

Lesley Pearl | 233 E. Erie Street #414 | Chicago IL 60611
312.637.9202 | lesley@bodysherpa.net | www.bodysherpa.net

SUMMARY:

- 670 hours massage + bodywork training
- Seasoned instructor and facilitator, at ease in both lecture and hands-on settings
- Training and experience working with special needs populations, including elders, acute, chronic and terminally ill individuals, pregnant women and infants
- Published writer – print and online media, and textbook editor

EXPERIENCE:

Private Practice –bodysherpa (formerly Lesley Pearl Massage + BodyWork)

Chicago, IL – August 2007 to present

Oakland, CA – March 2002 to present

Sole proprietor. Provide massage and bodywork services, incorporating Eastern and Western modalities. Conduct workshops and provide one-one services for making peace with food, movement and body image.

Weight Watchers International

Chicago, IL – July 2007 to present

Northern California – January 2003 to June 2007

Meeting Leader. Facilitate weekly, group discussions with Weight Watchers members regarding healthy eating, exercise and behavior. Weigh members and provide 1-1 counseling as necessary.

Facilitator, Corporate – Market Research Groups. Introduce beta-version of weight-management program to market research participants and lead group discussions. Provide input for U.S. program development and nationally distributed member materials.

McKinnon Institute of Massage

Oakland, CA – January 2006 to June 2007

Instructor. Courses taught: Swedish, Deep Tissue, Sports, Pre-Natal and Infant Massage.

Sonoma College

San Francisco, CA – August 2004 to May 2006

Instructor. Courses taught: Business Success Skills, Anatomy and Physiology. Responsible for curriculum development.

Myofascial Therapies Center

San Francisco, CA – August 2003 to March 2005

Bodyworker. Clinical focus based on medical diagnosis and direction, addressing chronic pain and repetitive strain injuries. Provide written patient progress reports to allopathic community.

Regenesis Chiropractic.

Berkeley, CA –March 2002 to December 2004

Stadium Wellness.

San Francisco, CA – March 2002 to October 2003

Massage Therapist. Treat individuals involved in personal injuries and motor vehicle accidents. Provide written patient progress notes to chiropractors for insurance purposes.

TRAINING AND EDUCATION:

Michigan State University. East Lansing, MI

Bachelor of Arts degree in Journalism, 1991

McKinnon Institute of Massage, Inc. Oakland, CA

518-hours completed 2002-2003

St. John Neuromuscular Therapy

63 hours workshop education completed 2003-2004

- NMT 1 – cervical injuries, postural analysis and pelvic stabilization
- NMT 2 – pain mechanisms of the lower back
- NMT 3 – shoulder, upper torso, spinal column and extremities

Pre- and Perinatal Massage Therapy. Body Therapy Associates.

32 hours completed 2005

Baby's First Massage

27 hours of in-class and at-home study completed 2007

Hot Stone Massage. McKinnon Institute of Massage, Inc.

24 hours completed 2007

Reinventing Mid-Life: Sleep, Aging and Overeating, Institute for Natural Resources

6 hours completed 2008

ADDITIONAL CERTIFICATION AND LICENSURE:

- Certified by National Certification Board of Therapeutic Massage and BodyWork, (NCBTMB) #532678
- Illinois Massage License Number #227.008621
- Member, Associated BodyWork and Massage Professionals (ABMP) #720830