterns. Call for a free consultation or to make an appointment.

Kerry Soliz, LMT



Del Sol Massage

11 N. Main St. Uranium Office Suite #11, Moab, UT 84532

435-210-0822 | delsolmassage@yahoo.com

Massage Therapy

Kerry offers professional therapeutic massage designed to address individual client needs.

Emily Stock



Sundial Medicinals, LLC

550 N. Main St., Moab, UT 84532

435-260-8556 | sundialmedicinals@gmail.com

www.sundialmedicinals.com

Western Herbalism, Chinese Medicine, Ayurvedic Herbalism

Herbal and nutritional consultations with Emily Stock, herbalist of Sundial Medicinals, are available by appointment. Emily is trained in Western herbalism, traditional Chinese medicine, and ayurvedic herbalism, with specialties in women's health and chronic illness. She works with herbs, diet and nutrition, and individual constitutional assessment to inspire balance and health in body and mind.

Sara Jane Taylor



Herbal Roots Apothecary
303-518-9879 | herbalroots@gmail.com
www.herbalrootsapothecary.com

Sara specializes in emotional alchemy, craniosacral therapy, and healing the spirit. She has extensive clinical training and a background in holistic nutrition, Earth centered herbalism, ethical wildcrafting, medicine making, flower essences and medicinal plant knowledge in traditional Chinese medicine, ayurveda, and Western herbalism. She weaves various techniques of bodywork into each session, offering a safe and sacred space for each client to relax and unwind. Each session is unique and can include the use of plant medicine, hot stones, moxa, and a blending of bodywork modalities including Thai table, Shiatsu, craniosacral, and Swedish or deep tissue massage. She is nationally certified and state certified in Colorado and Utah.

**Herbalism,
Craniosacral
Therapy, Yoga,
Bodywork, Flower
Essences**

Emily Terris



970-986-2424
Sports Injury Massage Therapy

I specialize in sports massage, repetitive use injury therapy, deep tissue, cranial sacral therapy, and many other therapies. I have been a massage therapist for over 15 years. I'm licensed in Utah, Arizona, and previously in California. I am nationally certified and CPR certified. I'm currently insured for massage therapy in Utah. I've also volunteered for EMS and fire departments in other districts.

Victoria White Eagle



Victoria White Eagle, LLC
11 N. Main St. Uranium Office Suite #2, Moab, UT 84532
707-532-4535 | victoriawhiteeagle@hotmail.com
www.victoriawhiteeagle.com

Native Herbalism, Usui & Karuna Reiki Master, Psychic & Medium Services, Medical Intuitive

Victoria combines her psychic and Reiki healing technique with her native beliefs to connect with your spirit, mind, and body. Seeing into your akashic records. Reading the harmony or disharmony in the body. Relaying messages from your spirit guides, animal totems, angels and or loved ones that have crossed over. All with the intent to help you break through your blocks in life, whether they be spiritual, emotional, or physical. Resetting your stress meridians to help you relax and feel in harmony.

Valerye Woodruff



valeryeleawoodruff@gmail.com
www.innerdiamondcoaching.com
instagram.com/innerdiamondcoaching

Transformational Coaching

Transform yourself. Transform your life. Discover where you live in deception and choose to live and create as your most authentic self.

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<https://calendly.com/valeryelea/transformativ-coaching-consult>

Teresa Young, LMT



661-221-1596 | teresa.magart@gmail.com

Massage Therapy and Energy Healings

Teresa offers a range of therapies – from Swedish massage, deep tissue massage, sports therapy techniques, prenatal massage, and hot stones – to Reiki healings and Sai Shakti soul healings. Over the last 14 years, Teresa has been actively researching and studying soul consciousness and miracle energy techniques with Sri Sai Swami Kaleshwar from Penukonda, India. She combines the more traditional massage therapy techniques with the energy healings for whole body, mind, and soul renewal.

Shari Zollinger



76 S. Main St. Suite #3, Moab, UT 84532
801-708-2189 | sharizollinger@gmail.com
www.sharizollinger.com

Certified Life Coach, Astrologer

Shari employs a unique set of tools that include astrology, coaching, counseling, and a love for language. Astrologically speaking, embedded within each chart is a primer for decoding one's unique life path. If you value the work of self-analysis, the Natal Birth Chart is a boundless resource that can help you recognize patterns in chaos, make sense from symbols, and build compassionate connections that mirror your universal inquiries. Shari, as both interpreter of the symbolic language of astrology and empathetic guide into life's important and potent questions, offers a safe haven for your personal evolution. Ask about local pricing. Please refer to her website for a full list of services.

Interested in being included in our Practitioners Guide?

Email outreach@moonflower.coop and include a photo, contact information, and short blurb of no more than 100 words.

ABOUT MOONFLOWER COMMUNITY COOPERATIVE

Moonflower Community Cooperative is Moab's only natural foods store and Utah's first member-owned food cooperative! Our mission is to provide socially responsible foods, goods, and education to promote a healthy, sustainable community.

We offer local, organic produce and goods; bulk herbs, teas, and pantry staples; a deli offering grab-and-go hot breakfast and lunch, sandwiches, salads, baked goods, and snacks; and a wellness section stocked with personal care products, supplements, medicinal herbs, and more.

We also host free community classes on holistic health and wellness, cooking, sustainability, and other topics!



STAY CONNECTED



Visit the co-op
39 E 100 N, Moab, Utah 84532



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