

**Education:**

- Active Release Techniques – 69 hours  
Upper, Lower Extremities & Spine Courses – Atlanta, GA 2011 – 2013
- Barral Institute – 24 Hours  
Visceral Manipulation: Abdomen – Tampa, FL 2013
- Jones Institute – 20 Hours  
Strain Counter Strain for Spine – Merritt Island, FL 2012
- London Centre of Indian Champissage – 21 Hours  
Indian Head Massage – New York City, NY 2009
- Eric Dalton's Freedom from Pain Institute – 24 Hours  
Myoskeletal Alignment Techniques – Las Vegas, NV 2009
- Dr. Vodder School of Manual Lymphatic Drainage – Atlanta, GA 40 Hours 2008
- James Walaski Orthopedic Sports Massage Course - Atlanta, GA 20 Hours 2008
- KI-ATSU Institute For Healing Arts, LLC – 40 Hours  
THAI Massage I & II – Henderson, NV 2006
- MRI Musculoskeletal Rehab Inc. – 40 Hours  
Certified Medical Massage Practitioner – Masters Level – Anaheim, CA 2005
- National Personal Trainer Institute (NSCA Accredited)  
500 Hours / 6 Month Fitness Trainer Certificate – Phoenix, AZ 2004
- Utah School of Massage Therapy – Arizona Campus  
815.5 Hour Professional Massage Diploma 2003

**Corporate Clients: On Location**

- UPS World HQ, Delta Air, JTW, Progressive Healthcare of Gwinnett, Turner Broadcasting, Emory  
Seated massage and stretching at workplace.

**Sporting Events: On Location**

- Athletes from NFL, NBA, MLB, NHL, NCAA Teams, plus WWE, & the PGA  
Individual Sports and Injury Rehab Therapy
- Golf Tournaments – Onsite Tee Box Station  
Michael Finney Dry Heat Classic – AZ 2006-2007 & 2009-2013  
Hilton Head Celebrity Golf – Hilton Head Island, SC 2013  
Masters Golf – Corporate Group Augusta, GA 2013  
Fox Sports Pro Football Celeb Golf Tournament Super Bowl Week - FL 2010  
Alice Cooper Celebrity Golf Classic Tournament – AZ 2007  
ESPN Radio "Calling All Sports" Golf Tournament – AZ 2005-2007
- Other Sporting Events – Pre and Post Event PNF Stretching and Recovery  
W.W.E. WrestleMania 27 – Atlanta, GA 2011  
Ironman Arizona Triathlon – Sports Massage – Phoenix, AZ 2005  
P.F. Chang's Rock 'N' Roll Marathon Arizona – Sports Medicine Team 2005

**Entertainment Industry Clients: Back Stage**

- Local Film Production Support – Atlanta, GA  
Hunger Games 2013  
The Internship 2012  
Life As We Know It 2009
- Touring Artists  
Steve Miller Band, Trans-Siberian Orchestra, Rod Stewart, Foreigner, Bon Jovi

**Massage By Aida – Sole Proprietor**

- Private Practice clients since 2003  
Personally consulted clients on fitness needs, assisted stretching, proper training form, meal planning. Out call massage utilizing trigger point therapy & injury sports massage, flexibility and heat therapy. Joint Manipulation, Muscle Energy, Neuro Muscular Techniques.

**Professional Memberships**

- Chamber.com, Sanford WhosWho, Wikiworld Book, GA Film Video & Digital Entertainment Sourcebook