# Experience

## Bluewater Intentions North, LLC 2004- present

* Owner and provider of holistic healing services and classes to children, families, adults, educational, healing and health professionals
* Services include Presence in Healing bodywork and classes; myofascial release, craniosacral therapy; massage therapy; holistic healing coaching, Alo in Agua (waterwork), meditation instructor, Yin Yoga teacher.
* Teaching experience includes introductory, 3 hour, full day and 2-day workshops primarily in an experiential format. Titles include: Grace in Family; Stillness; Introduction to Presence in Healing; PTSD-An exploration for body workers; Beliefs-Whose are they anyways?; Presence-Present time, where choice is made; ADD and State Regulation; Support and Control-What’s the difference?; Play-How to create a life; etc

## Children Families and Communities 1992-present

* Cofounder and developer of this 501c3 nonprofit, an alliance of parents, professionals and individuals passionately committed to providing creative opportunities for learning, growing, and healing
* Provider of physical therapy, presence in healing and consultations.
* Founder and Instructor of Presence in Healing Apprentice program supported by Children, Families and Communities.
* Developer of Self Discovery in Recovery, an experiential process for those in recovery from a variety of addictions.
* Founder of the Prayer Flag Project, an awareness and fund raising opportunity for peace for children.

**Author**

* Being With Children As We Are by Sara Pierce and Karen Sjostrom Hedger --- Being with Children As We Are provides a framework for adults to learn to thoughtfully observe children’s behavior and capabilities with a mindful, curious and nonjudgmental viewpoint. Parents and caregivers can create “a balance of control and support that changes in the moment” for their children, from the perspective of self-awareness and presence. Readers may find themselves expanding and growing along with their children. A heart-full guidebook to conscious and creative parenting.

 **Private Physical Therapy Practice 1986-1992**

* Self Employed Physical Therapist primarily serving children birth to 5 with contracts in outpatient settings including home visiting, educational settings and special needs programs.
* Provider of Infant Assessments.
* Coteacher and Codeveloper of “Creating a Developmentally Appropriate Program to Respond to Individual Needs within an Early Childhood Program”, a 40 hour course.
* First Start classroom coordinator and presenter.

**Multiple clinical sites** **1983-1986**

* Sites included Boston Children’s Hospital; Easter Seals; Mount Desert Island Hospital and Wailuku Physical Therapy

# Education

**The Graduate Institute, Bethany, CT**

Master of Art, 2014

Integrative Health and Healing

## Simmons College, Boston, MA

## Bachelor of Science, 1983

## Certificate in Physical Therapy, 1983

ME License PT 629

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## Acadia School of Massage, Bar Harbor, ME

Massage school graduate 2010

ME License MT 4406

CT License MT 006885

**NCBTMB Certification**

1/20/11

**Integrated Awareness® Training**

2006 New Domains 40 hours

2008 Advanced Brain 40 hours

2005 and 2006 Truly Sane Human

2004 year long Brain Map Course, advanced

2002 year long Course in Self Trust, advanced

Lever Certified

Teacher Certification, 2001, 3 year course, unmaintained

**Myofascial Release**

2013 MFR 1

2013 Myofascial Unwinding

2013 Fascial-Pelvis MFR

2013 MFR Rebounding

2014 MFR 2

2014 Quantum Leap

**WaterDance Training**

2011 10 hour, Florida

2010 10 hour. Maine

**Aquacranial Training**

2003, two trainings, including deep water

**Craniosacral Training**

1998-1999 Craniosacral I and II

2013 SomatoEmotional Release

2013 Craniosacral Therapy and Immune Response

2014 Craniosacral Therapy and Immune Response: Inflammation and Heart Disease

**Other Bodywork**

1999, Core Zero Balancing

2000, Visceral Manipulation IA

2013 Ayurvedic Bodywork (Garshana, Abhyanga, Nestri Basti)

2013 Shiatsu

2013 Muscle Energy Technique –Axial Spine, Pelvis, Ribs

2014 The Inside Out Paradigm©: Visceral Mobilization, Progression of Gall Bladder Dysfunction/ Disease

**Meditation**

2012 Transformative Meditation Certification

**Yoga**

2014 Yin Yoga 50 hour training

2015 Gangster Yoga certification

**Other Training**

2013 Acudetox Specialist Training and Certification

**Ongoing Mentoring**

Yoga, osteopathic techniques, coaching, Eastern medicine/ healing, nutrition, essential oils

**Other Areas of Interest**

Family; Movement; All aspects of healing and wellness; Recovery; Hiking; Wandering; Travel; Oceans/Water; Consciousness; Multi Media Art; Good wine and fine friends; Learning