



Maryellen Thorp LMT

I have spent my working life in the health and wellness field. In 1990 I received my national certification as a personal trainer and I was off running. I truly felt as if this line of work was not only a passion but a vocation. As the years went by, I studied other modalities that complimented what I was already interested in. After becoming a Licensed Massage Therapist and going into private practice, The Healing Tree was born and as we grew so did the neighborhood! Over the years, I have learned quite a bit working in the wellness field that helps round out what I bring to my coaching clients.

While family and friends are priceless in so many ways, sometimes having an impartial guide to help us navigate life's challenges along with developing goals and aspirations can be extremely valuable.

Some areas of focus include personal development, stress management, effective communication, building self-confidence, overcoming challenges, and creating a balanced and fulfilling life.

I also have done extensive work in the areas of:

- Mindfulness Based Stress Reduction (MBSR)
- Certifications in Pre-Natal and Oncology massage
- 12 Step and Recovery programs
- Small Business support
- Mindfulness Mentor for IMCW
- Volunteer work with Hospice of Alexandria
- Disabilities and Chronic Pain

If this is an avenue that you would like to consider exploring, I would love the opportunity to work with you.

Maryellen

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