

Hello from the New Owners!



We are so grateful to take a leadership role in the Body Mind College Community. We come to this school with a sense of humility, enthusiasm and high expectations. We promise to honor the tradition and heritage of this 22-year leader in massage education & help guide it to new heights of excellence, energy & vitality. We usher in a renewed sense of community we hope to celebrate with all students, teachers & staff.

Marnina Reid, HHP, BMC Education Director

After graduating Body Mind College as a nationally certified Holistic Health Practitioner, Marnina went on to do advanced certifications in holistic counseling, emotional release methods, and therapeutic bodywork. Her practice is dedicated to healing and freeing the whole person, with an emphasis on deep, emotional clearing. She draws on her years of training and vast personal experience with numerous methods including bio-energetics, rebirthing, Fischer-Hoffman, Miracle of Love, Gateway and more. She also has a background in nutrition, massage, and NLP. Marnina has a gift of sincerely connecting and empathizing with people where they are, and helping them to truly accept, love and empower themselves and their lives. She says *“What I want for people is simple: to actually have the experience and know that they are lovable, capable, and they can have freedom in what they want in life no matter what their story is. It is extremely fulfilling for me to help people let go of the limiting beliefs and emotional patterns that keep them from that.”*

Shane Watson, HHP, BMC Creative Director

Shane has been actively involved in the massage community for the last 33 years. His first exposure to massage was at the Hippocrates Health Institute in Boston under the tutelage of Victoras Kulvinskis. Shane became certified in massage through a 1000 hour program at Linsey Hopkins in Miami. After school he was President of the Dade County and Florida State Massage Associations. Moving to California he authored the Massage & Bodywork Resource Guide of North America which he eventually sold to Massage Magazine. In 1981 he founded Bodywork Emporium which became a 27 year, 7 store massage equipment chain, the first and largest such company in the world which he sold in 2008. In 1989 Shane became the first HHP in the city of Encinitas. He founded the Touch Foundation which had chapters all over southern California and offered free massage to those who could not afford it. For all his efforts he was inducted into the original Massage Museum Hall of Fame. Before his massage career Shane earned a BA & MPA from UMass/Amherst and worked in Massachusetts government and politics.