

Jeannette Daft: Bio

Jeannette Daft is owner and artistic director of MoonDance, she is a Dance and Yoga instructor and massage therapist. She has studied Raks Sharqi (Belly Dance) for 20 years and has been teaching it for 14. She is a mixture of all forms but her base is Egyptian. She is also a student and instructor of Romani Dance. Turkish and Spanish along with incorporating Argentine Tango and teaches and studies Ballet. She is an avid African Dance student for 15 years along with Ballroom, Modern, and Ballet.

Dance is a life force for her. It is healing therapy for all ailments. She dances from her soul. She knows there is a perfect balance and harmony when the mind, body, soul, and heart align and finds this in the art of movement.

Jeannette has been studying Yoga for approximately 15 years and teaching for 10.

She is trained in the following yoga modalities:

- Dhanda: incorporates a 6-foot staff representing your spine.
- Longi: incorporates a rope reminiscent of a strap
- Letha: a Yoga massage
- Vinyasa: a flow Yoga

Jeannette has been working with people for many years with various ailments including fibromyalgia, arthritis, migraines, vertigo, recovering from brain surgery to name a few.

She believes in intuition and mother natures' abundant gifts, the power of herbs, and aromatherapy.

Testimonials

I have degenerative disc disease in my cervical and lumbar spine, osteoarthritis, issues with my left hip, and a fractured left wrist with instrumentation (which can become stiff and painful at times). Regular twice monthly massage sessions with Jeannette have helped me maintain my mobility, significantly decrease pain, and provide an overall feeling of relaxation and wellness. She is very professional and always seems to know where to focus before I tell her. I can't say enough good things about her massages. —*Annette Schmidt*

Jeannette is a truly natural masseuse. She has released the pressure on a pinched nerve in my sacra muscle, and helps relieve the tension in my neck and shoulders. I would be in a lot of pain without her. —*Dawn Wellsfry*