

# Kathy “Shoes” Fillman

**Soul Support Facilitator and Teacher of Soul Recognition, Facilitator and Teacher of Circuitry Alignment and HeartThread, and Facilitator of the Accelerated Thinking Process**

**Shoes** is a practitioner of the healing arts and a gifted massage therapist, specializing in Myofascial Release (MFR). With almost 25 years of experience working with both humans and animals, she has developed advanced proprioceptive senses that allow her to treat a wide variety of problems accurately and effectively. Her training came directly from John Barnes, well-known teacher, lecturer and developer of MFR techniques. Shoes instructed MFR I, II, Unwinding and Mobilization courses and worked with John’s son, Mark, on teaching MFR.

**Other Services:** Myofascial Release therapist; Reiki practitioner; Decoding facilitator

## **Contact Information:**

**Email:** [shoesie@aol.com](mailto:shoesie@aol.com) **Phone:** [717-215-0152](tel:717-215-0152)