



Andrea Sulzbacher - Testimonials

"When I first met Andrea it was like an angel sent from above. I could feel her positive and honest energy that comes directly from her heart. Just a few weeks before my wedding day I fell on hard times. I felt so down and empty, did not know what to do.

Andrea took me on a healing session I will never forget. She started with a relaxing back/spinal massage and then opened up my muscles tightness around my shoulders and neck area. I felt like heaviness was lifted right off. When Andrea did the energy balancing and healing work around my head and heart region I felt like she opened up my heart and soul again. At the end she worked on my feet and I felt very grounded again. Overall I left feeling like I was in a dreamlike state and so much more relaxed; stress and anxiety released from my body. I also felt more centered and patient after her session.

I deeply enjoy working with her, and look forward to every time we meet."

—Sonja Berger



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"In my 56 years, I truly believe that Andrea has been one of the most positive and powerful influences in my life. She played a huge role in preparing me physically and spiritually for my two major hip surgeries. Pilates core strengthening, yoga stretching and meditation are just a small component of my time with her.

She has taught me the importance of loving and accepting myself, finding time for myself ...and most of all the importance of Breathing! I never breathed fully and correctly, before I met Andrea, it has caused me to be more conscious and present in my body and in this world. To say that she is 'wise beyond her years' is an understatement. She is love, light, full of positive energy, and dedicated intensely to her clients! I am so grateful to be one of her students."

—Sandy Furano



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"Andrea feeds from a profound training and deep knowledge of all areas of Yoga, Pilates, Meditation, Energy Healing and more. She is extremely focused and professional about her work, but what sets her apart most is her undying devotion to help her clients and to share her amazing energy. No session is ever alike and each one is tailored to my immediate need. Never have I left her studio not feeling 100% better after getting stretched, rubbed and massaged. Andrea has made a serious impact in my life and there is not a day when I don't live and breathe the things she taught me."

—Ursula Beatt

"Before Andrea entered my life I was running around like crazy, raising a family, running a business, managing a large office, oh, and trying to have a life, I thought this was balance! Andrea has taught me ways and techniques to stay centered in my heart, stay in the present moment and connect my body, mind and soul. I feel stronger, more balanced and decisions come much easier!

—Sue Freeman



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"I highly recommend Andrea's healing program, Cre8balance®, for everyone who is seeking to feel more connected, grounded, and balanced. She has developed a comprehensive system that combines core-strengthening movement with healing breath-work, so that you can improve your mental, emotional and physical health and well-being. Andrea's gentle, encouraging manner makes her the perfect life coach! You are guaranteed to feel results immediately and will want to keep coming back for more."

—Meg Benedicte

"I have found my work with Andrea to be very rewarding. I am not one who easily takes to exercise, so I need it to both spiritual and physical for me to continue. Andrea's work ties my physical movement into my spiritual experience, which assists me to get grounded and align my mind, body and spirit. I have enjoyed our work, and we also get some good laughs. I would recommend Andrea to anyone."

—Suzanne Lie



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"Before my yoga session with Andrea I felt very out of balance and stiff all over my body from all the stress over the last few months. Also my mind was deadlocked; not open for new experiences.

After my session with Andrea I felt like I was floating on a cloud, full of inner peace and harmony. Due to the deep stretching combined with the hands on acupressure Andrea did on my spine and the deep conscious breathing she constantly reminded me of, I got my physical feeling back. I felt so much more open in my body again. My body felt lighter and my mind and soul could focus clearly on the next important steps in my life. I felt grounded and centered again."

—Sonja Berger



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"I was in a place in my life where I needed emotional healing and I realized that this would take time, work and introspection. Andrea was able to guide me through my healing process with compassion, wisdom and understanding. Her intuition knew exactly what I needed to learn and understand, so I can get to a place of balance and peace. I am happier, in a much better place and feel more centered. The decisions I now make are from inner wisdom and are the right ones for me."

—Bob Larson

"I have been Andrea's client for over 5 years and her intuition is always able to guide me feeling more centered, calm and energized. After working with her, I find myself more patient and grounded, which helps me to handle life's challenges with more ease. Andrea's healing sessions are phenomenal. Her healing touch brings me to a place of serenity, and complete relaxation. If I do nothing else for myself all week, I am sure to come to my Cre8balance® session."

—Lisa Wehrly



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"Andrea is a spiritually oriented instructor with a hands-on approach and watchful eye keeping track of my every move. She is very present and has a vast knowledge of Pilates, Reiki, Yoga and Acupressure that provides a personalized and well rounded work out experience. Under Andrea's tutelage, my entire body had become stronger, my lung capacity has increased and my neck and back no longer ache. She also gives great foot, neck and shoulder massages."

—Velda Ishizaki

"I have received treatments from other energy healers before, but never have I felt such a strong connection to spirit as I did when Andrea worked on me. She is truly powerful; I left her office feeling calm and centered and knowing that things are moving in the right direction."

—Maike Both



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"During my healing session with Andrea I felt this lightness and spaciousness like I was in heaven, connected to everything and trusting that everything I need is here for me all the time. I felt wonderful and a feeling of no limitations. It is one of the best things I can do to recharge myself. My breathing has improved and I have begun to look at breathing in a whole new way. She truly has a gift for healing, is very knowledgeable and shares her great energy."

—Susan Ankersen

"After recovering from breast cancer, I was seeking a Pilates instructor to help my body regain its core strength and balance. Andrea's extensive training in Pilates, Yoga, TRX, Tai Chi, Prana Healing, and massage have created an added bonus in my sessions. Using her training and natural intuition, Andrea works on a deep core level to help you balance the body, mind, and emotions that create a unique healing system. I highly recommend her!!"

—Betsy Caffrey



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"I recently lost my husband of many years. Having been a caregiver to my children, my parents and then my husband, I had no idea what losing him would do to my personal identity. After my healing session with Andrea, the focus of my life has returned. Her ability to listen to my inner-self and intuitively discern where and who I was, and where I wanted to be, and how I wanted to grow, has opened my mental and physical psyche, allowing me to become the person I had always dreamed of being but was unable to make happen. I am now connected to my soul and my body feels more open and lighter. I have learned to open my energy centers and I am completely open to the universe."

—Dede Utzinger



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“I began seeing Andrea in 2003. I was racing bicycles at the time and my body did not feel balanced. Through care, concern, and her amazing ability to calm, strengthen and adjust, my body felt incredible and my mental tension declined. Broken ribs, a fusion of C4, 5 and 6, an ACL tear followed, and each time Andrea helped me recover by her skill in working on both mind and body. Her Pilates work with me has strengthened the core of my body and touched muscles I never knew I had. After 15 years I continue to see Andrea and count her as a blessing in life.”

—David Wehrly