



**Shila Tirabassi**, a native of St. Petersburg, Florida received her BFA from The Juilliard School in New York City. Upon graduation she spent 12 years dancing professionally with Merce Cunningham, Martha Graham and Stephen Petronio to name a few. It was during this physically demanding time that she was exposed to many different forms of bodywork worldwide. To supplement her income as an artist, Shila taught yoga and pilates in various studios in New York City during which time she

continued her studies in Prenatal Fitness and Restorative Yoga. Her interest in the healing arts led her to do a Thai Yoga Bodywork training. Not fully convinced of its efficacy in treating pain, Shila toyed with the idea of becoming a Physical Therapist as a second career. Instead, circumstances brought her back home to Florida where she owned and operated a small yoga and pilates studio for two years. Knowing she had a leg length inequality, Shila caught wind of Paul St. John and Neurosomatic Therapy and it was during her very first appointment she was instantly hooked. For the first time in 18 years she felt that someone could finally give her answers to all the imbalances present in her body! It was at that time the Center for Neurosomatic Studies emerged and she became a student of the first class. Shila graduated Valedictorian and is the first among three to bear the title Neurosomatic Specialist. During her coursework at CNS Shila became a Personal Trainer certified by the National Institute of Sports Medicine. She continues to teach yoga and pilates privately and is part of the training faculty in Anatomy and Injury Prevention at Yoga Etc. Studio in St. Petersburg, FL. Shila is honored to be a part of the St. John - Clark Pain Treatment Center and feels this path was her absolute destiny.