

Long bio

Sherri Cappabianca is a canine wellness practitioner and the author of “*Healthy Dogs, Your Loving Touch: Acupressure Massage for Your Dog.*” Her book is a clearly written, easy-to-follow guide that shows you how to perform acupressure massage on your dog. Written especially for dog owners who want to be active participants in their dog's health and well-being, the book is fully illustrated with color photographs, diagrams and charts, detailing all aspects of acupressure massage. Topics include acupressure and massage strokes, benefits, basic Traditional Chinese Medicine concepts, canine anatomy, and passive stretching, guidelines for a successful session, among others. There are many benefits to acupressure massage such as maintaining and improving overall and long-term health, relieving muscle aches and pains naturally, increasing circulation, strengthening the immune system, and speeding the recovery from surgery, illness or injury. It will help to enhance your dog's health and happiness, and delay the onset of old age.

Sherri has over 1000 hours of certified training in small animal massage, small animal acupressure, animal aromatherapy and Reiki energy healing. She studied small animal massage through Northwest School of Animal Massage completing her initial certification in September 2006. Since then she has continued to study massage through Northwest and has completed subsequent certifications. She studied small animal acupressure through Tallgrass Animal Acupressure Institute, and became certified in August 2007. She is certified in animal aromatherapy from the School of Essential Balance, practicing a form of animal aromatherapy that incorporates the teachings of Traditional Chinese Medicine. She is also a 6th generation Reiki Master in the direct lineage of Usui, Hayashi, Takata, Gray and Rosenthal.

A former software engineer with a BS in Computer Science, Sherri decided to pursue canine massage after she had a vivid dream about canine massage. After working in the telecommunications field for many years, she was looking for a career change out of the software area. A life long dog lover, she acted on the dream, began her studies, and in 2006 opened her canine health and wellness business, Rocky's Retreat, named after the special soul who inspired her on this path.

Since then, she has been helping dogs and their “parents” throughout the central Florida area. In 2007, she began teaching acupressure massage, combining the two forms of therapy after discovering how well they worked together. It was the passion for teaching that became the inspiration for her book. She believes that by helping people learn how to work on their own dogs, she can help that many more dogs live healthier and happier lives. Improve the quality of life for both you and your dog today, by learning acupressure massage through “*Healthy Dogs, Your Loving Touch: Acupressure Massage for Your Dog!*”

Sherri lives in Winter Park, FL, with her husband Pasquale and their dog Yankee. To learn more, please visit www.offtheleashpress.com or contact info@offtheleashpress.com.