



**Marsha Needham** is owner and operator of Tranquil Touch, Inc.—an incomparable health and wellness service. Her company offers pathways to optimal living through holistic health coaching, wellness education, yoga and massage therapy.

Marsha is a 2012 nationally certified, Institute for Integrative Nutrition holistic health counselor. She is also certified in healthy lifestyle principals through YMCA of the USA. Marsha’s practice provides one-on-one and group support for *anyone* seeking a more joy-filled, balanced life. She successfully teaches primary and secondary food education—a key component to her clients’ discovery and enjoyment of reaching their

healthy lifestyle goals.

In 2005 and 2007, Marsha completed 400 hours of yoga teacher training sessions at Kashi Ashram Atlanta. She currently teaches throughout metropolitan Atlanta and is insured through AMC, Inc. Marsha’s teaching style is gentle, safe and enjoyable for all experience levels from beginner to the most advanced.

Marsha also teaches sustainable best practices for work-life balance with an emphasis on the power of play and returning to the concept of “recess”. Her background includes more than 20 combined years as a communications and human resource professional. These valuable years of employment with top international media companies gives her a profound understanding of the tools needed to create and maintain a healthy work-life balance. She facilitates wellness education programs for corporate clients and small private groups. The breadth of her corporate training and depth of experience adds immense value to any work environment.

A 1992 graduate of Atlanta School of Massage, Marsha is an active member of the American Massage Council. She is licensed in the State of Georgia with a thriving private practice in Atlanta’s Buckhead Business District and annually completes continuing education courses in order to best serve her loyal client base. Marsha warmly welcomes new clients and embraces the most effective modalities to calm and rebalance each client’s mind and body.

\*The greatest gift you have to give is that of your own self-transformation-Lao Tzu\*



[www.tranquil-touch.org](http://www.tranquil-touch.org)