



Tanya Colucci

MS, LMT | Founder: Tanya Colucci Myofascial Release
& Sacred Soul Guidance

Tanya is an Expert Shaman, Ordained Minister, Massage Therapist, Energy Healer, Author, and Speaker. She holds an MS in Health Promotion Management from American University and a BS in Exercise Science. Tanya is most passionate about applying the bodywork technique Myofascial Release Therapy which helps to open up tight tissue which is causing pain in your body. Tanya facilitates holding space to help clients heal and release blockages holding them back from living from their true desires in their heart.

Tanya's more than twenty years in the fitness and wellness industry have been fueled by a blend of her own physical healing needs and a deep desire to help others. Tanya has trained in a vast array of healing modalities including Myofascial Release, Visceral Manipulation, Scar Therapy, Cranial Sacral Fascial Therapy, Yoga, Meditation, Reiki, Sound Healing, and Exercise Science. Additionally, she is a certified Shaman and ordained Spiritual Minister. Tanya's holistic mind/body approach to healing leads her clients on individualized healing journeys through a blend of modalities channeling divine source energy for healing and guidance. In addition her powerful Sacred Soul Coaching and Healing methods use an extraordinary combination of shamanic healing, bodywork, sound, and other ancient ceremonial healing modalities to be your solution for living with joy, purpose, and passion.

Tanya began her career as a Corporate Fitness and Wellness Manager, Personal Trainer, Educator, Performance Coach to athletes (novice & professional) and Mentor and has studied, taught, and presented at some of the most renowned wellness centers and conferences around the Globe.

Tanya co-authored a collaborative book, "The Ancestors Within" which was published in May 2021.

Tanya hosts powerful online & in-person group and private 1-1 healings, workshops, and retreats.

Find out more here:

tanyacoluccimfr.com

www.sacredsoulguidance.com

SERVICES OFFERED

Myofascial Release Bodywork
Cranial Sacral Therapy
Shamanic Healing
Corporate Wellness Programing

Meditation & Ancient Breathwork Practices
Sacred Soul Coaching
Sound Healing & Energy Healing

To book a session with Tanya please contact her via email, text, or call:

tanyacoluccimfr@gmail.com 202-812-4242