

## Yoga Therapist

**Jennifer Speiden, C-IAYT, RYT 500, MSPT** (Certified Yoga Therapist, Registered Yoga Teacher, MS in Physical Therapy, Brain Longevity® Specialist - Alzheimer's Research and Prevention Foundation)

As a yoga therapist with a MS degree in Physical Therapy, Jennifer has been actively sharing the tools of body-mind medicine through a biopsychosocial model of health and wellness for the past 20+ years. She combines her practices and knowledge in somatics, yoga, therapeutics, and neuroscience to share embodiment tools and practices that serve to empower individuals to progress towards improved physical, emotional and mental health and well-being. She currently runs and owns Inner Awareness Yoga Therapy and has been part of the Warm Hearth community for several years teaching a variety of classes through Warm Hearth's Fitness Department.

She specializes in helping students of all ability levels access the bodymind benefits of mindful movement, breath, and meditation. Some of the areas that can be explored when working together include:

- Movement practices for strength, flexibility, balance, and agility of body-mind.
- Mindfulness practices to support heart health.
- Yoga for managing stress and maintaining brain health.
- Simple practices for nervous system self-regulation and resilience that improve mental well-being. How to have better sleep habits and patterns to encourage restorative sleep.
- Gathering more tools in for your toolbox to help you thrive and skillfully navigate healthy aging.

To find out more about Jennifer's offerings and training, please visit her website at <http://www.innerawareness.net>.

*To contact Jennifer for more information and to schedule a yoga therapy session, please reach out to her at [joyifer@yahoo.com](mailto:joyifer@yahoo.com) or 540.552.2596*

## Massage Therapists

The fitness center contracts with several massage therapists to provide relaxation and restorative services in the massage room. Please contact the fitness center to learn more about the therapists and how to set up an appointment by calling 540- 443-3474.

### **Luci Merlo, RN, CMT, CLT**

Luci offers massage, lymphatic therapy, and movement education (*The Trager® Approach* and *Ai Chi*) at *The Center for Creative Change* and *Warm Hearth Village* in Blacksburg, VA. She is a graduate of Virginia Tech (health ed/exercise science), Radford University (nursing), and The Virginia School of Massage/ Charlottesville. With strong experience in rehabilitation and health education, Luci helps her clients place their massage and movement therapy within a total health plan. She serves clients dealing with complex medical conditions as well as individuals pursuing basic wellness.

*Contact Luci at [luciamerlo@aol.com](mailto:luciamerlo@aol.com) for more information or to schedule an appointment.*

### **Lora Leigh Giessler LMT, TLAP, REAT (in process)**

Lora Leigh is a certified massage, and somatic movement and expressive arts therapist /educator with 25 years of combined experience in the field of mind, body, spirit healing arts. She received her Jin Shou Tuina™ massage and CranioSacral therapy training through the North American Tang Shou Tao Association (NATSTA). Her initial training was completed in 2010 and as a member of NATSTA she continues to study and research Chinese medical and martial arts with senior practitioners within her gongfu family. Jin Shou Tuina™ is the method of tuina practiced and taught exclusively by the North American Tang Shou Tao Association. Diagnosis and treatment are based in the tenets of Traditional Chinese medicine. Manual therapy techniques range from very soft energetic work to deep and vigorous manipulation to appropriately affect soft tissue, structural alignment and the meridian systems. Adjunctive therapies such as moxibustion, cupping and external herbal applications are also utilized as needed. Therapeutic exercises are recommended to support the treatment plan. The bodywork is performed with the client wearing loose comfortable clothing.

As a lifelong learner, Lora Leigh recently completed a continuing education course in Palliative Massage to better support the hospice patient she cared for during the isolated days of the Covid pandemic. Additionally, following the directive of Dr. Vince Black, master teacher and founder of NATSTA, she is currently training with the National Acupuncture Detoxification Association (NADA) to become an AcuDetox Specialist.

*If you would like to schedule an appointment or if you have questions and would like more information, contact Lora Leigh at [loraleighgiessler@gmail.com](mailto:loraleighgiessler@gmail.com).*