

## TANYA COLUCCI

M.S, LMT, NASM-CPT, CES, PES | FOUNDER, SACRED SOUL GUIDANCE

Tanya Colucci is the founder and principal of Sacred Soul Guidance. Tanya's more than twenty years in the fitness and wellness industry have been fueled by a blend of her own physical healing needs and a deep desire to help others. Tanya has trained in a vast array of healing modalities including Myofascial Release, Visceral Manipulation, Cranial Sacral Fascial Therapy, Yoga, Meditation, Reiki, Sound Healing, and Exercise Science. Additionally, she is a certified Shaman and ordained Spiritual Minister. Tanya's holistic mind/ body approach to healing leads her clients on individualized healing journeys through a blend of modalities channeling divine source energy for healing and guidance. Tanya began her career as a Corporate Fitness and Wellness Manager, Personal Trainer, Educator, and Mentor and has studied at some of the most renowned wellness centers.

