



Robin Mack, LMT, E-RYT200 started her company, Conscious Contact Sports Massage in 2004. She is a Licensed Massage Therapist and brings the gift of massage to her clients. She has private clients and works with guests and community members of The Houstonian. Robin has been practicing yoga since 2004. She is certified as an E-RYT 200 with the Yoga Alliance and completed her training at Sacred Art Yoga with Becky Jordan and Raye Lynn Rath, two powerhouse instructors who hold multiple certifications. Robin also enjoys the challenge and community engagement of partner balancing, working with athletes, and beginners. Robin

is someone who loves to teach from the fundamentals up! No matter what walk you are on, you will find a renewed sense of relaxation, connection, and joy as you practice in community.

Robin completed the Landmark Worldwide Curriculum in 2008 and found her personal experience motivational for bringing these tools to others. She became more involved with the Landmark Worldwide organization and, since 2012, she has been an Introduction Leader/Facilitator for their programs. What Robin has learned about people from this experience is listening to people and starting where they are at is key to leveling up every time.

Robin collaborated with Kathi Crawford to create The World inside You bringing the world of wellness, communication, movement, and goal setting to teams in their work environment. Teams get to experience their co-workers in a whole new light, feeling more connected, and ready to cause new results in all areas of their life.

Client Experience

- Houstonian Spa
- University of St. Thomas
- YMCA
- The Yoga Institute
- Montrose Center
- The Council on Recovery
- Phillips 66
- The House of Blues

Certifications

LMT, Licensed Massage Therapist
 E-RYT200, Experienced Registered Yoga Teacher
 Basic EMT (Emergency Medical Technician)
 CPR/FIRST AID
 YMCA Group Ex training
 Graduate of Landmark Worldwide