

# The Wellness Center at Evergreen

## Wellness Center Practitioners

*The certified professionals practicing at the Wellness Center at Evergreen are dedicated to providing compassionate and enriching services that help restore the body, mind and spirit*

### **Lisa Baynard, LMT** *Massage Therapy & Reflexology*

The human body is an amazing self-healing organism if only we took the time to listen to it.

I have the honor to help your body improve and return itself back to better function and less pain through my touch. I offer Swedish, deep tissue, hot stone, pre-natal, and geriatric massages, and reflexology.



### **Freya Farley, M.Ac., L.Ac.** *Traditional Acupuncture & Reflexology*

Health is the body's natural state. As a practitioner of acupuncture and reflexology Freya facilitates the body's natural ability to heal itself and move back towards a state of balance and relaxation. Freya encourages her clients to take an active role in their own health and well-being and offers support within each modality that is unique to each person's specific needs.



### **Damaris Bourland, RN, LMT**

#### *Massage Therapy*

As a licensed massage therapist and nurse, I support and encourage clients as they become aware of their personal health and well-being. I combine massage therapy with my nursing background, to develop each session according to each individual client's needs while incorporating modalities and techniques such as Swedish Massage, Deep Tissue Work, and Myofascial Release. My practice is limited to women and children.



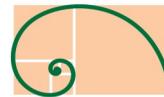
### **Barbara Haddaway, LMT** *Massage & CranioSacral Therapy*

Combining my knowledge with the client's goals, we decide how to create a deep sense of relaxation and balance to help release physical and emotional trauma. Call to find out how we can benefit your life. Nationally certified since 1993. Background in:

- Swedish & Deep Tissue
- Myofascial Release
- Russian Sports & Medical Massage
- Sound Massage
- CranioSacral Therapy
- Chakra Balancing



Evergreen  
A Center for Balanced Living  
770 Port Street  
PO Box 744  
Easton MD 21601



## The Wellness Center at Evergreen



Evergreen offers yoga instruction and therapy, and many more classes for personal growth and balance in one's life. Evergreen is a place to come learn, grow, and be. It is located on four acres of beautiful waterfront oasis. Come visit!

# The Wellness Center at Evergreen



**Acupuncture**  
**Bonnie Prudden Myotherapy**  
**CranioSacral Therapy**  
**Feng Shui**  
**Hypnotherapy**  
**Imago Relationship Therapy**  
**Jin Shin Jyutsu**  
**Life Coaching**  
**Massage Therapy**  
**Osteopathic Manipulative Medicine**  
**Psychotherapy**  
**Reiki Healing**  
**Rubinfeld Synergy**

A CENTER FOR BALANCED LIVING  
**Evergreen**  
LEARN • GROW • BE

Visit [www.evergreeneaston.org](http://www.evergreeneaston.org) for additional information; email: [office@evergreeneaston.org](mailto:office@evergreeneaston.org); or contact the office to contact the practitioners: 410-819-3395 fax: 410-819-8758

# The Wellness Center at Evergreen

Wellness Center Practitioners *(continued)*

## **Elaine Hoggard, LMT** *Massage Therapy*



As a Maryland Licensed and Nationally Certified Massage Therapist, my passion is in working with people to create a positive difference in their health. Whether the goal is overall relaxation or addressing a specific issue, I am committed to providing my clients personalized care to best meet their individual needs. Through a variety of modalities, including Swedish Massage and Deep Tissue work, each session is customized with the intention of creating an experience that brings about an increased sense of well-being.

## **Henry H. Sloan**

*Bonnie Prudden Certified  
Master Myotherapist & Exercise  
Therapist*



Henry Sloan has 1400 hours of original training under Bonnie Prudden and 27 years of experience. His is one of only two Bonnie Prudden Certified Myotherapists practicing in Maryland, originated by world renowned fitness and pain visionary Bonnie Prudden in the mid-1970's. This technique involves holding pressure on sensitive trigger points along anatomic lines to relieve muscle spasm and pain. Corrective exercises are given. This practice is among the most profound modalities for removing pain and restoring mobility in the world.

## **Carol A. Petok, PhD, LCPC** *Psychotherapy*



Dr. Carol Petok specializes in psychotherapy with anxiety, trauma and mood disorders. She has both Red Cross Disaster & EMDR training and credentials for trauma work. She served as Program Director at Delmarva Family Resources in Centreville, MD following 22 years of private practice in Chicago. She specializes in personal growth and development utilizing Jungian model with dreamwork, active imagination and other creative strategies.

## **S. D. Swan, LMT**

*Massage, Rubenfeld, Ayurveda &  
Yoga*



Clarity, Remembrance & Healing to Body-Mind-Consciousness. In private practice since 1989, Swan offers a deep-listening attention that incorporates various modalities to meet the individual needs of each person. Certified Massage Therapy • Shiatsu • 5 Element Theory • Rubenfeld Synergy • Neuromuscular Trigger Point Therapy • Classical Yoga and Ayurveda • small personalized classes and private sessions using sound & light therapy, movement, breath work, Chakra balancing and lifestyle guidance. Telephone consultation-no charge.

## How to reach us

Call the office at Evergreen:  
**410-819-3395:**

<b>Lisa Baynard, LMT</b>	410-924-1216
<b>Damaris Bourland, RN, LMT</b>	ext. 109
<b>Freya Farley, M.Ac., L.Ac.</b>	ext. 308
<b>Barbara Haddaway, LMT</b>	ext. 108
<b>Elaine Hoggard, LMT</b>	ext. 301
<b>Carol A. Petok, PhD, LCPC</b>	ext. 304
<b>Henry H. Sloan</b>	ext. 303
<b>Dell St. Ana</b>	ext. 300
<i>Reiki, Jin Shin Jyutsu</i>	
<b>S. D. Swan, LMT</b>	ext. 105

*Wellness Center Practitioners are  
independent contractors  
who lease offices from Evergreen*



## Affiliated Practitioner Directory

*Affiliated practitioners are part of the  
Wellness Center at Evergreen who maintain  
their primary practice elsewhere*

## **Katherine Binder, CP, MS, L.Ac.**

*Acupuncture*

410-820-9988

*katherine@easternshoreacupuncture.com*

## **Amy Jo Davison, D.O.**

*Osteopathic Manipulative Medicine*

410-253-1111

## **Teresa Hunt, Ph.D.**

*Licensed Psychologist*

410-507-5650; *drtmhunt@gmail.com*

## **Katherine Johnson, EdD, PCC**

*Life Coach, SoulCollage® Facilitator*

410-820-0341

## **Jimmy E. Quast, DCH**

*Transpersonal and Clinical Hypnotherapy*

410-819-8835; *jquast@goeaston.net*

## **Paul Washo, LCSW-C**

*Life Coaching & Psychotherapy*

410-819-8272; *mycoachpaul@comcast.net*

## **Lainie Wrightson**

*Feng Shui Practitioner*

410-820-6004; *lainie@anahatafengshui.com*