



MARK BENCITO

Holistic Massage Practitioner

CONTACT

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www.earthjaguar.ca
(604) 816-7047

MY PHILOSOPHY

" My goal is to calm the busy mind, rejuvenate the tired body, and uplift the spirit. Being of service to others is not just a job. It is a higher calling. I am simply the intermediary in empowering one's wellness journey."

- Mark

Holistic Massage Practitioner

SKILLS

Shiatsu
Foot Reflexology
Swedish Massage
Hydrotherapy
Aromatherapy
Myofascial Release
Reiki Level I & II
Violet Flame Energy
Practitioner

STRENGTHS

Empathetic Listener
Experienced Manual Skills
Client Centered Focus

PROFESSIONAL SUMMARY

Dedicated Holistic Massage Practitioner with a deep understanding of the musculoskeletal system and diverse health conditions. I provide a unique holistic approach that integrates Eastern and Western massage techniques. My experience includes general relaxation massage and hydrotherapy for rehabilitative recovery. I am committed to delivering safe, effective, and client-centered holistic massage.

WORK EXPERIENCE

Holistic Massage Practitioner

Earth Jaguar Holistic Massage

North Vancouver, BC

06/2024 - Present

Massage Practitioner

Valerian Holistic Massage

York, Ontario

07/2016 - 09/2018

Server

Restaurant Industry

Toronto, ON / Vancouver, BC

08/2006 - 02/2024

EDUCATION

Diploma - 18th Month Accelerated Program

Canadian College of Massage & Hydrotherapy

Toronto, ON

03/2014 - 09/2015

Basic Anatomy & Physiology for Bodyworkers

Langara College

Vancouver, BC

05/2024 - 07/2024

CERTIFICATIONS

Shiatsu Foundations Course

Canadian College of Shiatsu Therapy

North Vancouver, BC

12/16/2020

Certified Reflexologist

Advanced Reflexology Institute

Port Moody, BC

05/31/2024

Usui Reiki Level 1 & 2

Giving Within Holistic Healing

North Vancouver, BC

07/13/2008

Violet Frame Energy Practitioner

Certified Excellence

North Vancouver, BC

01/01/2025

Basic Life Support

Canadian Red Cross

North Vancouver, BC

07/28/25 - 07/28/2026

Liability Insurance

Zensurance

North Vancouver, BC

06/03/2025 - 06/03/2026