

JONAH WINTERS, RMT, MA

www.wintersbodyworks.com — jonahwinters@gmail.com — phone or text 289-668-9728

Education

- 2017-19 Myofascial release; Rolfing mentoring
- 2016 Structural Integration; Soft Tissue Release / ART; Direct & Indirect Myofascial
- 2012 Massage Therapy Diploma (Ontario College of Health and Technology, OCHT)
- 2008 Certified Spa Therapy (1-year program, Vancouver School of Bodywork and Massage, VSBM)
- 2003 Certified Internet Technologist (Bodwell College, Vancouver)
- 1997 Master's Degree, Islamic Theology (University of Toronto)
- 1995 Honours B.A., Buddhist Philosophy and Music History (Reed College)
- 1993 B.A. Minor coursework [audited], History of Christianity (McGill University)
- 1992 B.A. Minor coursework, History of Religion (Brock University)

Other Bodywork certification

- 2013 Full-Body Myofascial (Barry Jenings)
- 2009 Joint Release and Trager Method (Amaro Hogräfer)
- 2009 Deep Tissue Massage (Art Riggs video study course)
- 2008 Neck and Shoulder Myofascial Release (Amaro Hogräfer)
- 2008 Intensive Lomi Lomi (Sacred Temple Hawaiian Massage)
- 2008 Thai introductory (Metta in Motion)
- 2008 Hot Stone (Alexandra Thompson, Ocean Stone)
- 2008 Sports Massage (Paula Jasper)
- 2008 Reflexology (Natalie Gold)
- 2007 Aromatherapy (Daphne Roubini)
- 2007 Introductory Swedish Massage (Vancouver School of Bodywork and Massage)

Licenses, memberships

- 2014 Trained in Accessible Customer Service for Ontarians with Disabilities Act
- 2013 - present Member, College of Massage Therapists of Ontario
- 2012 CPR and First Aid, Red Cross Level C
- 2010 - present Member, Registered Massage Therapists Association of Ontario
- 2007 - 2009 Licensed "Therapeutic Touch Technique" practitioner (City of Vancouver)
- 2007 - 2009 Member, Natural Health Practitioners of Canada

Bodywork experience

- 2021 - 2023 On staff at Massage Addict (Niagara Falls)
- 2021 - 2023 On call for Home Comfort Therapy
- 2019 - 2023 Clinic RMT for McKinley-Molodynia Chiropractic & Massage
- 2019 RMT on location for Heart Niagara
- 2018 - 2023 RMT on call for GoodLife Corporate Wellness (on-site and event massage)
- 2013-2018 RMT on location for The Spiritual Spa
- 2010-2012 OCHT volunteer outreach events
- 2007-2010 Winters Body Works mobile massage and corporate chair-massage
- 2007-2010 Volunteer and charity events, table and chair massage
- 2008-2009 Steeves Manor seniors home, on-site masseur

Other work experience

see my CV for non-massage work, and jobs prior to 2007

