



“As a former modern dancer I personally experienced the benefits of massage therapy keeping me injury free and giving me relief from the physical demands of my profession. This experience led me to the passion of helping others through bodywork. Gratefully my studies over the years have brought me deeper into the human body and human energy system.”

**Patty Lisieski, LMT**

*Certified Practitioner of The McKay Method<sup>®</sup> of Energy Healing*

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Patty graduated from the Utah College of Massage Therapy in 1996, and has worked in both day spa and private practice settings. Patty has studied extensively with many teachers. Her trainings include a one-year energy healing program on Vashon Island, WA taught by Anais Salles, Esalen Massage and Brazilian healing at the Esalen Institute, Big Sur, CA and a series of channeling classes with Betsy Morgan Coffman in Albuquerque, NM. Eventually her path led her to The McKay Method<sup>®</sup> School of Energy Healing where she graduated in August, 2015.

The McKay Method<sup>®</sup> of Energy Healing teaches the practitioner how to sense energy in the body as well as how to work on many levels of the human physiology. By utilizing different techniques the practitioner can affect this energy to support the best possible physical, emotional and spiritual health of the client. Sometimes our very own truth and radiance are buried or compromised in energetic patterns that do not serve us. When these energetic patterns are brought into greater balance, we are free to have a fuller awareness and expression of our entire being.

Patty is available for in-person and distance healing sessions.