

Kathy Rivera

Licensed Massage Therapist & Trauma-informed Energy Medicine Practitioner

Education and Certifications:

Licensed Massage Therapist (LMT)
ACE Behavior Change Specialist
200HR Certified Hatha/Vinyasa YTT
Certificated Trauma-Informed Space Holding
Certified Usui Reiki Level I & II
Certified Breathwork Healer Level 1-5
Certified Yin Yoga
Certified Restorative Yoga
Traditional Chinese Medicine for Yoga

Services Offered:

- Sacred Sessions
- Private Yoga sessions
- Therapeutic Massage
- Swedish Massage
- Deep Tissue
- Neuromuscular Massage Therapy
- Proprioceptive Neuromuscular Facilitation (PNF)



About Me:

Kathy's approach to healing is built on the belief that profound release requires tending to both the physical body and the nervous system. Her work is rooted in traditional medicine and ancestral wisdom, which seamlessly informs her science-based techniques and skills. For the past six years, she has held intentional space guiding clients to nervous system liberation through somatic movement, breathwork, and energy healing. Now, as an LMT, she integrates this wisdom with therapeutic, targeted touch.

