

# Rochelle Reea, BA, M.AmSAT

## Posture, Movement, and Ergonomics Specialist

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Tucson, Arizona

## Relevant Professional Experience in the Health & Wellness Fields

### Teacher of the Alexander Technique

- Experience in Therapeutic and Movement programs development and training for universities, health facilities, senior care centers, spas, Parkinson's, massage therapists, performance art schools, osteopaths, chiropractors, and physical therapists. Experience includes marketing, customer service, training, teaching, writing, hands-on care, budgeting, scheduling, charting.

### Programs, Workshops and Ergonomics Staff Positions

- New Mexico Academy of Healing Arts, Santa Fe, NM, The Desert Institute Massage School, Tucson, AZ - required classes in movement education for massage, ASIS CEU provider
- Dr. Skurla, DO., Santa Fe, NM - on-staff rehabilitative exercise and movement training
- Lighthouse Chiropractic, San Rafael, CA - on-staff private and group education classes
- Oasis, Tucson, Arizona - Senior movement training classes for basic life activities
- YMCA Fitness Department, San Rafael, CA - assistant manager of weight department, ergonomic weight training for members, wellness coach, created computerized health programs for members

### Workshops

The University of Illinois, Southern Illinois University, University of Arizona, New Mexico State University, Santa Fe Community College, National Ergonomics Conference, University Arizona, Parkinson's Education

### Education

- BA in Humanities, Dominican University, San Rafael, CA 2004
- Graduate Urbana School for the Alexander Technique, Urbana, IL 1981 - three-year intensive certification program
- University of Arizona and Temple University Dance Major

**Certifications** HIPAA, Certified Ergonomics Specialist, Certified Alexander Technique