



Holistic Healthcare Practitioners Guide

A Guide to Moab Valley Practitioners

2024 EDITION

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



ABOUT MOONFLOWER COMMUNITY COOPERATIVE

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

We offer local, organic produce; bulk herbs and pantry staples; a deli offering grab-and-go hot breakfast and lunch, sandwiches, salads, baked goods, and snacks; a personal care and supplements section; and more!



ABOUT THIS GUIDE

Moonflower produces this free Holistic Healthcare Practitioners Guide to connect local healers and practitioners to the Moab community. We also support these practitioners by providing them with opportunities to teach classes at the co-op 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 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 about your practice (no more than 100 words).

Access our Guide online at bit.ly/practitionersguide24

ABBREVIATIONS

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

ACE: American Council on Exercise

AIP: Autoimmune Protocol

BCSI: Board Certified Structural Integrator

BCST: Biodynamic Craniosacral Therapy

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

ICF: International Coaching Federation

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

NBHC: National Board Certified Health and Wellness Coach

ND: Naturopathic Doctor

QMP: Qualified Medical Provider (Medical Cannabis)

RDN: Registered Dietitian Nutritionist

PRACTITIONERS LISTED A-Z BY LAST NAME

Celia Alario, NBHWC & ICF Certified Coach



**310-721-6517 | celiaalario@gmail.com
www.celiaalario.com**

Communications/Life & Wellness Coaching

Celia is a National Board Certified Health and Wellness Coach (NBHWC), also certified by the International Coaching Federation. She's committed to helping clients experience greater vitality, joy, and authentic expression. Celia offers life and well-being coaching as well as one-on-one communications coaching and cohort learning, at the intersection of transformational leadership development, public speaking, and wellness. Celia draws heavily on her facilitation and training skills from 20+ years in social impact communications and media relations. She's available for sessions via Zoom, or in-person sessions in Moab, including walk-and-talk sessions supported by her mini poodle assistant Mack-A-Doodle!

Lisa Albert, LMT



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

Spinal Touch, Bellanina Facelift Massage, Massage

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
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 (eye movement desensitization and reprocessing), 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

435-259-4008 | prestigewellnessinstitute@gmail.com

www.prestigewellnessinstitute.com

Functional & Regenerative Medicine

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.

LJ Blackburn



LJB Therapies

150 E. Center St. Suite #100B, Moab, UT

435-210-2188 | www.ljbtherapies.com

Massage Therapy, Instruction on Infant Massage, Reiki Treatments, Reiki Classes, End of Life Doula

As a massage therapist, I use a variety of techniques, which include: myofascial, deep tissue, passive stretching, hot stone, lymphatic, prenatal, cranialsacral, and others. I also am certified to teach infant massage to parents and caregivers. As a Reiki practitioner, I was trained using the Usui methods and teachings. I am a Reiki Master/Teacher and I offer classes in Basic/Intro to Reiki, Level 1 Reiki, Level 2 Reiki, and Level 3 Reiki. As an end of life doula, I can help you and your loved ones navigate grief and dying.

Crystal Bunch



Owner, Mindful Movement Moab

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

435-699-6123 | mindfulmovementmoab@gmail.com

www.mindfulmovementmoab.com

Yoga, Reiki, Meditation, Wellness Classes

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



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

Samassati Color Light Therapy

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



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

Energy Healing, Life Transformation Coaching, Wellness Consulting

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
801-388-9247 | lotusmassagemoab@gmail.com
www.lotusmassagemoab.com

Massage Therapy

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



Sarah Cook Massage & Coaching
76 S. Main St. Suite #10, Moab, UT
435-260-0424 | www.sarahcookmc.com

Massage Therapy, Health Coaching

Services:

Health Coaching: I've been a Certified Holistic Health Coach since 2010 and specialize in working with those who are interested in taking responsibility for their health and their lives. If you show up with curiosity and a willingness to commit to try something new, you will have results and experience something new. I'm a Certified Mentor through the HeartMath Institute in Building Personal Resilience by creating and sustaining Heart Coherence. I teach on-the-go, eyes-open techniques to individuals and small groups looking for elevated ways to navigate stressors of life with greater emotional intelligence. I use a heart-centered approach in all I do.

Cupping Therapy: When applied to the skin, cups create a negative pressure, or suction, that draws out toxins and stagnation while inviting fresh blood, lymph, oxygen, and chi to the body. Cupping has profound effects on regulating our nervous system, bringing our bodies back into balance chemically and physically.

Massage Therapy: My approach includes breathwork, focused awareness, neuromuscular and activation release techniques, aromatherapy, hot towels, traction, and impeccable coherent energy to take you beyond yourself and into a whole other level of being. My treatments always include cups and a connection to our heart's intelligence.

I charge per session rather than per service as each session is its own unique blend of all 3; holistic in its truest sense - mentally, emotionally, physically, spiritually.



435-260-8005 | cooperwill84532@gmail.com
www.acupunctureinmoab.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



Balanced Body Massage Therapy & Yoga
76 S. Main St. Suite #14, Moab, UT
801-440-5958 | breann@massagetherapy.com
www.moab.massagetherapy.com

Massage Therapy

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
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

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.



Moab Rolwing®

121 W. 200 S. Room #124, Moab, UT

435-261-7908 | moabrolwing@gmail.com

www.moabrolwing.com

Katie is a certified Rolfer and Board Certified Structural Integrator. Rolwing® 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, Rolwing® eases the patterns of tension held within the fascial 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

Talk+Walk, Talk+Tea, Ceremony, Sacred Art

Tap into support, inner wisdom, and actionable awareness. Connecting the analytical mind and heart.

Integrative Connection is a form of mentorship, facilitation, dialogue, and coaching 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.

Integrative Connection IS NOT therapy. Integrative Connection is a practical path toward being in highest relationship with one's own self, one's friends, family, and community, and the world at large. **No person is turned away due to finances or inability to pay.**

Katie Hansen



Moab Oasis Mobile IV Hydration

www.moaboasisiv.com

At Moab Oasis we are passionate about two things: adventure and wellness. Mobile IV therapy is an easy way to accelerate recovery and promote the healthiest version of you. Spend more time pursuing adventure and less time recovering. We use the highest quality supplements added to IV fluids tailored to your needs, whether that is from dehydration in the desert, recovering from being sick, an indulgent night out, or an exhausting workout or race. We make these services accessible from the comfort of your own home or hotel and without the price tag attached from a hospital.

Liz Hinds, LMT & Owner



Del Sol Massage Therapy

11 N. Main St. Suite #11, Moab, UT

603-331-2583 | delsolmassagetherapy@gmail.com

www.massagebook.com/therapists/del-sol-massage-therapy

facebook.com/delsolmassage

Swedish/Relaxation Massage, Deep Tissue Massage, Sports Massage, Craniosacral Therapy, Manual Lymphatic Massage

Del Sol Massage therapy offers a comprehensive range of therapeutic massage modalities to restore balance and harmony to your body and mind. We pride ourselves on providing high quality massage and working with each of our clients to achieve their personal goals. Whether you seek relief from muscle tension, enhanced athletic performance, or holistic wellness, Del Sol Massage Therapy provides a sanctuary of relaxation and restoration.

Chloe Hollis



Natural State Intuitive Healing, LLC

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

970-433-8151 | chloehollishealing@gmail.com

www.chloehollis.com

Intuitive Reiki Energy Healing

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!

Bobbi Holyoak, RDN



Ambrotose Healing

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

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

435-260-0747 | annehowemoab@gmail.com

Certified GYROTONIC® Trainer

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.)

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.

Kelsey Huckle, BS, MA, CNTP, AIP Coach



Huckleberry Healing

970-275-6797 | huckleberryhealingllc@gmail.com

www.huckleberryhealing.com

Nutrition & Functional Medicine

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 (small intestinal bacterial overgrowth), IBS (irritable bowel syndrome), 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!

Brook Indries, LMT



Soma Therapeutics

831-325-1382 | www.soma-therapeutics.com

Craniosacral Therapy, Massage Therapy

Brook has been practicing various bodywork modalities since 2011. She is primarily a craniosacral therapist focusing on nervous system regulation. She specializes in post-concussive symptoms and pediatrics.

Annette Kearn, PhD



Infinite Health - "The Bridge"

435-260-8302 | ak_infinitehealth@yahoo.com

Music, Sound, and Vibrational Therapy

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.

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

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, breathwork, 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

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

435-260-7385 | cathleathers@gmail.com

www.phoenixrisingmoab.com

Ortho-Bionomy®, Sai Shakti Healing

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.

Donald Leathers, ND



Phoenix Rising Center

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

435-259-8123 | donald@phoenixrisingmoab.com

Naturopathic Medicine, Sheng Zhen

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.

Phoenix Rising Center



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

Judith Lee, BCST, LMT

Laughing Dragon

76 S. Main St. Suite #13, Moab, UT
435-260-8667

Serving the Moab community for over 30 years. Inviting awareness, presence, relaxation, and a coming home to your body. Judith is a certified biodynamic craniosacral and massage therapist. She also facilitates a weekly qigong class Monday nights at the Helipad. To schedule an appointment or inquire about class, kindly call or text 435-260-8667. Sliding fee available.

Kelly Michaud



Shift Structural Integration
Healing Arts Center
50 E. Center St. Suite #2, Moab, UT
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 Meyers



Integrated Health & Wellness

150 E. Center St. Suite #103, Moab, UT
937-284-2190 | clmeyers351@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.

Page Nelson



443-739-7706 | page@pagenelsonsomatics.com
www.pagenelsonsomatics.com

Using certifications as a Somatic Experiencing Practitioner and Usui Reiki Master, I provide online and in-person coaching services that harness the power of somatic awareness, somatic movement, and energy work to facilitate transformative experiences.

In our sessions, we will delve into specific topics relevant to your healing journey. Through conversation, somatic exercises, and energy work, we will expand your ability to embrace and understand your body's sensations and responses, uncovering insights into everyday hurdles you face and strategies you have developed for survival. Together, we will brainstorm actionable steps and practices to enhance your capacity for making transformative choices.

Body-oriented coaching may help you uncover and address underlying patterns, mindset issues, and thought processes that are hindering your personal development.

Reiki energy work is used to promote relaxation, balance, and a deeper connection to one's bodily experience. Reiki is not massage therapy, but instead is a spiritual healing art that transmits healing life-force energy through the hands.

Experience:

Certified Somatic Experiencing Practitioner

Masters in Integral Counseling Psychology, California Institute of Integral Studies

Current PhD student in Somatic Psychology, California Institute of Integral Studies

Usui Reiki Master

SomaSource Lifecycles Practitioner (International Somatic Movement Education and Therapy Association certified), *Training in progress*

Dr. Rob Neilson



Cottonwood Natural Medicine
50 E. Center St., Moab, UT
435 276-6972 | drrobnilson@gmail.com
www.cottonwoodnaturalmed.com

Naturopathic Medicine, Acupuncture, Craniosacral Therapy, Prolotherapy, PRP (platelet rich plasma)

Dr. Rob was trained at the National University of Natural Medicine in Naturopathic Medicine and Chinese Medicine. After doing a residency in primary care medicine, he is well equipped to address the vast majority of your common health concerns. Dr. Rob specializes in sports related injuries, chronic pain management, mental – emotional well-being, and digestion complaints. Dr. Rob runs routine blood work, performs screening physical exams, and manages your care using a combination of conventional medicine with naturopathic medicine and acupuncture. Dr. Rob additionally uses prolotherapy and PRP (platelet rich plasma) to address chronic musculoskeletal problems. Come meet Dr. Rob, he is excited to support your healthcare!

Stephen Proskauer, MD



Integrative Child and Adult Psychiatry
76 S. Main St. Suite #6, Moab, UT
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
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

435-260-9298 | rootsbodywork@myabmp.com

www.smwr.abmp.com

Massage, Specialized Bodywork, Wellness Coaching, Classes

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.

Diana Snarr



Sacred Desert Healing

801-865-1984 | www.sacreddeserthealing.com

[instagram.com/sacred.desert.healing_moab](https://www.instagram.com/sacred.desert.healing_moab)

Diana practices healing body work. She believes body work can help nourish our body, mind, and spirit connection, which in return can benefit our relationship with ourselves and everyone around us. Diana customizes her body work to each human she works with, combining different modalities she's trained in, and deep intuition. Diana uses deep tissue, trigger point therapy, cupping, Thai massage, shiatsu, craniosacral, and more.

Emily Stock



Sundial Medicinals, LLC

550 N. Main St., Moab, UT

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.

Tammy Stone



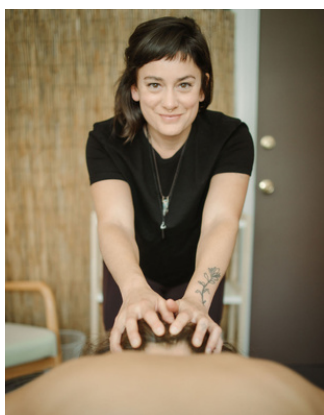
Loba Vibes Hypnotherapy & Reiki
125 W. 200 S. Suite #102, Moab, UT
914-403-4004 | lobavibes@gmail.com

www.lobavibes.com/healing | instagram.com/loba.vibes

Reiki, Hypnotherapy, Beyond Quantum Healing, NLP (Neuro-Linguistic Programming) Coaching

Through a combination of hypnotherapy, reiki, and coaching, I hold space for my clients to heal the subconscious patterns holding them back in order to restore inner peace. I also enjoy facilitating group meditations, cacao ceremonies, and piano sound baths throughout the Moab community and at events.

Jean Taggart, LMT



Human Nature Healing
76 S. Main St. Suite #18, Moab, UT
206-941-4264 | hellohnhealing@gmail.com
www.humannaturehealingmoab.com

Massage Therapy, Myofascial Release, Reiki

Jean Taggart is the owner of Human Nature Healing. Jean is a skilled and intuitive licensed massage therapist who will honor your needs whether you're seeking relaxation, therapeutic touch, light pressure, deep tissue, Swedish, or sports massage. She also specializes in and offers myofascial release (MFR) in the John F. Barnes technique in addition to Reiki energy healing.

Sara Jane Taylor



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

Herbalism, Craniosacral Therapy, Yoga, Bodywork, Flower Essences

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.

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

801-259-1946 | massagecomoab@gmail.com

www.vagaro.com/massageco

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

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.

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.

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



125 W. 200 S. Suite #107, Moab, UT
435-487-9313 | info@npwibby.com
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, and CT.

Trista Winder



Forge Therapy and Holistic Health LLC/Thrive Marriage and Family Counseling
Community Resource Center
125 W. 200 S. Room #107, Moab, UT
801-636-3156 | tristayogamassage@gmail.com
www.yogautah.com | [instagram.com/trista_loves_life_](https://www.instagram.com/trista_loves_life_)

E-RYT 500; LMT; Masters Student Marriage and Family Therapist; EMDR Trained

Trista is an intern therapist under supervision studying relational trauma and marriage and family therapy. She is also a deep tissue massage therapist who is passionate about considering the whole person in her bodywork sessions that are centered around muscle recovery and rehabilitation. Her first love started with teaching yoga over 15 years ago that was centered around alignment and working with the emotional, physical, and spiritual well-being of a person. Trista hopes to combine her 20 years of experience with working with people's bodies, minds, and hearts into her trauma informed therapy practice, her yoga classes, and deep tissue massage. She is trained in NARM (NeuroAffective Relational Model) and EMDR (eye movement desensitization and reprocessing) to better support clients who are in need of deeper wound healing, and this helps inform each modality that she is actively offering. Please reach out for couples, individual, or child therapy sessions, bodywork, or see yogautah.com for current yoga series and classes.

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.

Schedule a consultation to learn more about how I can support you.
<https://calendly.com/valeryelea/transformational-coaching-consult>

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



76 S. Main St. Suite #3, Moab, UT
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.

Scan to access our Guide online:



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