



Body Awakenings

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"Remember that happiness is a way of travel - not a destination."

- Roy M. Goodman

About Kathy D. Trumble, CMT

She is the owner of Body Awakenings, LLC. Kathy attended the Pacific School of Massage in Manhattan Beach, California. She is Nationally Certified in Therapeutic Massage and Bodywork.

It is Kathy's belief that massage and aromatherapy are two of the most wonderful ways we can take care of ourselves. More importantly, it helps us get back in touch with our inner self and to take a break from our busy lives.

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