

Carlton Ann Daily, ABMP

Certified Massage Therapy

Carlton Ann Daily was named for Carlton Harris, an enigmatic professor at The Wharton School of Business in the 1950s. Dr. Harris was an accomplished pianist and a collector of butterflies, who changed the face of banking and left a deep impression on all his students. Carlton Ann was born by the sea. The rhythm of the waves and the touch of her grandmother, Mona, a Scottish nanny, opened her senses. Many influences in her childhood came together to shape her path in life.

Carlton received a Bachelor of Fine Arts in Dance from Temple University and Certification as a Bodyworker and Massage Therapist. Gathering knowledge from various sources, Carlton has studied the Alexander Technique, Feldenkrais, Shiatsu, Trigger Point Work, Infant Massage, Continuum Work with Susan Harper and Emily Conrad-Da'oud, and Body Re-Education with Sondra Howell.

As a member of the healing community for 23 years, Carlton practices at Rose Tree Holistic Health in Media, Pennsylvania (which she co-founded in 1999). Following a deepening of her own spiritual path, Carlton created a country sanctuary in Phoenixville, Pennsylvania. There she nurtures clients wishing to enhance their health and wellbeing (*Please see the Phoenixville Page*). Practicing massage on individuals, couples, families and children, Carlton's special love is working with seniors at assisted and independent living centers. Her healing touch helps ease their isolation and supports more peaceful transitions. She is currently working on a training manual for senior caregivers.

Carlton's community work includes teaching massage classes and speaking to local organizations on massage and the healing powers of touch. Conducting Mind-Body Connection monthly workshops with renowned life coach, Sheila Kutner, the two bring together the complimentary energies of mind and body. With their guidance, participants gain a fast-forward to a deeper regard for themselves. Carlton works closely with the Association of Bodyworkers and Massage Practitioners, chairing their networking meetings. A member of the Delaware County Chamber of Commerce since 1993, Carlton has also served on the Health and Human Services Committee and is an active member of Citizen's Alliance for Progressive Health Awareness.

Integrating the diverse elements of her experiences as a professional modern dancer, movement enhancement therapist, educator, and deep-tissue massage therapist, Carlton developed *Body Awareness Training*. Using imagery to connect to her clients, Carlton offers a language to use in their own practice of intention. The effects of getting "Carlton-ized" reverberate and reflect off different surfaces and hearts, creating new patterns of awareness. Carlton is dedicated to heightening spiritual consciousness through massage.

(Bio for Rose Tree Holistic Health web site)