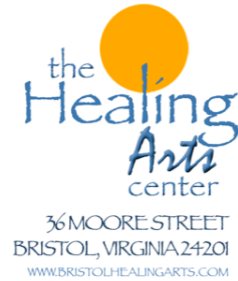


## About Our Staff

Private and semi-private instruction is available upon request



### Kathy Fisher

As owner and director of The Healing Arts Center of Bristol, LLC Kathy returns to her beloved, native Bristol after 32 years in Atlanta, Georgia, where she acted as Director of Sales and Marketing for many of the food services industry giants—working hand in hand with major colleges, hospitals, schools, food distributors, manufacturers and brokers. She served as both consultant and educator for many individuals and companies.



Kathy is currently a Certified Yoga Instructor, AAAI Certified Personal Trainer, a Master Level Reiki Practitioner and was recently certified in Healing Oil Massage Technique. That vast spectrum of experience and knowledge, combined with a forthcoming degree in Holistic Nutrition and years of yoga practice, gives her the understanding it takes to successfully lead the team at The Healing Arts Center.

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One of our many goals is to teach individuals to make 'better choices' in their lives and empower them with the knowledge that will help them take responsibility for their own health. [more from Kathy...](#)

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### Dolores Champagne

Dolores has been studying yoga for 18 years and teaching for 10 years. Her background has been primarily in the Iyengar style, but she has been influenced by other teachers as well as chi kung (Chinese yoga) and Tai Ji (Tai Chi). She has attended yoga teacher training with Rodney Yee, John Schumacher, Roger Cole and J.J. Gormley. She has also attended workshops with Erich Schiffman, Judith Hanson Lasater and Mary Dunn, among others. She is a **Registered Yoga Instructor** with a teaching certification from Lighten Up Yoga Center in Asheville, NC, and is a **Certified Healing Tao Associate Instructor of Qigong** (Chi Kung) with almost 10 years of study with Micheal Winn at Healing Tao University. Her primary Tai Ji teacher is Tina Zhang in New York City.



Dolores offers her own uniquely blended approach to physical/spiritual health, including many of the traditional styles associated with Qigong, Tai Ji and Yoga.

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## Maja Tyhurst

Maja Tyhurst has recently graduated from Clayton College of Natural Health earning a degree in Holistic Nutrition and thus accomplishing one of her dreams.

Maja has been active all her life, participating and excelling in many sports. She fully recognizes the importance of exercise for maintaining good health and vitality. After trying several different exercise programs, she began practicing yoga and fell in love with it. Shortly thereafter, she



was introduced to Pilates and instantly recognized the unique qualities of this art and decided to become an instructor. She became NESTA certified in both Pilates and sport yoga in 2007. Maja is also an AAI certified Personal Trainer.

Maja currently teaches Chair Yoga for Seniors, Pilates and Yoga at the Douglas Senior Center in Bristol, Virginia as well as at the Healing Arts Center where her smile and enthusiasm charm all who know her.

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### **Landy Mathes**

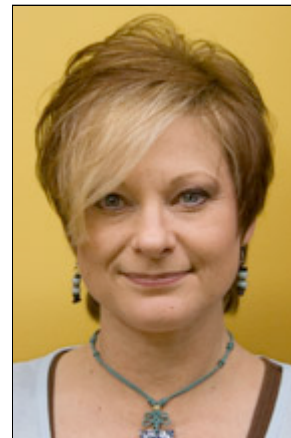
Landy has been living in Bristol for 11 years and practicing yoga for nine years. She has certification through AAI/ISMA and enjoys teaching to all ages and levels. Landy has been teaching yoga for two years, using her own blend of yoga and pilates. She has taught childrens' classes, as well as mixed level groups at the YMCA.



### **Christy Napier**

Christy Napier has worked with crystals, gemstones, and diamonds on the retail level for 25 years. Four years ago, she found herself working with them on a holistic level.

Rediscovering what the ancients, and even our grandparents, knew of the unique healing energies of crystals, she custom designs jewelry so that clients can benefit from these



energies. Her classes, co-authored by Jennifer Moore, cover everything from the basics (what is a crystal) to how to use these energies for better health.

Christy is also a Tibetan and Usui Reiki Master/Teacher. Reiki is a Japanese relaxation technique that promotes healing on all levels. She incorporates the use of crystals, upon client request, during Reiki treatments.

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### **Scott Price**

Scott Price received certification in Tuina Massage Therapy at the Tuina-Seitai Institute in Osaka, Japan under the tutelage of Dr. Liu Ping and Goichi Kobayashi. In addition, he completed 500 hours of training at Holston Institute of Healing Arts in Gray, Tennessee. Scott is a Licensed Massage Therapist in Tennessee and certified in Virginia.



### **Marita Aicher-Swartz**

Marita Aicher-Swartz is a Licensed Teacher with the International Center for Reiki Training and offers classes in all the levels of Usui Reiki. She works full-time as a Reiki master practitioner and teacher in the Tri-Cities area of Eastern Tennessee. Marita combines her training in Reiki and Spiritual Direction to help clients with their physical, emotional, and spiritual healing.



Marita holds a BA in Elementary Education from Georgian Court College, an MA in Religion and Religious Education from Fordham University and studied Spiritual Direction at Jubilee House Retreat Center in Abingdon. For the past 35 years, she has worked with children, adolescents, and adults at St. Anne's Church and School as an elementary school teacher, Minister of Religious Education, and Spiritual Director.

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### **Jeff Watson**

Jeff Watson graduated from Asheville Yoga Center with a 230 hour certificate in May 2008. In addition to his yoga practice, Jeff is also a student of tai chi and kung fu. He's from Greensboro, North Carolina and is interested in all kinds of outdoor activities including hiking, white water rafting and spelunking.

