

# Liz Roche

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## **Liz Roche, Licensed Massage Therapist & Pilates Instructor**

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Liz Roche, Licensed ☐ ☐ Massage Therapist, has been practicing massage and Pilates for over ten years, including four years spent teaching Pilates in Jakarta, Indonesia. She employs a combination of deep tissue massage and relaxation methods which she bases on each client's individual needs. ☐ Her massage ☐ ☐ expertise integrates several ☐ ☐ modalities ☐ including: Sports ☐ ☐ Ma☐ssage, ☐ ☐ Deep Tissue Massage, Fascial

Stretch Therapy, Trigger Point Therapy, Myofascia Release, Injury Rehabilitation, Cupping, and Pilates.

A few common problems that Liz works on with her clients are muscle tension, sports injuries, neck and back pain, and postural irregularities. She also has experience in working with people who suffer from limited flexibility and range of motion. Liz feels that the combination of her continuing education and her experience in massage and Pilates has helped her achieve maximum results for all clients.

Liz Roche is now certified in Cranial Sacral Therapy. Cranial Sacral Therapy is a gentle bodywork approach for all ages that addresses the bones of the head, spinal column and sacrum. Cranial Sacral Therapy will release tension and alleviate any stress and pain that you might have by restoring the natural position of your bones.

[Contact us to schedule an appointment with Liz Roche](#)

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