



Jaime Chandra Kozlowski

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Trauma-Informed Bodywork Therapist for PTSD, Depression, and Anxiety
Certified Integrative Reflexologist
Restorative Yoga Therapist

SKILLS & MODALITIES

Massage Therapy

Chair Massage

Integrative Reflexology

Body Reading / Postural Assessment

Aromatherapy

Training & Instruction

Alignment-based Yoga

Management

Business & Marketing

WORK EXPERIENCE

11/07 – Present

Integrative Massage Therapist, Private Practice - North Carolina & Georgia
I work with clients to meet their wellness goals integrating elements from various massage and yoga modalities.

As a part of my private practice, I managed and staffed multiple contracted therapists for a monthly chair massage day at the iContact corporation in Morrisville, NC from 2008 to 2012 and bi-monthly massage day at Intellinet in Atlanta, GA starting September 2017.

5/08 – 12/09

Massage & Yoga Therapist, Back Solutions Chiropractic Center, LLC – Chapel Hill, NC – Collaborated with Dr. Mindy Bradshaw, DC and other therapists to create treatment plans to help patients manage chronic pain, heal from injuries and maintain general wellness.

11/07 – 5/08

Manual & Exercise Therapist, Osteopathic Medical Arts – Chapel Hill, NC – Worked directly with Dr. Tom Motyka, DO to create integrative treatment plans including massage, strengthening exercises, and yoga to help patients manage chronic pain, heal from injuries, and transform improper movement patterns. Instructed and demonstrated Thera-Band exercises, yoga poses and proper alignment; performed massage and structural bodywork; tracked patient progress.

3/08 – 6/08

Yoga Instructor, Durham Technical College – Durham, NC – Instructed semester-based yoga course including philosophy, history, physical postures, breathing and relaxation techniques.

10/06 – 3/09

Yoga Instructor, Triangle Yoga – Chapel Hill, NC – Instructed hatha yoga classes to children ages 4 to 9 & adults.

EDUCATION

October 2019	Bodywork for Depression & Anxiety - Massage CEU, Elohee, GA
October 2018	Relax and Renew®: Restorative Yoga Therapy - Judith Hanson Lasater
April 2017	Bodywork for PTSD - Massage CEU - Samara, Costa Rica
September 2016	Neuromuscular Therapy: Upper Extremity - Massage CEU - Atlanta, GA
August 2016	BodyReading the Myofascial Meridians - Massage CEU - Anatomy Trains
October 2014	New Deep Tissue Techniques - Massage CEU - Atlanta, GA
September 2014	Chinese Facial Fusion - Massage CEU - Atlanta, GA
May 2012	Charter Oak – Bachelor of Arts Degree – New Britain, Connecticut Concentrations: Psychology & Sociology
August 2011	Integrative Reflexology – Massage CEU - Siler City, NC
August 2009	Anatomy Trains – Massage CEU – Siler City, NC
August 2008	Classic Thai Massage – Massage CEU – Asheville, NC
2007 – 2008	Triangle Anusara Institute – 18-month Anusara (Alignment-based) Immersion & Yoga Teacher Training – Chapel Hill, NC
2007 – 2008	KMI 12 Series Model – Kenesis, INC – Siler City, NC (11/07 – 3/08)
October 2007	Graduate: Body Therapy Institute – 650-hour Massage Therapy Diploma Program – Siler City, NC (Trained in Swedish, Deep Tissue / Myofascial, Joint Mobilization, Oriental Massage, Hydrotherapy & Spa Modalities
October 2007	Hot Stone Massage – Massage CEU– Siler City, NC
November 2006	Integral Yoga – Hatha Yoga Teacher Training Certification (Residential Program), 200 hours – Yogaville, Buckingham, Virginia
December 2005	Manatee Community College – Associate of Arts Degree – Florida

REFERENCE

Lou Benson - Structural Therapist & Instructor, Bodywork Education Project (617) 504-6912