

Rebecca Pryor

Somatically Supportive Bodywork

a willing compassionate observer ready to offer you support towards wellness by way of skilled conscious touch



Hello, I am Rebecca Pryor; a mother, dancer, and devoted *Therapeutic Bodyworker* for 14 years. With *over 900 hours of accredited massage training*. I am here to provide the highest quality bodywork: creating a sanctuary to witness, nurture and invite movement of what is stuck. My tool set ranging from trauma informed/specific injury support/ pain management to the soul soothing relaxation of hands on energy bodywork. I believe in wellness through wholeness. My ability to listen, reflect and apply my hands as tools to move what is stuck or stressfull in a safe space, gives your body mind and spirit a container to heal in. I trust the process of healing and offer my strength to your journey.

I have been practicing bodywork in Northern California for 14 years, over 8000 massages and counting. Each session gives me insight and tools to better understand the details of our wonderful human bodies and I how can to show up with the upmost care and support.

It is all about Listening! And, your voice is a sacred part of our work together. With a pace that allows you to slow down, the chaos of outside life to fall away and the calm wisdom of your body to wash over you; my work is soul soothing. Your nourishment is waiting for you!

Rebecca Pryor, CMP
Somatically Supportive Bodywork
14 years experience



CALL/TEXT 707-845-3919
to book your appointment