

Hannah Shadrick Hummel, LMT

Licensed Massage Therapist

New York License #: 034026

Texas License #: MT136893

Bodywork Education

- **500-Hour Massage Therapy Program**
The Institute for Holistic Health — Poughkeepsie, NY
Graduated April 2025
Completed deficiency hours to transfer license from Texas to New York
- **500-Hour Massage Therapy Program**
The Lauterstein-Conway School — Austin, TX
Graduated June 2022
- **200-Hour Yoga Teacher Training**
Yoga Landing — Chattanooga, TN
Graduated May 2016

Other Bodywork Trainings

- **Abdominal Massage Sequence Workshop** — Leslie Vincent, Ithaca, NY (Sept 2025)
- **Prenatal Massage** — Kate Dimpfl, Ithaca, NY (Aug 2025)
- **3-D Shoulder Intensive** — Kate Dimpfl, Ithaca, NY (June 2025)
- **An Introduction to Biodynamic Craniosacral Work** — Jenna Milner, Ithaca, NY (May 2024)
- **Relax and Renew®: Restorative Yoga, Level One Teacher Training** — Judith Lasater, Austin, TX (Jan 2020)
- **Myofascial Release I Seminar** — John F. Barnes Seminar, San Antonio, TX (Nov 2019)
- **Pelvic Floor Yoga™ Teacher Training** — Leslie Howard, Oakland, CA (Sept 2019)
- **Trauma-Sensitive Yoga 40-Hour Teacher Training** — David Emerson, Stockbridge, MA (April 2016)
- **Womb Yoga Workshop** — Uma Dinsmore-Tuli, Ph.D., San Francisco, CA (Sept 2017)
- **Yoga for Grief Workshop** — Antonio Sausys, Colorado Springs, CO (May 2017)

Other Education

- **Smith College** — Northampton, MA
Bachelor of Arts in Philosophy and Creative Writing
Cum Laude