



## **John Jamesapollos**

Soma Science<sup>SM</sup> Instructor

John has an extensive background in Exercise Physiology and Physical Therapy and brings a sincere, holistic, and knowledgeable approach to sustainable Whole Health Fitness. Along with the team of Soma Science<sup>SM</sup> Instructors they have helped hundreds of clients by communicating their technical knowledge in a motivating, supportive, and easily understood style. He is committed to creating an individualized program for each client that will help them safely reach their goals, empowering them to achieve their best physical selves and experience lifelong wellness. Contact him directly on; [jjamesapollos@welleffect.com](mailto:jjamesapollos@welleffect.com)



## **Emily Dallos**

Soma Science<sup>SM</sup> Instructor

Emily has a Doctorate in Physical Therapy and has worked primarily in outpatient orthopedic settings and also in gym/fitness settings as a personal trainer. Working with a wide variety of clients, Emily's goal has been to develop individualized programs that emphasize overall wellness. This aspect of Soma Science<sup>SM</sup> principles is what attracted her to study at our WE-Institute<sup>TM</sup> and integrate all aspects of health, food intake and physical training. Emily was amazed at how applying Soma Science<sup>SM</sup> principles have affected her life. She has been helping people achieve their health and fitness goals for over 9 years. Emily studied as a ballet dancer for ten years and when in college, embraced running and strength training along with a passion for yoga. Contact her directly on; [edallos@welleffect.com](mailto:edallos@welleffect.com)



## **Kara Healey**

Soma Science<sup>SM</sup> Instructor

Kara has a doctorate in physical therapy with rehabilitation expertise across many settings. She has been helping people achieve their health and fitness goals for over 7 years. With a multiple varsity sports background including soccer, basketball, track and field and crew, Kara had gravitated in recent years to primarily running. She has been amazed at how adding body balancing, food balancing and strength training, using a Soma Science<sup>SM</sup> approach, has helped her with her running. The nagging pains that she had come to accept as inevitable are no longer a part of her life. She is excited at the possibilities afforded her to more effectively help other using Soma Science<sup>SM</sup> based skills! Kara is originally from Auburn, Maine. She can be reached on [khealey@welleffect.com](mailto:khealey@welleffect.com)