



Liba Cunnings has been practicing massage for 26 years. She specializes in the treatment of complex and chronic cases. These cases require a higher level of comprehension for the systems and structures involved, and a strong assessment capacity. She has a firm grasp on mechanisms that lead to, and perpetuate, various complex conditions. Decades of experience have given her expertise, versatility and the ability to combine a broad spectrum of soft manual techniques. This gives her the advantage of being highly specific, effective and safe even with most fragile cases.

Liba arrived in the massage profession after being severely injured in a car accident in 1986. She discovered that massage, combined with acupuncture and chiropractic treatments, was the most effective way to restore her body back to function. It inspired her to change her profession. Her previous training in mechanical engineering provides her with a solid foundation from which to understand the biomechanical functioning of the musculo-skeletal system.

Her technical and analytical mind naturally draws her to troubleshooting and problem solving, which she applies to assessments and treatments. A strong grounding in rehabilitation, her training in medical science, and her sense of compassion - from having experienced healing from both sides - makes her a wise healer who can quickly understand many elements of clinical issues. She augments scientific inquisitiveness with principles of mental balance. Her quest for precision and knowledge lead her to take highly specialized courses in US and in Denmark, studying neurological conditions.

Prior to her current specialization, Liba was involved in organizing sports massage therapy for many high level events - the Calgary Winter Olympics in 1988, cross country skiing World Cup races in 1987 - 1988, and worked at many other high profile sports events, including Ironman Canada, until 1997. Formerly, she was a junior national champion in orienteering in Czech Republic. She also competed in cross-country skiing and, after coming to Canada, competed in judo and coached gymnastics. To complete her own rehabilitation after her car accident and to re-gain her fitness, she took on triathlon. Liba went on to represent Canada in 3 consecutive World Triathlon Championships in her age group in

Olympic distance and in 1996 placed second in Canadian long-course Championship. A consistent focus on effective methods of training-for- results is reflected in her application to her work.

Although not competing now, she remains active. She has returned to her first love, the high mountains. Her deeply imbedded childhood dream eventually took her to the Himalayas in Nepal. Since 1999 she completed three long treks and four climbing expeditions. After seeing the poverty in Nepal and Tibet and experiencing the value of the ways of the Buddhist culture, she began to participate in some charity work in those countries, maintaining links with several families and supporting local Nepali owned businesses.

Liba binds together care, knowledge, humor, intuition and compassion in a unique blend that makes her a skilled and well-balanced therapist. She is most grateful to her clients for being given the opportunity to learn and improve and to be an active part of their recovery and maintenance of their health.

AFFILIATION

Member of Massage Therapist Association of Alberta since 1987

QUALIFICATIONS

1. Relaxation and Therapeutic Massage > Northwestern School of Massage, Calgary, 1986
 2. Sports Massage Certification > SMTI California Dr. Myk Hungerford, 1986-1987
 3. Muscle-in-Form > Dr. Ron Rose DC and Dr. Ken Mikkelson DC, 1994
 4. Cranio-Sacral courses > Upledger Institute, Florida, US, 1998 - 2001
 5. Visceral Manipulation > Upledger Institute Florida/ Barral Institute France, since 1999, ongoing
 6. Neuro-Meningeal Manipulation > Upledger Institute Scandinavia, 2008 - 2010
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