

# Annalisa Derryberry

## Licensed Massage Therapist

### Education and Certifications:

Bachelor of Arts, English—University of Florida, Gainesville, FL

705 hour Massage and Hydrotherapy Program—  
Florida School of Massage, Gainesville, FL

Licensed Massage Therapist—Virginia

Thai Massage Certification—Bodhi Sangha Thai Massage

Hand and Foot Reflexology Certification—Academy of Ancient Reflexology

Yoga Teacher Certification—Discovery Yoga & Heart and Bones Yoga

Yoga Nidra Certification—Yogaville & Julie Lusk

Face and Ear Reflexology Certification—Laura Norman Holistic Reflexology

### Services Offered:

- Deep Tissue
- Swedish
- Therapeutic
- Reflexology
- Thai
- Oncology Massage



### About Me:

Annalisa has a BA in English from the University of Florida, but after graduating, she felt inspired to attend the Florida School of Massage, and it was there she realized she had found her path as a massage therapist.

Throughout the last 20 years, Annalisa has had the chance to work with a variety of ages and physical conditions in chiropractic offices, fitness spas, and private practice. She has become aware of how people are increasingly stressed, sedentary, and stuck in old patterns of both body and mind, but if we can move and breathe more fully and easily, we can begin to feel less stressed and more pain-free. As a new arrival to Virginia, she is excited to serve a new community, and to help people be kind to their bodies and minds through massage, reflexology, and yoga.

