

# ANDREA BILDERBACK

Andrea Bilderback is a continuous seeker and practitioner of holistic health and wellness, and has been practicing massage therapy since 2008. She specializes in sports massage, deep tissue and trigger point therapy. She also strongly believes in the importance of finding a balance in the body, as well as life, of steadiness and ease. Balancing performance training with proper recovery for the muscles and the mind is essential.

She graduated with her Bachelor's degree in Health and Wellness Promotion from Missouri State University and then received her Massage Therapy training in Kansas City. With her background in teaching nutrition, yoga, anatomy/physiology and postural alignment, treatment of the body as a whole unit is of utmost importance to her.

Andrea believes **curiosity** is what makes life worth living and you must take care of your human vehicle in order to keep exploring. She is here to ensure your body is at its highest functioning state to do this.

