

Meet Rachel,
the voice behind

HOLISTIC HARMONIES

Rachel is a multi-talented entertainer and professional certified infant massage instructor who has recently started a hugely innovative business which cleverly weaves together her life experience, desire to help her community and a love of children.

It's this organic approach which has allowed Rachel to structure a programme designed to support, educate and entertain parents as well as babies, toddlers and pre-schoolers. It has since helped pave the way for the most idyllic name too Holistic Harmonies.

'From a very young age I got a thrill from anything to do with singing and movement, it didn't matter what, I just loved to move my body and use my voice... I just couldn't stop.'

It quickly became a passion and a vocation, yet I'd always felt drawn to being around babies and children too. The doors for performing jobs were often tightly locked when I knocked... yet I have never had to search for jobs with children; the doors have always flung open! I followed these pathways and ended up working as a nanny and a music teacher in between jobs. These jobs kept me going and over the years I have worked for Gymboree, Monkey Music and Tick Tock Music as well as being a nanny for families with babies as young as 4 weeks old.

'I studied contemporary dance at Middlesex University and afterwards gained a Masters in Professional Performance from Millennium Dance theatre school.'

I had many wonderful experiences in my 20's; touring Italy with Fame the musical, working with contemporary dance choreographer Darshan Singh Bhuller on a personal acting project. I also performed with Caburlesque on Britain's Got Talent and reaching the semi-finals and even worked as a body double/stand in for Ginny Weasley in Harry Potter and the Deathly Hallows (Part 1 & 2) which was a career highlight.



I always wanted to live in London; I wanted to be near the bright lights and part of the scene. I came to study and train and then never left! 15 years later, I've had a million different jobs, an incredible array of experiences and made lots of friends. However, I have begun to spend more time in Liverpool and feel the city is sky rocketing! There is also now a huge family scene, with all kinds of activities and courses on offer.

'The idea for Holistic Harmonies comes from everything I have ever done in my life and career.'

I have trained in a few different areas that all complement each other, so I decided to call my business Holistic Harmonies. Music, movement and massage all work in a sub conscious way that bring healing, bonding, growth, joy, and an uplifting holistic experience. My programme at Holistic Harmonies brings all of these together; designed specifically for the families I work with who might like to try all these strings to create their own bow, to play their own harmonies!

FIND OUT MORE

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