

MOBILE MEDMESSAGE

GENTLE. INTENTIONAL. PROFESSIONAL.

# Kara Ashley.

FOUNDER · CEO

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CRPC® · 200-HOUR CERTIFIED YOGA TEACHER · I AM YOGA NIDRA® CERTIFIED

Kara Ashley founded Mobile MedMassage on a standard that came out of two careers and one long season of caregiving: [would they have said yes to this?](#) Not whether the care was good — whether the people she loved would have accepted it.

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She spent more than three decades in financial distribution, working alongside financial professionals on annuity strategies, complex planning cases, plus the sponsorship and territory operations that supported them. She earned the Chartered Retirement Planning Counselor (CRPC®) designation and maintains it still. Her value was never the product; it was the trust that made the product usable.

That career taught her something she carried into this one: a solution can be technically right and still be wrong for the person receiving it. She learned it again at home, caring for people she loved and losing them. Mobile MedMassage is the answer she built: trauma-aware wellness, delivered where people already are.

# Training & Practice

## CREDENTIALS

### Somatic Training

She completed her 200-hour yoga teacher certification at Lotus House of Yoga in Omaha, Nebraska, in 2018, and certified that same year in I AM Yoga Nidra® through the Amrit Yoga Institute — a guided practice that brings the nervous system out of sustained activation and back toward rest.

### Therapeutic Massage — In Progress

She is currently completing the 1,000-hour therapeutic massage program at the Southwest Institute of Healing Arts in Tempe, with certifications in medical massage, myofascial release, reflexology, elder massage, and craniosacral therapy, finishing December 2026.

### How the Practice Is Built

She designed Mobile MedMassage to remove barriers rather than ask people to overcome them — an ADA-accessible Mobile Wellness Suite, and Healthy Hour™ chair massage that brings restorative care into workplaces, homes, and community gatherings.

Across both careers, the work has been the same: moving people from uncertainty to confidence.