

MOLLIE'S PRO BIO:

Mollie Miller is a Physical Therapist, Certified Pilates Instructor and Fascial Stretch Therapist with over 20 years of clinical experience. Mollie is an expert in movement and fascial dysfunction, balance disorders and brain health. She is specialized in women's health, chronic pain and brain injury recovery but has a passion for prevention and wellness.

Mollie is a graduate from the Master's Physical Therapy program at Texas Woman's University in Houston, Texas and has a BA in Psychology from The University of Texas at Austin. She started her career in Physical Therapy at The Institute for Rehabilitation and Research (TIRR) in Houston, Texas where she was extensively trained in working with complex orthopedic and neurological conditions in both the pediatric and adult patient population. Her areas of specialty practice include neuro rehab, spasticity management and neurodevelopmental therapy.

Mollie found Pilates to be so beneficial and healing in her own life that she pursued her own certification in 2000 with Elizabeth Jones Boswell, M.Ed. in Houston, Texas and with ProHealth in 2004. As she continued to dig deeper into mind body therapies, she studied Fascial Stretch Therapy™ with the Stretch to Win Institute in Tempe, AZ. and obtained her Level II certification. She continues to study the latest scientific supported mind body fitness and healthy living practices to incorporate into her health coaching programs.

ENDER'S PRO BIO:

Ender Serrano is a Massage Therapist, Fascial Stretch Therapist, and Core Performance Coach specialized in core conditioning, flexibility training and fascial dysfunction. He has studied Eastern movement and healing techniques for over two decades including Tai Chi, Yoga, Meditation, QiGong, and Shiatsu. He is also a Certified Personal Trainer and Stand Up Paddle Instructor.

Ender is a licensed Massage Therapist in the state of Texas since 2006. He is also a certified Level II Fascial Stretch Therapist by the Stretch to Win Institute in Tempe, AZ. He has been studying Tai Chi under Victor Frias and Salvador Calvano since 1995 and completed advanced studies in Tai Chi/Qi Qong under Dr. Jhon So in the Spring of 2006. He is a certified ISSA (International Sports Science Association) Fitness Instructor. He has an American Red Cross Wilderness & Remote First Aid and CPR certification. He is a certified Stand Up Paddle Instructor. Ender continues to pursue advanced education in the areas of performance training, mindfulness, and myofascial body work while he actively searches for his next adventure.