

Jan Nerone Returns to the Triangle

Jan Nerone is a tough act to follow. She's recently returned to the Triangle after a decade in Colorado, where she rafted, kayaked, climbed mountains, hiked the Colorado Trail and studied martial arts. Jan is full of ideas and energy. We managed to slow her down long enough to talk about her massage therapy practice:

I feel I am needed here. I work primarily with two groups - office professionals who don't use their bodies enough, and athletes who use theirs too much. Both have challenges, and can greatly benefit from bodywork therapy.

Massage therapy is a very individual and personal profession, much like psychotherapy. Both are regulated and licensed, so you can generally assume each therapist is competent. The key is to find someone with whom you feel comfortable. My focus is on creating a safe, healing space and truly listening to my clients.

What is perhaps different about me is my background. I grew up living an organic and sustainable lifestyle before it became mainstream. I began my yoga practice at age six. I've studied religion, philosophy, and healing all my life. I've often put my hands on people with the intent of helping them heal. Massage therapy school was a natural progression for me, and I went on to study holistic medicine, aromatherapy and Ayurvedic medicine in college, along with Western philosophy.

I'm also a Wilderness First Responder, an outdoor adventurer and a martial artist. From these areas, I have gained a deep understanding of both the limitations and potential of the human body and spirit. We are at once fragile and impossibly tenacious. Our bodies are amazing and mysterious, with a tremendous

capacity for training, adaptation and healing.

There isn't any secret to what I do. I simply listen and then help. It's about living well and discovering your own truth. My job is to help you find your own way and

support you along your path to wellness.

Jan has already received rave reviews on www.yelp.com. Call 720-545-7234 today for an appointment. www.janneronelmmt.com. See ad on this page.



**Calm Your Mind -
Heal Your Body -
Soothe Your Spirit.**

Assisting you
on your journey
to vibrant health

Jan's unique style of massage and bodywork therapy is excellent complementary medicine for the following conditions:

- ✿ Fibromyalgia
- ✿ Chronic Pain Syndrome
- ✿ Sports Performance Enhancement
- ✿ Anxiety & Depression
- ✿ Chronic Stress

Call 720-545-7234 today to learn about how massage therapy can be a vital part of your wellness plan.

For more information, visit www.janneronelmmt.com

Jan Nerone, LMBT
Licensed Massage and Bodywork Therapist
(NC License #10415)

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