

## **Ada Sobieszczuk – Biography**

Ada Sobieszczuk distinctly recalls her childhood experiences massaging her grandmother's back finding all the sore spots. Her formal pursuit of the art of Tuina began after earning her TCM degree, culminating in an extensive six-month internship at the prestigious Beijing Massage Hospital in 2007. To enrich her practice, Ada also integrated Western techniques by completing a Neuromuscular Therapy paper at Wellpark College where she also taught Acupressure. Ada's curiosity led her to explore the wondrous world of Anatomy Trains Myofascial Meridian Techniques with Mark Finch and Daoist ZangFu Acupressure with Andrew Nugent-Head. Ada's initial exposure to the JingJin 筋經 was with David Legge, and her expertise flourished under Ann Cecil-Sterman's tutelage in the context of the Sinew channels. Ada is eager to share her knowledge and insights.