



Tara M. Curvin

LMT, CPT, GFS, FNS, Stick Mobility

I was just 3 years old when I started my journey as an athlete. A short period into dancing I became intrigued with gymnastics, cheerleading, basketball, swimming, and later weight lifting.

Fast forward into 2010, I started experiencing debilitating pain. It started with one visit to the doctor, and quickly became five doctors, 4 surgeries, panels and panels of blood work, acupuncture, deep tissue massages, and more. It was truly exhausting and very very expensive. Finally an OBGYN out of all made a more educated guess and precise (partial) diagnosis to what was causing my pain.

I started Physical Therapy for pelvic floor muscles and this started me

on my path of healing. The more people I seem to meet, the more I was driven to those whom I needed to help me navigate my pain. I met with a Myofascial Therapist who introduced me to an entirely different type of massage and movement. I was then introduced Dennis Cheatham, a Trainer in the same facility as me ironically, who used Strength Training to rehabilitate the muscle-skeletal system all the while along side my pelvic floor therapy. You can imagine how expensive this all sounds, right?

In 2017, I had a fall in income and it forced me to pull back from all the training and work I was doing. Naturally, life took over and my body reverted into old patterns and issues. I felt worn down, sad, angry, and annoyed that I put all this effort, time, and money into fixing my body to what seemed like starting all over again but this time it seemed no one had the answers. But little did I realize, it was only the beginning of my journey.

As I strived for a healthier state in my body, I was inspired to share what I learned and started teaching and educating others who were experiencing similar issues and have had no underlying diagnosis but are usually told, "its all in your head", "there's nothing wrong with you", "it may be like this forever". I can't tell you how many times I heard this. Honestly, the more I heard this that more it drove me to explore the world of healing.

I received my NASM Personal Trainer Certification in 2018 along with other certifications such as Group Fitness Specialist, Stick Mobility Trainer, and Fitness Nutrition Specialist. Never did I ever for-see becoming a Personal Trainer and then my next steps surprised me even more.

In the beginning of 2020, I enrolled into Cumberland Institute of Holistic Therapies where I obtained my LMT (licensed massage therapist). I didn't really want to be a therapist but the license would open up an entirely different field for me and give me so many more avenues for my own body and understanding of how it works, so I followed through; and well, it's just funny how life will show you your path if you're not on it!

The combination of bodywork and training gives me a different approach and a unique skill set to further help my clients. My goal is to find an overall balance in the body between Flexibility, Strength, Mobility, Stability and most importantly combining it into your life! I focus on balancing the hard work with functionality and relaxation.

I work with clients for a number of reasons from alleviating body pain (both general pain and specific areas), to seeking proper lifting or movement techniques, weight loss, general health, nutrition, and athleticism.

Fun Facts: I obtained a Fine Arts Degree from O'More College of Design located in Franklin, obviously, I don't really use it! Ha! ! When I am not with clients I spend most of my time with my 3 dogs, traveling, and enjoying many of Nashville's extra curricular activities, such as, Predators Games. **Go Preds!**