



First and foremost, I try to create a safe environment That may include allowing the client to pick out his/her mat, props and choosing the space in which we work, making sure there are no distractions such as bright lights and noise.

Next, we focus on awareness of the breath which can begin to slow and deepen the breathing, beginning the relaxation process. Then I invite the client to focus on the heart, using imagery that helps the person soften and relax. Ultimately, I want the person to become aware of their true inner self, that they can find love within themselves and do not need to seek love outside themselves. For most people, this is a profound change, one which in time brings relief from fear, anxiety and even panic.

I work extensively with severely traumatized children who have been removed from their home and institutionalized. Most have never felt a sense of calm and safety. Using props and restorative postures, many feel nurtured and truly loved for the first time.

I also work with adults with severe physical limitations, such as stroke paralysis, multiple sclerosis and many other chronic conditions, using appropriate movements, hands-on assistance and guided imagery.

I love the creative nature of this work and thrive on being “in the moment” with clients. When you work holistically with all layers—body, mind and spirit—you have to be able have to see each person as unique and tailor your approach to whatever the person needs at the time, whether a nurturing, cocooning experience or moving a dysfunctional limb.

Let Katrina share her “miracle” with you. To schedule a session you may leave a personal message on Katrina’s phone, 937-408-0175 or the Mindfully Well Center, 937-769-5019.