

Massage Coaching & Tutoring with Donna Kraft- Smith, LMT:

Licensed Massage Therapist, Massage Therapy School Director,
Massage Teacher, Certified Kripalu Yoga Instructor

MISSION: To help massage students and existing massage therapists, new and seasoned, clearly promote and express themselves in all business communications and therapy sessions; and develop more of a holistic body / mind /spirit connection while performing a bodywork session (regardless of the modalities used).

Are you finding the way you work leaves your body tired and prone to injury?

- Would you like individual help exploring **your body mechanics** when you're actually at the table?
- Do you want constructive input of how your own unique body, might actually stretch and strengthen, and protect your joints while you work?
- Do you need improved skills (e.g. breathwork, mindfulness, posture) to keep your energy clear and strong while you work?

Want to possess clearer **communication skills**?

- Having trouble defining your work?
- Need help finding the words to write up a brochure, talk to potential clients, etc. about the specific, integrated work you utilize?
- Want to develop clearer professional boundaries with your clients with their specific situations and needs, yet remain caring, friendly and ethical?

Want to explore ideas to create a more **expanded business plan**?

- Learn concepts of how to utilize all your skills and passions to help your business grow.
- Need help thinking about what modalities to study next to deepen your work?

I can give you individual attention to explore your potential as a bodyworker and find what lights you up !

Consider using my 29 years of experience as a successful massage therapist, and 15 years as a massage instructor, as a resource, to help you holistically move further in developing your practice and business. I'll listen to your ideas, and/or observe you as you work, giving you feedback that will expand your way of thinking of yourself in your practice

**Phone & In-Person Consultations: \$35.00 per hour
with Donna Kraft- Smith, L.M.T.
(207) 989-4325 Offices in Brewer & Dexter, ME**