

Lynda Campbell - Bio

I was a Registered Nurse for over forty years, specializing in Diabetes Education and patient empowerment. My goal was always to attempt see the perfect spirits inhabiting the imperfect bodies of myself and my clients/patients and acknowledge and honor our connections. I've always believed if we can find and embrace our inner source strength, we will discover that we already have all of the answers we need to live a healthy, joyful and satisfying life.

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A desire to return to the hands-on touch that I so enjoyed in my early nursing career led me retire from my manager position and attend the Onondaga School of Therapeutic Massage (OSTM) in Rochester, NY where I graduated as Salutatorian of my class in 2009 and where I now teach Anatomy and Physiology to future massage therapists.

Intuitive and alternative modalities of healing as an adjunct to regular medical care has always held interest for me and over the years I have studied Therapeutic Touch for Nurses, Reiki I, II, and Master levels, and Hands of Light. I incorporate these and other modalities into the individualized massage sessions I offer to my clients. Massage and energy work is a perfect accompaniment to the pilates, yoga and dance being taught and practiced in the studio. Massage will enhance your feeling of being focused and connected and will help you feel more relaxed, grounded and centered.

~ Lynda