



**Dr. Andrea Pack**  
**Movement As Medicine**

When my husband was navigating some health challenges, he started seeing Dr. Andrea Pack. Even after his very first session, I noticed something had shifted. He began practicing the exercises she gave him every day, and I could feel the difference—he was better regulated, and sleeping more peacefully. The movements were clearly helping him. I became curious.

As a social worker, life coach, and energy healer who has taught movement-based healing for years, I already have a strong daily practice. But I was experiencing lingering discomfort from an old injury—sciatica pain that would flare up from time to time—and I decided to see Andrea myself.

The sessions I had with her were unlike anything I've experienced before. And I've worked with many different body practitioners over the years. Andrea has an incredible ability to read the body. Within minutes, she identified patterns in my movement and offered an evaluation that not only made sense—it shifted how I saw my own body.

On the table, she guided my body through a series of subtle, precise, and incredibly gentle movements. At first, I couldn't believe how small they were. But I could *feel* their effect immediately. I found myself dozing off during the session—my whole system settling.

Afterwards, Andrea followed up with a personalized set of exercises—tailored exactly to what we had worked on. She offered them in the format I preferred (videos, in my case—my husband preferred written instructions), and I loved that she met each of us where we were. The exercises she gave us were completely different from each other, each one designed for our unique needs. Today, the exercises I learned from Andrea are part of my daily rhythm.

Andrea's approach is grounded in science—she brings years of expertise in how the body and brain work together. She sees each person's body clearly and builds a unique path for healing through her work, which is powerful.

With deep gratitude,

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