



Holistic Healthcare Practitioners Guide

A Guide to Moab Valley Practitioners

2023 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 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.

As part of our mission, Moonflower produces this free Holistic Healthcare Practitioners Guide to connect local healers and practitioners to the broader Moab community. Moonflower also provides these practitioners with opportunities to teach free community education classes on topics in their field of expertise.

Note: Moonflower has made every effort to keep this guide as up to date as possible; however, business info and services included are subject to change.

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/practitionersguide23

ABBREVIATIONS

Below are the abbreviations you'll find in this guide:

ACE: American Council on Exercise
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
CPT: Certified Personal Trainer
DACM: Doctor of Acupuncture and Chinese Medicine
DOM: Doctor of Oriental Medicine
E-RYT 500: Experienced Registered Yoga Teacher, 500 hour
FNP-BC: Family Nurse Practitioner, Board Certified

FSS: Functional Strength Specialist
LAc: Licensed Acupuncturist
LMT: Licensed Massage Therapist
MA: Master of Arts
MAcOM: Master of Acupuncture and Oriental Medicine
MD: Doctor of Medicine
MSN: Master of Science in Nursing
MSTOM: Master of Science in Traditional Oriental Medicine
ND: Naturopathic Doctor
QMP: Qualified Medical Provider (Medical Cannabis)
RDN: Registered Dietitian Nutritionist
RN: Registered Nurse

Lisa Albert, LMT



**Spinal Touch,
Bellanina
Facelift Massage,
Massage**

**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 and UT, blending a combination of therapies to create a massage especially for you to treat stress, stiff and sore muscles, and sports injuries and 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, rehydrated, and glowing. Consider multiple treatments for younger looking skin!

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



**Functional &
Regenerative
Medicine**

**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.

Crystal Bunch



**Yoga, Reiki,
Meditation,
Wellness Classes**

Owner, Mindful Movement Moab

76 S. Main St. Suite #15, Moab, UT 84532

435-699-6123 | mindfulmovementmoab@gmail.com

www.mindfulmovementmoab.com

Reiki Master * Registered Yoga Teacher-500 * E-Registered Yoga Teacher-200 * 200 Certified Mindfulness Instructor * Trauma Informed Yoga Certified

“Bringing the body and the mind together.”

Private Reiki, wellness classes, meditation, and yoga sessions available. In person or virtual appointments. Sliding scale options available for Reiki sessions. Book online or or via 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.

Lisa Carter, LMT



Lotus Massage

301 S. 400 E. Suite #105, Moab, UT 84532

801-388-9247 | lotusmassagemoab@gmail.com

www.lotusmassagemoab.com

Massage Therapy

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

Sarah Cook, LMT, CHC



Sarah Cook Massage & Health Coaching

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

435-260-0424 | www.sarahcookmassage.com

Services:

Massage Therapy: Impeccable presence combined with activation release and neuromuscular techniques, aromatherapy, hot towels, and traction customized to meet your intentions with your preference of light, medium, or firm pressure.

Cupping Therapy: When applied to the skin, cups create a suction, or negative pressure, that draws out toxins and stagnation while inviting fresh blood, lymph, and qi to areas of imbalance. Profoundly relaxing, balancing, and restorative.

Health Coaching: As a health coach, I help you to change your energy so you can raise your state through pattern recognition, homeopathy, food, soul food, awareness, trust, self-love, meditation, and humor so you can consciously create and enjoy your life. What are you hungry for?

**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.

Breann Davis, LMT, RYT-500



Massage Therapy

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.

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 energy healers, yoga instructors, and group-fitness instructors. Our goal as a studio is to provide wellness to our Moab community. We offer weekly meditation, restorative yoga, group fitness, aerial yoga, vinyasa yoga, and community classes. Our instructors are available for private meditation, yoga, and Reiki sessions. We offer a weekly donation-based class, Saturdays at 9am, in an effort to provide yoga and wellness to our entire community. See more details 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.

Lauren Flores, PN1 Nutrition Coach, ACE CPT, FSS



435-260-7308 | feelgoodbodycoach@gmail.com

I am a Functional Wellness Coach specializing in nutrition, strength training, fascial line training, and women's health. I can help you restore vitality and movement efficiency if your body is tired, neglected, or you are looking to achieve a specific goal with diet and/or exercise. Work with me, a certified coach through the #1 nutrition program in the world, Precision Nutrition, to find lasting wellness in every meal! If you are nailing your nutrition and want to take your energy balance to the next level, I offer online and in-person fitness programs. Services include 1-1 coaching, personalized nutrition programs, and personalized fitness programs to address chronic pain, chronic stress, overweight, sports performance, metabolic healing, and much more! Call or email for a FREE wellness assessment.

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 | luciwgardner@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 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

Chloe Hollis



Natural State Intuitive Healing, LLC

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

970-433-8151 | chloehollishealing@gmail.com

www.chloehollis.com

Chloe Hollis provides intuitive Reiki energy healing sessions in Moab, Utah and remotely. Using intuitive guidance, Reiki energy healing, and quantum spiritual healing, she helps people slow down, center, and reconnect with themselves in body and spirit.

This work will help you to release traumas, balance energy, promote healing in your body, and allow your higher self to speak to your heart. Relax and come back to yourself!

Intuitive Reiki
Energy Healing

Bobbi Holyoak, RDN



Ambrotose Healing

76 S. Main St. Suite #17, Moab, UT 84532

435-210-0189 | bobbiholyoak@yahoo.com

**Energy Work, Intuitive Consulting, Applied Kinesiology,
Holistic Nutrition, Collagen Induction Therapy, Opus Bed**

My HeartWork takes many forms; I've been serving the people of Moab since 2000 as an energy trainer and intuitive consultant. I specialize in finding, strengthening, and developing spiritual gifts, releasing trauma and rewriting belief/programming structure in the bio-electric field so that an individual can cultivate empowerment, sovereignty, a calmed/balanced nervous system, and a feeling state of unconditional love. I'm a licensed dietitian/nutritionist who specializes in autoimmune disorders and "long haul" COVID recovery. I'm also certified in collagen induction therapy, focusing on the treatment of scars and sun-damaged skin. I believe that true vitality is within everyone's grasp.

Anne Howe



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.)

**Certified
Gyrotonic® Trainer**

Kelsey Huckle, BS, MA, CNTP, AIP Coach



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!

**Nutrition &
Functional Medicine**

Annette Kearn, PhD



Infinite Health - "The Bridge"

435-260-8302 | ak_infinitehealth@yahoo.com

Annette has been a practicing music/sound therapist for 30 years. She completed her PhD in Transformative Studies through the California Institute of Integral Studies in San Francisco, Department of Consciousness and Transformation that focused on the transformative power of sound. She has returned once more to the community she loves in Moab, bringing her expertise and unique acoustically played instruments imported from Switzerland and Germany. She offers individual as well as group sound sessions. Annette teaches African drumming, conducts classes where participants use their own voice for self discovery and healing, and is available for individual or small group guitar instruction.

**Music, Sound, and
Vibrational Therapy**

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.

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.

Page Nelson



443-739-7706 | page@pagenelsontherapy.com

www.pagenelsontherapy.com

I offer Somatic Healing sessions in which we will explore the interplay of Somatic Experiencing™, Biodynamic Craniosacral Therapy, and Reiki to heal trauma and bring restoration to your nervous system. I'm a trained therapist and will use therapeutic modalities including parts work and Internal Family Systems in our work together. I am a Somatic Experiencing Practitioner, which is a form of body-based trauma therapy, and a Reiki Master. Sessions involve light touch and will be done on a massage table. I can travel to you with my table. Sliding scale available.

Scott Pauker, LMT, CAPP, BCSI



Cadence Holistic Health

206-349-4987

www.cadenceholistichealth.com

Transformational Coaching with the Internal Family Systems model (IFS), Relationship Repair and Couples Communication Coaching, Orthopedic/Injury Treatment Bodywork, Structural Integration/Myofascial Release Bodywork

Scott has practiced and studied therapeutic bodywork and body-oriented (somatic) transformational coaching for over 20 years. He is a Board Certified Structural Integrator, a Certified Aston Patterning Practitioner and has studied extensively with the Internal Family Systems Institute and the Focusing Institute, among many other modalities. He offers 2 primary forms of work: One is talk-based coaching for individuals and couples/relationships with the goal of addressing both internal conflicts and repairing relational disconnection. The other is bodywork sessions which blend hands-on methods with movement/postural education, stretching, strengthening, and ergonomic consulting. Whether through psycho-emotional coaching or bodywork his goal is always to help people find positive lasting change in order to feel more peace, internal harmony, 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.

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. Antje also facilitates a grief support group that meets twice a month. Please email her for more information.

Drew Roots, LMT



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.

Massage,
Specialized
Bodywork, Wellness
Coaching, Classes

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. Herbal medicines are available at the Sundial Medicinals apothecary at 550 N. Main St., Monday-Thursday from 10-2.

Jean Taggart, LMT



Human Nature Healing

206-941-4264 | hellohnhealing@gmail.com
linktr.ee/humannaturehealing

Massage Therapy, Reiki, Myofascial Release

Jean is a licensed massage therapist who offers therapeutic massage including Swedish, deep tissue, prenatal, and hot stone, as well as Reiki energy healing. In spring 2024 she will offer light touch myofascial release in the John F. Barnes technique. Through intuitive human touch and connection, Jean's mission is to help you feel better and whole in body, mind, and spirit.

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.

Jane Vagen, LMT



Massage Co. Moab

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

801-259-1946 | massagecomoab@gmail.com

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Massage Co. Moab offers tailored treatments for Moab lifestyles utilizing a range of therapy options. We specialize in sports massage, cupping, and fascial counterstrain. From recovery to relaxation, Massage Co. Moab has your back.

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.

Cris Wibby, MSN, MA, FNP-BC, QMP



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www.npwibby.com | [instagram.com/npwibby](https://www.instagram.com/npwibby)

Cris Wibby is a Nurse Practitioner and Utah Medical Cannabis Provider providing personalized, affordable and accessible psychiatric care. Her specialties are medication management of mood symptoms related to anxiety, depression, PTSD, ADHD, and chronic illness. She can also guide you through natural healing modalities including healthy lifestyles, nutrition, herbs, and supplements. Cris warmly relates to her patients, offers supportive guidance, and makes them feel at ease during times of difficulty. She has served as a compassionate nurse practitioner for the Moab community and provides telehealth across UT, CO, & CT.

Valerye Woodruff



valeryeleawoodruff@gmail.com

www.innerdiamondcoaching.com

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Teresa Young, LMT



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

Massage Therapy and Energy Healings

Hello, my name is Teresa Young and I'm a Licensed Massage Therapist at Spa Moab. I love my job and I love humanity. I've been with Spa Moab since the day we opened in the Hoodoo Moab Hotel. I perform all of our massage treatments and specialize in cupping therapy. I also practice miraculous energy healings while I work to relieve physical, emotional, mental, and soul pain. I believe that massage and self-care are not only a luxury but a beautiful necessity!

Shari Zollinger



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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.



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