

Bonnie Clark, CMT, IYT
Lotus Healing Massage & Yoga
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For A Floating Feeling Call Lotus Healing

My interest in bodywork goes back to early adulthood with the study of healing on all levels, including the physical. My first area of interest was reflexology. By age 23, I was teaching meditation. I was sidetracked from pursuing my passion further with the immediate necessity of earning a living. My English Major created an opportunity in the advertising business, of all things! However, on a certain level I also practiced emotional healing with my clients.

After 18 years in advertising, I sold my advertising business created 3 years earlier and traveled a while. All that time the pull towards the healing arts continued. I studied different natural healing modalities and practiced on myself and friends. In the early 90s my inner guidance made it clear to take action, go to school, and pursue my passion in earnest.

I've been in practice as a Certified Massage Therapist since 1992. My massage styles include Swedish, Deep Therapeutic, Reflexology, Shiatsu-Breema, Thai, Cranial Sacral and Dr. Vodder Manual Lymph Drainage, and I have certifications in all the above.

In 1993 I earned my certification as Yoga Instructor with Integrative Yoga Therapy and began giving classes for beginners and intermediate students. I also offer private sessions for freeing up emotional as well as physical issues. I hold additional certifications in Creative Healing, Inner Sound Healing, Reiki and Whole Birth Prenatal Yoga Instruction. My education is on-going which keeps life fascinating for me and my work more effective for you.

My intuitive nature guides how I work with each client. Some clients know exactly what they want and may have a more scientific approach. That works just fine for me. Others may come in with vague complaints that something is not quite right. That's when my intuition takes over and, as important as all my schooling is, I never allow it to get in the way of achieving results based on what I'm actually feeling.

Healing takes place on more than just the physical level and, therefore, my work also addresses emotional and mental STRESS. It feels good to lighten the load you carry in muscles and mind. That's why I suggest "For a Floating Feeling, come to Bonnie Clark Lotus Healing."

My business comes mostly through referrals from clients who send me comments like this:

"With Bonnie's help, my wrist and arm pain left and I can work...." Jennifer S.
"My quality of life, well-being and pain level is greatly improved..." Betty O.
"I no longer have mobility issues with my arm and my golf game is back..." Keith L.

My mission is to help you experience the freedom, joy and peace that is innately your true self through pain relief, stress reduction, detoxification, energetic balancing/enhancing and self-help education.

Contact me for more information on bodywork, yoga classes or individual sessions. In addition to my practice with individuals I also have corporate clients who recognize the importance of employee wellness.