



natalie gilbert

licensed massage & bodywork therapist

(NC LICENSE # 6687)

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A graduate of the renowned *Body Therapy Institute (BTI)* in Siler City, North Carolina, I have been offering quality treatment in Swedish, deep tissue and hot stone massage and other spa modalities since receiving my license in November 2006. I am also a musician and a teacher, and I bring to my practice the desire to help people gain understanding of self-care and good health. I have worked as a musician with dancers for over thirty years, which has fueled my interest and knowledge in somatic practices. I am dedicated to deepening my experience and knowledge through ongoing education and am open to learning from each and every client and situation.

work experience

October 2007 - Present Duke Diet & Fitness Center: Independent Contractor ~ Durham, NC

*October 2007 - Stevens Wellness Center: Chiropractic Office ~ Durham, NC
December 2007*

November 2006 - Present *Private Massage Therapy Practice ~ Durham, NC*

2006 *Externship at Durham Aids Community Residency Association ~ Durham, NC*
Provided massage & bodywork with resident patients and staff

Community Service & Chair Massage ~
NC Conference on Child Abuse
Sanford Community Center
Shakori Hills Music Festival
State Employee Health Fair, Raleigh NC

other work experience

Education

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| February 2008 | <i>Institute for Massage & Spa Therapy Education</i> : Hot Stone Massage |
| September 2007 | <i>Tom Myers & Kinesis</i> : Body Reading & Postural Analysis |
| August 2006 | <i>Body Therapy Institute</i> : Graduate, 650-hour Massage Therapy Diploma Program ~ 127 hours of anatomy, physiology, kinesiology & pathology, somatics, business & marketing, ethics & the law, and others
<i>Training Included</i> : Swedish Massage, Myofascial Massage, Oriental Massage, Hydrotherapy & Spa Modalities |
| 1994 | <i>Ohio State University</i> : Master of Arts in Piano, Composition, and Education |
| 1972 | <i>Oberlin College</i> : Bachelor of Arts in Music |