

EMMA'S STORY

Emma Guthrie is a seasoned and passionate intuitive massage therapist, healer and yoga teacher with over 30 years of experience in the health and wellbeing industry. Her dedication lies in offering personalised treatments, thoughtfully tailored to each individual's unique needs.

Her passion for healing has taken her far beyond the treatment room. Through years of travelling the world, exploring ancient cultures, sacred places and traditional healing practices, Emma has developed a deeper understanding of the connection between body, mind and nature. These experiences continue to shape the way she works today, blending professional expertise with timeless wisdom gathered throughout her travels.

Throughout her extensive career, Emma has honed her craft and developed a profound understanding of the human body's remarkable capacity for healing. Drawing from a rich tapestry of experience, she has cultivated a unique approach that empowers clients to reconnect with themselves and supports healing through the language of the body.

Emma's journey has been enriched through collaborations and apprenticeships with Chinese doctors, osteopaths, physiotherapists, yoga and Pilates instructors, personal trainers, traditional healers, mediums and spiritual elders. Her commitment to learning also led her on a three-year pilgrimage to sacred sites around the world, experiences that continue to inspire every treatment she offers today.

QUALIFICATIONS

Certificate in Aromatherapy

Certificate in Balinese Massage: Trained by Davi, the oldest healer from Nur Day spa, which is the original day spa in Bali, Ubud.

Certificate in Dasa Yuyu Balinese 9th century Hindu channelling technique: Trained by Balinese monk.

Certificate in Cupping

Certificate in Chakra, healing & balancing, Trained 5th-generation healer from Thailand

Certificate in Flower Essence

Certificate in Lomi Lomi Massage

Certificate in Lymphatic drainage

Certificate in Pranic Healing

Certificate in Reflexology

Certificate in Master Teacher Reiki

Certificate in Sacred circles and ceremonies

Certificate in Advanced Master Teacher Seckim

Certificate 1 & 2 in PNF stretching

Diploma of Shiatsu Massage

Advanced Thai Massage

Diploma in Remedial Massage

Yoga 200 HR Teacher training

Yoga advanced 100 HR Training

Agama yoga Thailand 150 hrs of Chakra, Hatha, Kundalini yoga foundation

