



Megan Gouldner brings to her practice over 20 years of experience in the Health, Wellness and Fitness field. She holds a degree in Massage, Bodywork and Hydrotherapy from the Arizona School of Integrative Studies {True Mantra 1999} and various Professional Training Certifications from the National Academy of Sports Medicine, the Institute of Human Performance, the Corrective Holistic Exercise Kinesiology Institute, AFFA and Zumba. She is currently training under Chaya Spencer, one of the most sought after Anusara Yoga experts in the country, to complete her 200 hour yoga teacher training.

As a Breathwork practitioner, Megan has received training from the New York and Philadelphia Rebirthing Centers and has studied with revolutionary Breathworkers such as Leonard Orr, Sondra Ray, Stanislav Groff, Tav Sparks, Tony LoMastro and Maureen Malone. She has assisted the 9 Month Rebirther Training program and the One Year Program as well as numerous Breathwork and Loving Relationship Trainings for the New York and Philadelphia Rebirthing Centers and Sondra Ray and has instructed her Non-Verbal Communication classes for the Rebirther Training program introducing another level of Body Awareness for the students understanding.

From 2005-2009, Megan studied closely with Patrick Collard, a former Body Language expert and consultant for the National Security Agency, FBI as well as numerous international government agencies, author, seminar leader and world renowned Bodyworker and Healer. She is now blessed to continue this incredible work. As a highly sought after educator and practitioner of the Collard Method of Bodywork, she incorporates the observation of Non-Verbal Communication, Energy Intuition and sense Perception into her Intuitive Bodywork sessions, taking her clients beyond the basic physiological treatment into levels of structural integration, mental and emotional unwinding and neurological re-patterning that is beyond compare.

Megan has been personally trained by Dr.'s Freddie Ulan, Lester Bryman and Lori Puscar in Nutrition Response testing, setting the stage for the development of her Clinical Nutrition skills. She is trained in Onmuri Medicine and SuJok Therapy by Dr. Sankar Mohanaselvan of the Su Jok Academy of Chennai, India. She is certified in Dermatome Compression Analysis and Acoustical Myography Procedure, studying once again with Dr. Lester Bryman. With a fascinating blend of these studies, Megan offers Holistic Nutrition and Integrative Healing sessions combating today's toxicity levels and creating an ever evolving approach to health, wellness and nutrition.

Megan has been trained in Medical Qi Gong by one of the twelve Qi Gong Masters studied by the National Institute of Health. She continues her studies, allowing Medical Qi Gong to continuously

expand her understanding of Integrative Medicine. She is an advanced practitioner of Integrative Energy Therapy, Reiki attuned and is a teacher of Intuitive healing modalities, such as 'Night School', a unique dynamic meditation and long distance healing technique. Combining this training with her extensive study of Kafuta, a Native American energy healing system taught by Patrick Collard, Megan offers her clients an incredible experience and integration of mind, body and Spirit.

Megan Gouldner received her advanced CranioSacral and Somato-Emotional Release certification from the Great River CranioSacral Institute led by Dr. Ron Wish. She currently mentors with Dr. Wish, to further advance her skills as a healer. Megan has also currently apprentices with Kerry Henwood, an Australian Neo-Shaman, to further develop her energy intuition skills and Shamanic Healing Practices. Skilled in such arts as Soul Retrieval, Shamanic Journeying, Energetic Extraction techniques and Plant Spirit Connection Megan brings a unique level of understanding and compassion to her sessions, guiding clients past the basic physical understanding of the body and mind into a more subtle experience, and curiosity, of the life they are living.

Megan has successfully worked with thousands of clients over the years, her client base ranging from amateur to professional athletes, high profile recording artists (including Sean Carter, Beyonce Knowles and Mary J. Blige), off- Broadway actors and actresses, to the newborn and toddler population experiencing life for the first time. Her incredible understanding and Love for her work and the human body radiates through every client she works with and every person she meets. Her loving intention, with each interaction, is to assist each person to reach the highest level of health and wellness they can possibly image...and experience a Life a wonder and awe.

Megan also leads seminars on Energy Intuition, Non-Verbal Communication, Breathwork and Intuitive Bodywork in the New York, New Jersey, Philadelphia, Rhode Island and the San Francisco areas. She has served on the board of Instructors at the Academy of Massage Therapy as a senior Massage Therapy Instructor and currently at the University of Medicine and Dentistry of New Jersey for their Complementary and Alternative Medicine program. Megan has consulted and lectured for major industries such as the Food Alchemist, Yoga Synthesis, Core Therapies Holistic Health Center, Skyline Industries, the Law Offices of Greenberg and Taurig, the Doctor's School of Philadelphia, the Union County Technical and Vocational School, Shree Yoga, and the Philadelphia Nine Month Rebirther Training Programs in Manhattan, NY and Philadelphia, PA. She enjoys sharing the magic and mystery of her work with as many people as possible.

“From the moment a client walks into my space, I listen. With all of my senses poised with wonder, I listen. And through whatever means the body whispers, Bodywork, Breathwork or Holistic Health, I guide the person to reveal the truth of what it is they really are: a living, breathing example of infinite potential.

Thank you for taking the time to read this, I look forward to working with you.” - Megan Gouldner



Massage and Bodywork are effective treatments for:

- Chronic pain
- Joint problems
- Increasing joint range of motion
- Arthritis
- Accident related trauma
- Sports injuries
- Headaches, TMJ
- Lowering Blood Pressure
- Chronic Fatigue
- Stimulating Immune System
- Scoliosis

Psychological Benefits:

- Relieve Depression, Anxiety and PTSD
- Emotional Release
- Personal Growth and Transformation
- Enhances Psychology and Therapeutic Techniques
- Helps decrease effects of ADD
- Neurological Dysfunction
- Enhances Personal Relationships and Communication
- Increases Self Esteem and Productivity