



*Toni Ogborn, LMT*

**About Toni**

A 2001 graduate of the Pennsylvania School of Muscle Therapy in Oaks, Pennsylvania, I participated in 750 hours of extensive training in anatomy, physiology, and pathology, as well as a variety of massage techniques, including Swedish, deep tissue, and sports massage.

I have continued my massage and bodywork education by taking courses in muscle release techniques with Michael Young, in muscle injury with Ben Benjamin, and in Thai yoga massage therapy with Kam Thye Chow at the Kripalu Center for Yoga and Health.

My in-depth training, in tandem with open, confidential conversation with you about your body and health, enables me to customize the type of massage you receive so that you will experience the results you are seeking.

I use a deep, therapeutic, focused, and thoughtful style of massage. I combine deep tissue techniques with sports massage and neuromuscular therapy, which my clients find effective as well as powerfully relaxing and restorative. I work in relationship and cooperation with my clients to understand their bodies and their needs. Most important, I touch people intuitively, respectfully, and with intention.

My goal as a massage therapist is to provide a safe, healing environment in which I can help individuals achieve greater physical, emotional, and spiritual health through massage.

To schedule an appointment or more information please call me 484.678.5387. Please visit my website <http://bodyworktherapeutically.com/>.