

Michelle Harper - Auckland

Business: Attune Massage and Wellness

Certification Level: Student Practitioner Level 2-3 (Spine)

Years of Practice: Wellness and massage therapy since approximately 2015, ELDOA training completed 2019

Biography: Studied at Australia Soma Training and ELDOA (Class of 2019). Previously Primary School Teacher (Royal Oak Primary, Remuera Primary, Homai Primary). Primary Education degree from Auckland Teachers College with focus on Physical Education and Music. Registered qualified Wellness and Massage therapist.

Credentials: Registered Wellness and Massage Therapist, Teaching qualifications (Primary Education)

Specializations: Palliative care massage, chemotherapy support massage, ELDOA Level 3, wellness and holistic health approach

Philosophy: Business name "Attune Massage and Wellness" - Attune means "to Make Receptive and Aware," reflecting approach of guiding clients through understanding personal wellness

Additional Role: Also works as Manager-Product, Acclaim at 212F (since 2017), bringing commercial and wellness expertise together

Contact:

- Business: Attune Massage and Wellness New Zealand
- LinkedIn and Facebook available

Nicola O'Neale - Auckland (Now Melbourne)

Certification Level: Certified to instruct ELDOA (specific level not disclosed)

Years of Practice: Physiotherapy since 2016 (9+ years), ELDOA instruction for several years

Biography: Bachelor of Health Science in Physiotherapy (graduated 2016), Advanced Diploma in Sport (Exercise Prescription) with Merit from Auckland University of Technology. Former member of first New Zealand women's road cycling registered BikeNZ Trade Team. Personal experience with autoimmune diseases and injury recovery informed holistic approach.

Credentials: BHSc (Physiotherapy), Advanced Diploma in Sport and Exercise (Exercise Prescription) with Merit, additional musculoskeletal rehabilitation training

Experience: Head Physiotherapist with Kumeu Rugby (since 2015), worked with individual athletes, student physio mentoring, designed and instructed online and in-person ELDOA classes, worked at holistic physiotherapy studio

Specializations: Musculoskeletal physiotherapy, sports-related injuries, pre and post-surgical rehabilitation, chronic pain management, exercise prescription, injury prevention and rehabilitation, holistic/full body approach

Philosophy: Holistic full-body approach influenced by own health journey with autoimmune diseases while being high-performance athlete. Focuses on education and promoting self-management while keeping clients active in what they love.

Current Position: Customer communications and injury management at Gallagher Bassett (Melbourne) - relocated from Auckland

Contact:

- LinkedIn: Nicola O'Neale
- Previously based Auckland (Kumeu area for rugby work); now Melbourne

Rebecca Goldwater - Auckland

Certification Level: Certified ELDOA practitioner (listed on ELDOA.com directory; specific level not disclosed)

Years of Practice: Personal training for several years with ELDOA as component

Biography: Personal Trainer based in Auckland. Listed on official ELDOA.com practitioner directory. Taught ELDOA classes at LOFT45 Gym. Wrote educational article about ELDOA technique.

Credentials: Personal Training certification

Specializations: Personal training, ELDOA instruction, strength and core exercises, cardiovascular training, stretching and flexibility, nutritional advice, goal setting and achievement

Philosophy: "Multi-faceted approach to training – combining fitness, nutrition and wellness." Prescribes individualized programs including strength, core, cardio, stretches and ELDOA based on client needs.

Notable Contribution: Wrote LinkedIn article "ELDOA - the (in)complete guide to" educating people about the technique and Auckland ELDOA community

Contact:

- Email: rebecca.goldwater@icloud.com
- Phone: +64 27 816 6054
- Website: becsgoldie.com

Practice Setting: Mobile personal training (home visits, park sessions, own studio space), online consultations, previously taught group ELDOA classes at LOFT45

Not Confirmed:

Jason Marshall - Auckland

Status: COULD NOT BE CONFIRMED AS ELDOA PRACTITIONER

What Was Found: Jason Marshall is a Personal Trainer in Auckland at Health & Sports Fitness (Kingsland/Mt Albert area) with over 20 years experience. Former chef who retrained as PT in 1999. Specializes in pre & postnatal strengthening, injury prevention and rehab, sports-specific training. Active in outdoor activities. Website: healthandsports.co.nz.

Research Note: Despite multiple searches, no connection to ELDOA practice or training could be found. He may have ELDOA training not publicly advertised, or may not be an ELDOA practitioner.

Shay Narayan - Auckland

Status: COULD NOT BE CONFIRMED AS ELDOA PRACTITIONER

Research Note: No evidence could be found linking anyone named "Shay Narayan" to ELDOA practice in Auckland or New Zealand. This name may be incorrect, or person may practice under different name, or may not be an ELDOA practitioner.

Additional Auckland Practitioners Discovered:

Michelle Owen - Auckland

Certification Level: Certified in ELDOA and Myofascial Stretching (specific level not disclosed)

Years of Practice: 30 years industry experience

Biography: One of NZ's most knowledgeable structural and postural health specialists. C.H.E.K Practitioner (Corrective High Performance Exercise Kinesiologist). Postural specialist and strength coach. 30 years of experience in the industry.

Methodology: Highly specialized approach blending C.H.E.K, ELDOA and myofascial stretching, global postural stretching, functional range conditioning, kin stretch, and soma training

Contact: