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## **HELIOS NATURAL THERAPEUTICS resume for**

*Jeff Thibodeau, NTS, LMT, CST, APP, Principal*

*Po Box 100*

*Brewster, MA 02631*

*508-237-9000*

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### **Academic Background**

*New Mexico School of Natural Therapeutics*

*Albuquerque, New Mexico*

- *Natural Therapeutic Specialist Diploma, 1999*
- *Core Synchronism Certification (CST Level 1, 2 and 3), 2000*
- *Subtle Body Analysis, 2000\*

*U.S.A. Kung Fu Academy*

*Hyannis, MA*

- *Black Sash, 1997*
- *Assistant Instructor Certification, 1998*

*Maple Dragon Apprenticeship Program*

*Greensboro, VT*

- *Sacred Space Designer, 1993-4*

### **Licenses/Certifications**

- *Licensed Massage Therapist, Town of Orleans, MA*
- *Licensed Massage Therapist, Town of Brewster, MA*
- *Nationally Certified, Massage Therapist (NCBTMB)*
- *Certified Assistant Instructor of Kung Fu (USA Kung Fu Academy)*
- *Certified Core Synchronism Practitioner (NMSNT)*
- *Certified Practitioner of Subtle Body Analysis (NMSNT)*

### **Memberships and Affiliations**

- *American Massage Therapy Association, Professional Member*

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## **INTRODUCTION**

Jeff Thibodeau has over 17 years of professional experience working in the health and fitness fields including work as fitness trainer, massage therapist and Assistant Instructor of Kung Fu and Tai Chi. He earned his Black Sash in Tzu Jan Kune Do and his certification as an Assistant Instructor from the USA Kung Fu Academy in 1997. In 1999 Jeff received his diploma as a Natural Therapeutic Specialist from the New Mexico School of Natural Therapeutics and has worked independently since that time providing services in massage therapy, cranial sacral therapy, polarity therapy, natural remedy consultations, fitness and diet programs, and life coaching. Jeff has taught numerous classes and provided one on one consultation regarding the health and wellness subjects of human potential, fitness, martial arts, and bodywork modalities. He served as a

Faculty member at the Massage Institute of Cape Cod in 2002. He has also taught numerous classes regarding landscape architecture and natural history.

## **PROFESSIONAL EXPERIENCE**

### **Helios (formerly Thibodeau) Natural Therapeutics, 1999 - Present Owner/Natural Therapeutic Specialist/Licensed Massage Therapist**

*Providing services including massage therapy and other bodywork, natural remedies, lifestyle counseling and coaching, sacred space design and teaching classes in stress reduction, meditation, holistic fitness training, humans potential, meditation, etc.*

### **Massage Institute of Cape Cod, 2001-2002**

Instructor of Massage Therapy, specializing in Energy Healing Modalities

*Developed curriculums and taught classes in Human Potential, Polarity Therapy, Chinese Medicine and Shiatsu, Flower Essences and Homeopathy, Cranial Sacral Therapy, Subtle Body Energies, Dowsing..*

### **U.S.A. Kung Fu Training Center, Hyannis, MA, 1997-98**

First Degree Black Sash and Assistant Instructor of Kung Fu,

*Trained and taught the martial art of Tzu Jan Kune Do a northern style Chinese Kung FU. Instructed classes in Kung Fu, Tai Chi, meditation, for all age groups and levels up to black belt.*

### **Willy's Gym and Fitness Center, Orleans, Ma. 1991**

Director of Fitness Instruction

*Provided personal fitness instruction including weight training, aerobic routines, stretching, and nutrition as well as specific programs required for competitive athletes and disabled clients. Also managed several employees, maintained equipment, and designed educational seminars.*

### **Helios Holistic Fitness Consultations, 1993-Present**

*Provided custom designed holistic fitness consultation and training based on my original, custom-designed principles and approach.*

## **SELECTED PUBLICATIONS**

- Thibodeau, Jeff. 2007; *Be Your Best – A Roadmap to Living a Healthy, Balanced and Fulfilling Life*, Dogear Publishing, LLC, Indianapolis, Indiana.
- Thibodeau, J. 2005; Nature and Culture (excerpts from 400 page manuscript entitled *Be Your Best-A Roadmap to Living a Healthy, Balanced and Fulfilling Life*) published in *Cape Healing Arts* magazine, Fall 2005.