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STAFF



John Tubbs

John Tubbs is a Licensed Massage Therapist and Co-owner of Albany Massage Professionals. John has been in practice since 2002. He brings his knowledge, compassion and enthusiasm to the growing field of massage therapy.

His practice has allowed him to work with a wide variety of people from various different backgrounds. Through John's bodywork he is able to help his clients create a space for healing and positive change. He has a passion for educating and empowering clients to better care for themselves and others.

John attended The University at Albany studying Psychology and Sociology before entering into a study of massage therapy. As a graduate of The Center for Natural Wellness School of Massage Therapy he has also taken numerous continuing education classes to further his growth and success personally and professionally.

John specializes in Sports Massage, Neuromuscular/Trigger Point Therapy, Pain Management and Relaxation Therapies. He incorporates a wide variety of techniques to help clients reach their goals and needs.

A former instructor at the Center for Natural Wellness, John continues to offer workshops and seminars to educate the public. His belief is that education and awareness are the cornerstones to health and wellness.

In addition to running a successful massage practice John enjoys spending free time with friends and loved ones. Hiking, Biking, Skiing, Reading, Writing, and Traveling are a few of his many passions that he enjoys regularly.



Kathy Slater

Kathy Slater is a Co-Owner of Albany Massage Professionals. Kathy graduated from The Center for Natural Wellness School of Massage Therapy in 2002 with the intent to facilitate a positive physical and emotional change with every client.

Since 2002, she has been in private practice and attended various workshops to broaden her abilities as a Massage Therapist.

Kathy is drawn to working with people who suffer from chronic pain and muscular restrictions and works with a large population of area distance runners.

Her specialties include Swedish, Deep Tissue, Neuromuscular, Sports, Lymphatic Facilitation and Traditional Indian Head Massage (Ayurvedic treatment).

Kathy believes a relaxed body creates a relaxed mind and vice versa. Lack of mobility and pain can interfere with daily activities and she likes to see people get the most out of life.



Judy D'Angelo

Judy D'Angelo is a Licensed Massage Therapist and graduate of The Center for Natural Wellness School of Massage Therapy.

Her approach to massage therapy is to provide a massage that is specific to her client's needs. Massage that is beneficial for sports performance or recovery from injury is very different from massage for stress reduction, and Judy uses various techniques for treatment. She specializes in Swedish, Deep Tissue, and Neuromuscular Therapy and combines these treatments in a session.

Judy's life experiences enable her to relate to a variety of clients. Also, being from the "Baby Boomer" generation, she has an awareness of the challenges for those in midlife who have active lifestyles and wish to maintain them. Massage supports sports or fitness programs by aiding the healing of tired sore muscles and helps speed recovery. The negative effects of aging can be greatly diminished through massage, which enhances tissue elasticity, joint flexibility and improves circulation and immune system function.

Judy is a retired teaching assistant having worked in the South Colonie Central School District for 14 yrs. A member of the Colonie Art League and the Saratoga County Arts Council, she paints in watercolors and pastels. Judy is a 1988 graduate of the SAGE Evening Division, in Fine Arts-Graphic Design. She is

passionate about exercise, and does Pilates, yoga, runs, bikes, hikes, and snowshoes.



Altranise Harris

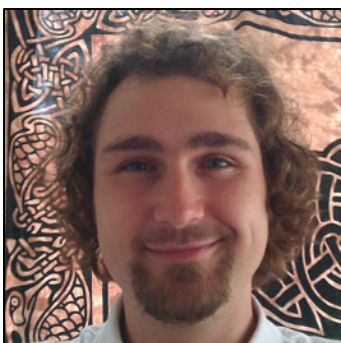
Altranise Harris is a Licensed Massage Therapist and graduate of the Center for Natural Wellness School of Massage Therapy.

A person dedicated to providing a quality, therapeutic massage, Altranise's goal is to meet her client's specific needs, providing them with a safe and peaceful space to promote physical and emotional tension relief, relaxation, and an opportunity to feel and fall into body sensations and stillness.

Altranise has a strong interest in the mind-body connection and assisting those dealing with chronic stress, muscle tension, fatigue, depression and/or anxiety. She has a BA in Psychology from Russell Sage College and has experience working in the human service field as a mental health counselor. Altranise holds a MA in English and Africana studies from the University at Albany. She has also done extensive research on PTSD, how the body remembers, and its ability to heal through therapeutic touch.

"Healing and self care is a personal journey, but it does not have to be done alone. Through the support of others, we are able to tap into our own internal light. By way of therapeutic touch, I want to assist you in establishing balance and reaching your fullest potential."

Some of Altranise's many passions: creative writing, reading, nature walks, animals, aromatherapy, meditation, and spirituality.



Michael Corcoran

Michael is a Licensed Massage Therapist and received his training from The Center for Natural Wellness School of Massage Therapy. He offers a massage with a lot of focus and strong intention and is capable of producing deep relaxation, or pinpointing very specific areas of pain. He seeks to aid his clients in realizing the source of their pain, so that they may eliminate it.

Michael has always had a passion for massage and healing. He would like to work with clients whose chronic pain is making it difficult, or even uncomfortable to do their job or the things they love. He believes that people do not have to live with

pain and intends to assist clients in creating physical change. His supportive nature creates a very safe space.

Practices include, but are not limited to, Swedish, Shiatsu, Sports Massage, Neuromuscular therapy, and some Myofascial and Craniosacral Therapy.

When not at work he enjoys gardening, cooking, carpentry, hiking, animals, walking his dog, and spending as much time with his wife and daughter as possible.