



Gepina Caterina LMT

Miss Caterina's passion for comfort pain relief palliative care and recovery runs deep, inspired when her mother was diagnosed with Breast cancer the experience created the seed and insight for The Cohesive Therapy Approach making the cornerstone of her profession a commitment of compassion and care.

Miss Caterina has studied internationally in South Africa, Thailand and the U.S. At the age of 16 she became certified with the Red Cross for Home care, and studied directly with Dr. Iqbal Badit from India in the practice of Indian Head Massage techniques learning to revitalize the brain spine and internal organs. And practiced this technique at Holistic fairs through out Cape Town, South Africa.

Miss Caterina Graduated from the Maui School of Therapeutic Massage at age of 19 and has since had extensive continuing education and been certified and well versed in Thai Massage, Lomi-Lomi, Hydrotherapy, Hot stones, Deep tissue, Advanced Medi-cupping, Advanced Ashiatsu Barefoot Massage, Neuromuscular Therapy, Sports Massage, Reflexology, Spa modalities, Essential oils and Self Care practices for clients.

Miss Caterina has been in business for 13 years and currently holds a thriving practice in Vancouver Washington working with referred clients by Chiropractors and N.D Dr's.

Miss Caterina been practicing with Ashtanga Yoga and Vipassana Meditation for a decade and attends regular intensive yoga workshops with masters of Ashtanga and has sat and served nationally on numerous Vipassana silent meditation retreats. And has currently started practicing Romana and Joseph Pilates in the last year with one of Romana's master teachers.

Miss Caterina is a licensed massage practitioner in Hawaii, Oregon, Washington and is NCTMB certified.