With over 25 years of experience as a dance, movement, and therapy specialist, Louise brings a wealth of knowledge and passion to her practice. She began her journey in the U.S., training in dance and later managing one of New York’s top dance studios. As a 10 Dance Finalist in Ballroom and Latin for three consecutive years, Louise received the top teacher award for training students with disabilities to compete at advanced levels.

In 2003, Louise faced a significant challenge when told she would be wheelchair-bound within five years due to a serious back problem. It was during this time that she discovered the GYROTONIC EXPANSION SYSTEM®. Combining this system with her extensive training, she achieved a complete recovery. This profound experience has uniquely positioned her to help others seeking pain relief and rehabilitation.

Louise’s approach integrates massage, movement, and the GYROTONIC EXPANSION SYSTEM®, drawing from a wide range of techniques including Orthopaedic Massage, Somatic Movement, Myofascial Release, and Structural Integration. Her goal is to bring balance and equilibrium to bodies under stress.

A key guiding principle for Louise is empowering clients to tap into their body’s own intelligence and ultimately help themselves. Her academic background in Business and Personal Coaching further enables her to assist individuals, businesses, and organizations in overcoming both real and perceived obstacles. By preventing and treating stress and physical issues, modifying perceptions, and removing limiting beliefs, Louise helps her clients realize their full potential.