



JOHANNA BROOKS

EMBODIMENT



EMPOWERMENT

VITALITY

Location

Washington DC, USA

Therapeutic Skills

- Swedish & Circulatory Massage
- Deep Tissue
- Sports Massage
- Injury Treatment
- Pregnancy & Postpartum Recovery
- Myofascial Release
- Neuromuscular Technique
- Reflexology
- Trigger Point Therapy
- Manual Lymphatic Drainage
- Cupping & Gua Sha
- Jin Shin Jyutsu

About Me

Hi, I'm Johanna. I facilitate spaces in which people feel safe to relax and empowered to explore new terrain, somatically re-align with their deeper selves, reclaim & embody their joy and vitality, and vibrantly create sustainable, exciting transformations in their body, mind & life. I bring with me 20+ years of experience in fostering trusted client relationships and partnering closely in therapeutic, mind-body, coaching, consulting, and entrepreneurship spaces.

Experience

The Vital Energy Studio | September 2020 - Present

Therapeutic Bodywork

Working hands-on with clients to foster new levels of embodied awareness, insight & transformation, with close attention given to client experience. Employing powerful bodywork tools to provide relief, restructuring, and rejuvenation.

Cultivating client self-empowerment by partnering with them to create sustainable routines & habits in alignment with their overall life & vitality goals.

Onsite Massage | A Corporate Wellness Co. | April 2013 - March 2020

Founder + CEO

- Negotiated and fulfilled corporate health & wellness contracts benefiting 1000s of people annually.
- Recruited, hired, trained, and led 30 contractor therapists across 3 diverse teams.
- Partnered with corporate, non-profit & higher education companies & organizations to develop & implement improvement opportunities designed to drive alignment & add business value through enhancing employee (and beneficiary) well-being, engagement, and productivity.
- Responsible for managing all aspects of strategic planning, partnership & client relationships, customer service & experience, marketing, media relations, communications, lead generation, negotiations, sales, and contracts

Seattle Bodywork Therapies | April 2000 - Dec 2008

Owner & Founder

- Worked hands-on with 100s of clients annually, and worked contextually to define goals, discover root causes, and take necessary steps toward transformation.
- Created an extensive professional referral network of 250+ Seattle-area doctors, OB/GYNs, chiropractors, acupuncturists, physical therapists, midwives, doulas, and luxury hotel concierge.
- Hired and managed Independent Contractors to handle overflow business.
- Built and operated a successful bodywork & wellness practice centered around kinesiology & movement education and physical treatment of work, sports & stress-related injuries.

JOHANNA BROOKS

LICENSED MASSAGE THERAPIST

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Volunteer Experience

FSMTB | January 2025 - Present

Finance Committee Member

- Reviews the Federation's budget, investments and audit, and advises the board of directors regarding fiscal policy.

District of Columbia Board of Massage Therapy | September 2018 - Present

Chair of the Board

- Leading the Board in all advisory, licensing, and regulatory decisions & activities related to the profession of Massage Therapy in the District of Columbia.
- Appointed by the Mayor's Office of Talent & Appointments (MOTA) and confirmed by the City Council.
- Oversees all Massage Therapy Licensees in the District of Columbia.

American Massage Therapy Association | March 2016 - October 2017

Vice President of the Board

Chair, Legislative Action Committee

- Worked to ensure fair legislation and protection for Licensed Massage Therapists & the general public in the District of Columbia through the development of strategic initiatives & fostering productive collaboration between organization and government.

Academic Degrees

- Global Executive MBA | Georgetown University | July 2018
- Bachelor of Arts | American University | May 2011

Professional Licenses & Certificates

- Certified Hypnotherapist & NLP Practitioner | March 2023
- Certified Business Coach | July 2023
- Certified Life Coach | May 2022
- Certified Mental Health First Aid Provider | September 2021
- Certified Integrative Health & Wellness Coach | March 2021
- Licensed Massage Therapist | Brian Utting School of Massage | April 2000
 - District of Columbia Active License # MT1265