

April Warner is a Licensed Massage Therapist and Registered Yoga Teacher. She earned her double major Bachelor's degree in Pre-Dance/Movement Therapy and Theatre from Ohio Wesleyan University in 2013. April's passion for movement, wellness, self-expression, and self-growth first originated from a strong background in acting and dance. She began her dance training as a toddler at DDC&G and continued through college at OWU, where she was lucky to explore other areas of interest, such as theatre/dance performance, psychology, anatomy/physiology, and sports science. In her early teens she developed chronic pain that was diagnosed as fibromyalgia, which prompted her curiosity in learning how movement can be used as self-care and healing. Through her degree in Pre-Dance/Movement Therapy, April learned the importance of applying the body and mind together to provide mindfulness, healing, and growth. While pursuing her theatre/dance career, she found she had an evolving passion not only for seeking out self-care methods, but also methods for promoting wellness and health to others through means such as yoga, massage, meditation, fitness, and nutrition. She then became a 200 Hour Registered Yoga Teacher, with a focus on restorative yoga, as well as a Licensed Massage Therapist with a certification in Neuromuscular Therapy and is able to perform Massage Cupping. April is currently working towards her Group Fitness Certification and has completed a Level 1 Reiki course in the hopes of becoming a Reiki Master. Other interests and goals are to become certified in sports massage, thai yoga massage, and continue onto her 500 hour yoga certification. April is so excited to partner with Dublin Dance Center and Gymnastics by providing her massage services to the students, parents, and teachers. She hopes to see you on the table soon!