



# Body Balance Therapy

Therapeutic Massage, Acupuncture & Cold Laser Treatments

## **SANDRA STRANGMAN - RMT - OWNER**

- Sandra has been the owner of Body Balance for 26+ years. Over the years, Sandra has worked with many groups including: women's hockey, Olympic weight-lifting, ball hockey, women's soccer and most notably, The Shumka Dancers.
- She has a keen interest in athletics and enjoys augmenting her clients' athletic performance. While Sandra has a wide and varied clientele, many of her clients are Master Athletes who benefit from her wide range of massage techniques including kinesio taping.
- Sandra's first love is running and was competitive at the university level. She is a devoted student of Bikram Yoga which has been instrumental in managing a fractured neck injury from 1998. She now swims recreationally but she was a swim instructor and a lifeguard for the City of Edmonton.
- Due to a series of knee surgeries, Sandra limits her practice as an RMT but she is devoting herself to the mentorship program for aspiring student RMTs. Sandra instructs 2 or 3 students per term. These students are rigorously interviewed and only the best are chosen. All of their work is under the scrutiny of her expert tutelage. Some of these students prove to be so good that we keep them!



*Sandra*