

## **Transcript: Changing Lives While in Massage School**

My name is Tommy Snyder.

I was born in Palatka but I've lived all over Florida Tallahassee, St.

Augustine, Palm Coast.

I had a friend who did the program and she loved it a lot & went on to do acupuncture and such.

She said that while she was here all she could think was how much I would love it and what this could do for me and I mean after being here she was absolutely right.

This place has done a world of good for me and even beyond the career prospects.

I had used a lot of like philosophy to cope with a lot of personal depression over the years and stoicism did a lot of good for me but it was more like living around by issues and not you know not as healthy as I could have been.

This place sort of fosters an openness and I feel like I'm a lot more able to express myself and stuff now it's fantastic.

I leaned into that stoic bit of me so much and it almost became overwhelming to feel a certain amount of empathy.

It's such a big part of my day-to-day feelings now it's fundamental difference in how I am as a person it's really awesome.

When I first came I was just starting the program I had this idea of maybe getting on like a cruise ship or something and using this to travel the world in some way.

The more I've been in the program and after being in clinic and helping people with real problems I think one of the most fulfilling feelings I've ever had my life so far was helping this girl with scoliosis get rid of these knots she's had for like months and just the relief that came over her it felt so powerful to like foster that kind of comfort in another human.

The more I go in this program the more I care more about helping people with what I've learned then using it to travel and such.

I want to really help people in any way I can and that's really great this place is giving me amazing tools for that.

End of transcript