

Escondido - Volunteer Massage (Therapy) Escondido - Volunteer Massage (Therapy) Escondido - Volunteer Massage (Therapy) - Elizabeth Hospice Vista, CA Work Experience Escondido - Volunteer Massage (Therapy) Elizabeth Hospice May 2018 to Present Utilized different Massage techniques to address physical and emotional issues Used various Holistic Health Practices to address assorted physical and emotional issues. Alex Jenks, Work December 2015 to Present from Home and Mobile - Yoga (Therapy) Provided asana sequencing for physical stretching and relaxing muscles. Breathe and meditation exercises. Chakra balancing and and subtle energy work. May 2018 - Present Alex Jenks, from Home and Mobile - Massage (Therapy) Utilized different Massage techniques to address physical and emotional issues Used various Holistic Health Practices to address assorted physical and emotional issues. Provided spa type treatments and experiences Database Administrator and Programmer Accumen - San Diego, CA December 2015 to March 2018 Managed AWS and SQL Server Systems Education Healing Hands Holistic Health School Skills Therapy (3 years), Training (Less than 1 year), Marketing, Deep Tissue, Microsoft Office, Swedish Massage Certifications/Licenses Licensed Massage Therapist Massage Therapist

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