

Spirals of Life Wellness Institute



*Kari
Greene,
C.M.T.
Owner,
Instructor*



Hello and Welcome!

I am Kari Greene, I have been a body worker for over 32 years. I have over 700 hours of professional training from Wellspring Massage School, Ashland Institute of Massage, Heartwood and Essalen. I began teaching in 2004. I healed myself from ovarian cancer in 2015 and remain cancer free to this day. I am passionate about sharing my knowledge and experience. In January 2017 I opened Spirals Institute. We offer continuing education classes in Medical Massage, Lymph Drainage Therapy, Cranio Sacral, Myofascial Techniques, Insurance Billing, Spa Techniques, as well as other classes for the community in Jikiden Reiki, Sound Healing Aromatherapy with others to come! Watch for our upcoming professional program in 2020!

In my private practice, I combine Myofascial Release, Lymph Drainage Therapy, Cranio Sacral and Jikiden Reiki with 32 years of integrative bodywork experience, 15 years as an Osteopathic Aide and intuitive presence to assist on your healing journey.

Testimonial:

I have been getting weekly bodywork from Kari for about five years. During that time, she has helped me recover from three joint replacement surgeries. With patience and gentleness, Kari helped reduce the swelling and scar adhesions associated with the surgeries. I feel that her techniques have improved my circulation and energy flow. Unlike the intense pressure of deep tissue massage, Kari provides a safe, relaxed environment where my body can let go of long held muscle memories and be supportively coaxed in new directions. I have regained flexibility and physical comfort that I thought I had lost forever. -Kathryn Shaini

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