



Body Balance Therapy

Therapeutic Massage, Acupuncture & Cold Laser Treatments

SARA SZABO - RMT

- Sara has 9 years of experience working as a registered massage therapist.
- Her practice focuses predominantly on deep tissue therapeutic massage. While this is Sara's speciality, she also includes the modalities: myofascial massage, cupping and pre-natal massage in her practice.
- Sara holds a Bachelor of Kinesiology degree from the University of Alberta where she specialized in Adapted Physical Activity. She has extensive education in human kinetics, sport science, and disability studies -- all of which have proved to be relevant assets to her career as a massage therapist.
- At present, I am working toward my Master of Science degree in Exercise Physiology and the U of A with a focus in athlete health considerations for women endurance athletes. I enjoy the diverse and rewarding challenge that comes with continuing to pursue academic goals while simultaneously maintaining my massage therapy practice.
- Sara enjoys being active outdoors. Her spare time is often consumed by long-distance running, Nordic skiing, or cycling.



Sara