

Corliss Chan

Jin Shin Jyutsu, Acupressure and Guided Relaxation

Corliss Chan has been inspiring people to actively participate in their own healing and wellness for over 25 years. An engaged and compassionate listener, she has helped patients cope with life and health issues including cancer, Lyme disease, heart health, diabetes, joint pain, anxiety/depression, and stress-related health conditions. Corliss has been part of this program since 2006. Today, she leads Jin Shin Jyutsu, Acupressure, Meditation, and Guided Relaxation sessions.

The mind/body connection is a topic that has long fascinated Corliss. She started her work life as a CPA and turned to meditation as a natural way of relaxing and reducing stress at home and at work. Over time, her interest in healing and body work has guided her towards a different career path, and she began practicing bodywork in 1990. Corliss is a strong believer in the power of the breath, which she likes to weave into her sessions. She is enthusiastic about empowering others to develop their self-healing skills to strengthen the immune system, increase energy, maintain inner harmony, manage nausea, neuropathy, pain and fatigue. Patients usually leave her sessions with take home tools and assignments to help them in their own home practice.

In addition to sharing her gifts with MarinHealth Medical Center patients, Corliss also has a private practice in San Rafael, Gentle Bodywork for Wellness. She also leads a weekly meditation class at the Marin YMCA and teaches community education classes in Jin Shin Jyutsu, Acupressure, and Mindfulness.

Certifications

- Certified Massage Therapist
- Certified practitioner of Jin Shin Jyutsu and Acupressure
- CPR, AED, and First Aid

Professional Memberships

- Association of Bodywork and Massage Professionals (ABMP)

Education

- BS in Accounting and Finance, UC Berkeley
- MBA in Accounting and Real Estate, UC Berkeley

Special Interests

- Helping people access health services and resources for health education



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