

## **MOLLIE'S PRO BIO:**

Mollie Miller is a Physical Therapist and Certified Pilates Instructor with over 25 years of clinical experience. Mollie is an expert in movement and fascial dysfunction, balance disorders and brain health. She is also trained in Fascial Stretch Therapy™ and is a Daring To Rest™ Yoga Nidra Facilitator. 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 Physical Therapy career 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. Since 2010, she has been a Case Manager of Interdisciplinary Rehab Teams helping complex neuro patients reach their highest level of independence in their home and communities.

Mollie was introduced to mind body movement and healing techniques while rehabilitating herself from a back injury in 1998. She started a Pilates rehab program after trying unsuccessfully to heal her injury after a year of traditional treatments in Physical Therapy and Western Medicine. Mollie's back injury led her to look for ways to prevent injury/disease and understand the body, mind, spirit connection.

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 in 2006. Mollie became a Daring To Rest™ Yoga Nidra Facilitator in 2020. She continues to study the latest scientific supported mind body fitness and healthy living practices to incorporate into her wellness 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 three 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 Gong 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 focuses on athletes who want a customized strength, flexibility, & power training program specific to their sport. He specializes in running, cycling, baseball, Stand Up Paddle, and MMA but has experience with all sports as well as performing artists and actors. He has worked with over 30 professional athletes from the UFC, MLB, PGA, and PBR as well as Stand Up Paddle boarders. Most of the athletes are World Champions in their sport including a Cy Young Winner and a Russian Olympic wrestler. He was the first Core Performance Consultant at the Black House MMA and The University of Texas Track & Field under Mario Sategna 2015-16. Ender continues to pursue advanced education in the areas of performance training, mindfulness, and myofascial bodywork while he actively searches for his next adventure.