

Maya Carrington



Maya R Carrington
RGN OHNC

mayacarrington@hotmail.com

Maya trained with David Berceci in 2009 and is qualified to work with individuals. She has personal experience of trauma followed by instinctual trembling in a situation where the medics couldn't get to her. David's course gave clarity and value to the experience.

Maya is a very experienced Occupational Health Nurse and has specialised in stress, stress release and stress prevention following a life changing sabbatical in India in 1993.

She has a cornucopia of skills around stress release and stress management and collates it under the guise of 'Contentment Guide'.

She is currently living near Wimborne Minster, Dorset.

For further information see www.mayacarrington.com