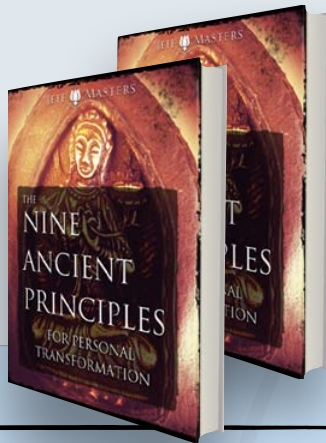


JEFF MASTERS

AUTHOR · SPEAKER · MENTOR

Jeff Masters, LMT, C-IAYT, E-RYT, MLD/C, MSc. (Hon.)

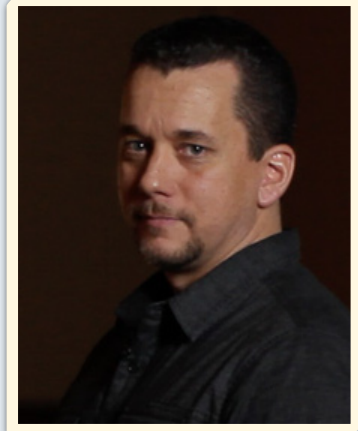


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BRIEF AUTHOR BIO

Jeff Masters LMT, C-IAYT, E-RYT, MPCT, MLD/C, Msc. (Hon.), an Integrative Yoga and Somatic Therapist, specializing in the assessment and treatment of somatic-based traumas. He is the author of the e-book entitled 'The Nine Ancient Principles for Personal Transformation' and the forthcoming book 'Samskaric Archeology and Alchemy: Uncovering And Healing The Issues In Your Tissues.'

Jeff is the founder of the Masters Institute, an Arizona based organization dedicated to vibrant health, wellness and the realization of the fully actualized human potential.

WHAT OTHERS ARE SAYING

"Rarely have I come across an instructor who has been able to so clearly blend Western and Eastern approaches. This is one teacher who can unfold ancient teachings with practical skill and leave you with a desire to learn more." • Rob Schware, Founder, Give Back Yoga Foundation

"Jeff Masters is a charismatic and powerful teacher who packs incredible wisdom into easily understandable teachings and inspires us to our greatness." • Bhava Ram, Deep Yoga - W4H Founder

"Jeff's innovative approach bridges the gap between Eastern philosophy and Western practicality and will surely lead to the next level of understanding of yoga as a healing modality for both mind and body." • Olivia Kvitne, Director, Yoga for First Responders

SAMPLE INTERVIEW QUESTIONS

- How long have you been a Somatic Therapist?
- What drew you to consciousness, meditation, wholistic healing arts, and yoga?
- What was your experience as a young man working for Marcel Vogel as a researcher in his lab?
- You joined the United States Army at 17, how long did you serve?
- How has your military service influenced your work?
- How has your work with wounded warriors influenced your practice, your life?
- What exactly is Yoga? What does it do? What are some of the benefits?
- What is Samskaric Archeology & Alchemy™? What do you mean by *'issues in your tissues'*?
- What's unique about your teachings of Anatomy, the human Energy System, the Chakras, etc?
- What is your first recollection of a paranormal influence in your life?
- How has this paranormal experience impacted your life and influenced your work?
- How can your work benefit our listeners?
- Where can we find out more about your upcoming workshops, seminars, and classes?

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EXTENDED AUTHOR BIO

Jeff Masters, LMT, C-IAYT, E-RYT, MLD/C, MPCT, MSc. (Hon.), is an Integrative Somatic & Yoga Therapist, specializing in the treatment of somatic-based trauma, chronic pain, and neuro-energetic dysfunction. He has been researching and practicing Somatic Therapies for over thirty years.

In that time he has studied with some of the most gifted minds in the field of mind/body science including Marcel Vogel (IBM & PRI), Paul St. John (St. John's Neuromuscular Therapy), Deane Juhan (Job's Body), Rama Jyoti Vernon (International Yoga College & Yoga Journal) and Vasant Lad (The Ayurvedic Institute).

Jeff is a certified and registered Yoga instructor and Yoga Therapist with over twenty-seven years of clinical experience. He is a licensed soft-tissue specialist, has been certified by the National Academy of Sports Medicine, and has been awarded an honorary masters degree in Anatomy and Physiology.

An internationally published author, Jeff's articles have appeared in journals including *Massage World*, London. He is the author of the e-book entitled, *'The Nine Ancient Principles for Personal Transformation'* and the forthcoming book *'Sanskāric Archeology and Alchemy: Uncovering And Healing The Issues In Your Tissues.'*

Jeff is honored to be assistant director, advisor and primary faculty member for *Yoga For First Responders*, as well as having been named to the *Warriors for Healing* advisory board.

Jeff is the founder of the Masters Institute, an Arizona based organization dedicated to vibrant health, wellness and the realization of the fully actualized human potential.

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