

## **A Karen Touch Therapeutic Massage and Bodywork, LLC**

### Description:

Greetings, My name is Karen Morris and I am Nationally Certified in Therapeutic Massage and Bodywork, in Richmond, Virginia. I specialize in working with those who experience low self esteem, body image and/or eating disorder issues. This is a passion of mine for I am proud to say that I have recovered from my own 30 year battle with anorexia and bulimia. Massage and bodywork was a major component in my healing and recovery. With having both first hand and professional experience I am able to relate this to my clientele who say, "Wow, you do get it".

I share a suite with a Clinical Psychologist, a Registered Dietician, a Licensed Clinical Social Worker, and a Life Coach.

With a "Come as you are" philosophy - you will never be judged and will receive the support you need to be nurtured. Remember, I have also walked in those shoes.

The essence of my practice is to empower each client so that they heal themselves.

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