



Registered Massage Therapist

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Short Biography

Anick was born in Quebec in 1966. She did a college diploma in Health Sciences from the Valleyfield College. She obtained a Bachelor degree of Law from the University of Sherbrooke in 1991. She practiced law at the Center for Bioethics at the Clinical Research Institute of Montreal with Dr. David J. Roy for a few years.

She had started a Health Law Master Degree working on the Human Genome Project, before moving to Fort McMurray, Alberta. Then she got interested into a more direct approach to health working with the people. She has learned Reiki to the Master Teacher level in 1999 and completed a Wholistic Practitioner Course with 500 hours of practicum during that same year.

In 2001, she learned Theravada Meditation and finished her certification as a Meditation Instructor in Thailand under the guidance of Luang Phor Viriyang Sirintharo Lord Abbot of Wat Dhammamongkol.

Recently, she completed a two year Diploma at the Mary Helen Vicars School of Massage Therapy and became a Certified Massage Therapist in June 2005.

Anick operates Carpe Diem Holistic Practitioner Clinic since January 2004. She offers many different modalities such as: therapeutic massage, relaxation massage, craniosacral therapy, Thai massage, seated massage, and reiki. She also provides counselling using The Work Model of Byron Katie.

Anick enjoys massage therapy, energy work, chanting, meditation, reading, and she is currently writing a novel about one character whose quest will lead to find the inner Master.

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