

Linda Aldridge, a 30-year veteran in the massage therapy profession, is passionate about the benefits of skilled, caring touch -- for those who give and those who receive. Therapeutic massage was a career change for Linda, who began her adult working life as a writer and editor (BA in English, Carnegie-Mellon University). After many years in the massage profession, with thousands of hours of client sessions and bodywork education along the way, she continues to feel that providing massage therapy is a privilege and a pleasure. As the profession has expanded and changed, so have her interests. Initially, Linda studied Swedish Massage, Polarity Therapy, and Kripalu Meditative Massage. In the 90s, Linda took courses in Orthobionomy, Manual Lymphatic Drainage, and Geriatric Massage, and she earned an MA from John F. Kennedy University in Holistic Health Education in 2000. The last decade has brought an intensified interest in anatomy, physiology, and pathology: these are the subjects that Linda is teaching as part of the faculty for Massage Therapy I & II. She has enjoyed accompanying new students of massage through their own personal and educational journeys for many years, teaching at the Pittsburgh School of Massage Therapy, Sonoma College, and, currently, at McKinnon Body Therapy Center in Oakland, CA.

Linda blogs at www.eastbayalternativemedicine.com, writing most often about the benefits and effects of massage, movement, and relaxation. Linda maintains a private massage therapy practice in Oakland, CA. In her spare time, Linda enjoys biking, figuring out ways to protect the garden from raccoons, and observing the play and politics of her five, formerly-stray cats.