

Mind/Body Trainer

Mark Wisdom

EDUCATION/CERTIFICATIONS

Certified Strength and Conditioning Specialist
Certified Medical Exercise Specialist
Certified Senior Exercise Specialist /Cooper, SFA and SilverSneakers
RYT - Registered Yoga Teacher
Certified Thai Yoga Massage

SPECIALTY TRAINING

Senior Mobility Issues
Stress Management and Meditation
Yoga /Yoga wall Training / Yoga
therapy
Thai bodywork