

## Tahoe Forest Wellness Massage Therapist Team



### **Sean Frost, Licensed Neuromuscular Therapist**

Sean is a Licensed Neuromuscular Therapist with a passion for injury rehabilitation, recovery and prevention. He specializes in deep tissue and trigger point release therapies and has a strong belief in self-sustaining body mechanics.



### **Gudrun Hartig, Board Certified Therapeutic Massage & Bodywork**

Gudrun graduated from The School of Shiatsu and Massage in 2006 and has been giving the Tahoe community nurturing therapeutic massage ever since. A keen observer and listener with eyes, ears, and hands to assess physical and energetic condition of each client, Gudrun loves supporting people in their health and wellness and helping people relax, renew, and recharge. Specializing in patient, deliberate deep tissue/myofascial stretching and release, craniosacral therapy, and lymphatic drainage, Gudrun eases clients and their bodies out of pain and discomfort into flexibility, flow, and openness. She also integrates a myriad of modalities from neuromuscular therapy to reflexology to chakra balancing in order to fully satisfy the needs, objectives, and preferences of each massage session. She enjoys expanding her study of technique, anatomy and physiology. This both helps her sense physiological and energetic changes and guides her intuition for optimal therapeutic approach in order to achieve the most profound and positive lasting effects.



### **Lupe Munoz-Flick, Licensed Massage Therapist**

Lupe has 20 years experience in the field, loves the practice of massage, and enjoys helping her clients feel great. She specializes in Deep Tissue Massage and Prenatal Massage, but can tailor a massage to fit any client's needs.