

# SADHANA BACKGROUND AND Kimberly Klein's Bio



- ◆ SADHANA THERAPY is a combination of joint capsule release, acupressure, rotation, resistance stretching, neuromuscular re-education, lymphatic drainage, and yoga therapy
- ◆ SADHANA is derived from ancient Shaolin healing techniques—preserved by a handful of underground Monks during the Cultural Revolution
- ◆ Starting at age 12, Kim Klein studied with a southern Chinese Monk, and she became the only US therapist with this applied, 'how-to' knowledge
- ◆ Her training has included Qi Gong, Bagua, Kundalini, Microcosmic Orbit, Meditation, Chinese Healing Sounds and Mind/Body Techniques
- ◆ She has taught dance and yoga classes for 15 years, enhancing her understanding of the body's optimal range of movement
- ◆ She has been a Sadhana practitioner for 11 years and a brain injury representative in Colorado for the past 2 years
- ◆ She is an AMTA educator and also licensed by NCBTMB as an educator
- ◆ She travels nationally to carry out seminars/classes with Massage Therapists, Body Workers and Medical Professionals