

## PRESENTER PROFILE

### Carla Gorsky, CMT



### Educational Offerings

*The Hidden Benefits of Massage Therapy*

*An Introduction to Meditation: It's Easier Than You Think*

*Heart Meditation: A Tonic For Compassion Fatigue*

*Heartmath Interventions*

*Energy Awareness and Cultivation*

*Breath and Consciousness*

*Secrets of the Spiritual Heart*

### Credentials

Carla Gorsky has been in private practice providing massage therapy and spiritual healing since 1979, specializing in the treatment of chronic pain. She is a graduate of the Barbara Brennan School of Healing and completed the Energy Mastery School with Robert T. Jaffe, M.D.

Ms. Gorsky is licensed in Massage Therapy in the State of Illinois, Nationally Certified in Massage Therapy and Bodywork, and a member of the American Massage Therapy Association.

Ms. Gorsky also offers instruction in Heart Meditation for individual and groups for improved health, sports performance, test anxiety in students, corporate wellness, and spiritual growth.

### Benefits

- Lower blood pressure naturally
- Reduce cortisol, a stress hormone
- Elevate DHEA, an anti-aging hormone
- Increase energy, vitality, immunity and well-being
- Address sympathetic dominance
- Transform poor breathing habits
- Shift consciousness from the head to the heart
- Deepen the quality of patient relationships

### Testimonials

"Carla made me more aware of my body (as well as my mind)." - Cathy K.

"Carla did such an amazing job helping reduce my stress level along with ways I can use in my nursing practice." - Robin S.