



LINO TAPIAS

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MUSCLE ACTIVATION TECHNIQUE THERAPIST & REIKI MASTER TEACHER

PROFESSIONAL SUMMARY

Certified Muscle Activation Technique Therapist, Strength and Conditioning Coach, Certified Reiki Master Teacher; serves a diverse population with an emphasis on Cardiovascular and Muscular Endurance coupled with Energy Healing

EDUCATION

International Center for Reiki Training Reiki Master

Muscle activation therapy MAT

Massage therapy School LMT

International Center for Reiki Training Reiki Level I & II

Pratt Institute B. Arch

QUALIFICATIONS

Reiki Master
Reiki Master Teacher
Muscle Activation Technique Therapist
Strength and Conditioning Coach

PROFESSIONAL EXPERIENCE

President and Founder of Fit Lab / BBalanced Integrative Medicine Miami, New York, Paris, Tokyo 2001-present

Performance Coach at Bommarito Performance Systems, North Miami Beach 2010-2013

Personal Training at The Fitness Company, New York 2000-2001

Personal Training Director at The Fitness Company Miami 1999-2000

Fitness Director at MDC, Miami 1999-2000

National Champion Volleyball Assistant Flexibility Coach MDC 1996-1999

SKILLS

Muscle Activation
Hydrotherapy
Bioenergetic Medicine
Energy Healing
Strength and Conditioning Endurance
Chakra Alignment
Personal Training
Aroma Therapy
Guided Meditation
Nutrition Consultation
Kinesio Tapig