

my story:

For over 3 years, I have created a way to make a living by doing what I am passionate about in life: Massage therapy, Yoga, and Stand-up Paddleboarding. At 19 years old, I completed my 720-hour Massage Therapy Course as



Valedictorian of my class! My experience the past 11 years includes working with Chiropractors, Medical Spas, Massage Envy, and Athletic Clubs.

Settling in the Bay Area in 2009, was when I started to attract side-clients, I arrived at their home, and set-up my table for their session. As I gained a handful of clients, I decided to get some more training in Massage as well as Yoga and SUP.

This training at [World School](#) in San Francisco got the wheels turning in a direction I never thought of seriously, Being my own boss! Was this a possibility? How could I make this a reality? I began writing out a Business plan for 5, 10, 15, 20 years in the future. That business plan was created around my desire to *teach*. Was this a foreshadowing of what was to come? Side note, I hope that one day I will be able to create my own Massage School Curriculum.

At this school, we practiced manifesting our dreams, taking responsibility for our decisions, thoughts, and where our lives were at that time. It was incredible learning that we shape our paths in life and that we can shift our way of thinking with consistent practice. I liked what was shifting in my life, so I kept implementing these practices into my daily routine.

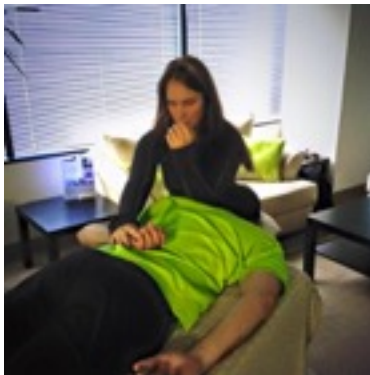
my creation:

I was finally ready in 2013 to take the leap of faith to be my own boss! Deciding to quit my job was totally out of my comfort zone, but I knew I would regret it if I didn't overcome my anxiety.

Be Mobile Wellness started as an in-home based massage business. During my time at the Athletic Club it became clear that I enjoyed working with Folks in the Corporate world, who had heavy workloads, and long commutes. I decided to take my “idea” of bringing Massage and Yoga into this environment. But, how?

Two weeks after I had this “idea”, I had a client who owned a business, enjoyed the sessions, and asked if I was interested in coming to the company for corporate massage? Of course, I was STOKED! I agreed, we exchanged contact information and that was how this radical journey began. Currently, I have 2 outstanding companies who use Massage and Yoga, 2 marvelous team members and never-ending opportunities. My goal is to expand these services with awesome companies in the Bay area who are ready to enhance the health of their work environment!

Extra Unique:



Part of the goal is for each company to provide massage and yoga as complimentary services to their employees. Basically, the company pays for the service, not the employee.

The service price depends on how often, bi-weekly, or every week. Each company receives convenient online booking. This way the schedule is managed by Be Mobile Wellness, completely. Starting at a 3-hour minimum, each company can create a schedule that works for them.

Hours X **Consistency** X **# of Therapists = TOTAL**
(3 hour minimum) (month, bi-weekly, weekly)

I always say, “Massage isn’t just massage”; there is so much more to it! The goal of a massage not only is to increase relaxation, but is a way of checking in with the body, palpating the muscle tissue, testing the range of motion, and teach the

client how to correct the imbalance. Remember when I mentioned that I wanted to *teach*? This foreshadowing thought I previously had became, what I like to call the “*Manifesting Ripple effect*”.

This type of corporate massage is most efficient when using a massage table vs massage chair. You can read why I choose to use a table [here](#)! It just doesn't make sense to massage you in a position that you are in all day long anyway. The imbalances are easily hidden and therefore, cannot be corrected.

why choose be mobile wellness?

CAMTC certified, Insured, over 1500-hours of training, professional, flexible schedule, online booking, Table massage, and more!

If this sounds outstanding to you, let's Chat!

Be Mobile Wellness
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We look forward to hearing from you soon!

