Frederick Prack RMT, CTPC, CHt

 Is a Registered Massage Therapist specializing in Rhythmic Deep Tissue Massage; a Certified Psychotherapeutic Counsellor; and a Certified Hypnotherapist. He has taught Meditation, Breathwork and Personal Development programmes for over 40 years and offers effective techniques for Personal Growth, increasing Mind/Body Awareness, Stress Management, overcoming limitations and realizing one’s Potential.

 He has been in private practice in Oakville Ontario for 25 years.