

Healing Wind MFR & Bodywork

Roxanne

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Roxanne L. Fisher, LMP

Washington State License

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Member of AMTA (American Massage Therapy
Association)

Nationally Certified through NCBTMB
(National Certification Board for Therapeutic
Massage and Bodywork)

Education

Brenneke School of
Massage/Cortiva Institute in
Seattle, WA
John F. Barnes Approach to
Myofascial Release™ seminars.

*John F. Barnes Myofascial
Release Approach*

Roxanne began Healing Wind MFR & Bodywork through her own healing journey, when she, in 2007, developed adhesive capsulitis ("frozen shoulder") that caused her to question herself about moving forward with a career in massage. When conventional massage treatments failed, she learned of a manual therapy that used the principles of myofascial stretching techniques, and pursued the teachings of visionary physical therapist John F. Barnes. This was the turning point in Roxanne's health and career path. The recovery was amazing, and she knew that if the teachings of this remarkable technique were pursued, there would be a tremendous opportunity to assist others afflicted with limited mobility, chronic pain, and so many other ailments. To date, Roxanne continues to attend training in John F. Barnes', hands-on workshops throughout the country.

Roxanne is a Licensed Massage Practitioner in the State of Washington, and Nationally Certified through the NCBTMB, in practice since 2007. She has acquired more than 800 hours of training in the healing arts, with the focus being the John F. Barnes method of Myofascial Release. She is an advanced practitioner in the "John F. Barnes, P.T. Approach to Myofascial Release," which is considered to be the ultimate therapy that is safe, gentle and consistently effective in producing results that last. Also, a student of indigenous peoples in the use of healing energy, Roxanne incorporates the teachings that came from her Cherokee Native American heritage. Both techniques work together to facilitate healing of the whole person. She also became an ordained minister in the Universal Life Church in 2009.

Robert Lester, II has been an important part of Roxanne's spiritual journey and connecting with her Native roots. His guidance and teachings have taught her the importance of walking through life with respect for all around us. www.rblester.com



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