

Claire Kipp

20 Years of Global
Spa & Wellness Expertise



✉ meg.claire.kipp@icloud.com

🌐 www.ritualwoman.com

📷 ritual.woman

📞 +16159395129

Expertise

Wellness Retreat Leader

Holistic Massage , Lymphatic Drainage
& Gua Sha

Yoga, Massage and Retreat
sequencing specialist

Master Energyworker + Kundalini
Activation Specialist

My journey into yoga and meditation began at the age of five, inspired by my grandmother's daily transcendental meditation practice. From an early passion for the mind-body connection, I went on to study Psychology at the University of Tennessee, where I also began teaching yoga at just 19.

Curiosity led me to India for my first 200-hour yoga teacher training, followed by studies in massage therapy, Reiki, Thai Yoga Massage, meditation, lymphatic drainage, and other healing modalities. Over time, I found joy in blending these practices—creating layered experiences that unite yoga, energy work, sound, and bodywork.

In 2014, I completed my 500-hour Quantum Yoga training in Sri Lanka culminating with a Vipassana retreat and have since led retreats and teacher trainings across the U.S., Sri Lanka, and Nicaragua.

Through my private studio Lakshmi Ayurveda and now being based in Bali, I continue to share my love for holistic healing.

My travels across Europe, Asia, and Central America have shaped my approach—integrating ancient wisdom with modern science. Today, I create unique therapies, staff trainings and retreat experiences that harmonize body, mind, and spirit, always guided by devotion, vitality, and joy.

Education & Accredited Certifications

University of Tennessee — B.A. Psychology

Knoxville TN | 2003-2007

Psychology Studies

- Major and Minor in Psychology with final research projects on relationship communication

Fitness & Yoga Instructor – University Faculty, Staff & Students

- Certified Personal Trainer and instructor for Vinyasa Yoga, Yin Yoga, Pilates, Core, Yoga-lates, Water Aerobics, Body Sculpting, and Cycling
- Developed creative sequencing for wellness classes, with focus on accessibility for all mobility levels
- Taught ~12 classes per week for 3 years

Quantum Yoga and Ayurveda Yoga Teacher Training, 200 & 300 hour (500 total hours)

Goa India & Sri Lanka | 2010 & 2013

Vipassana Meditation Retreat

Nilambe meditation centers, Sri Lanka | 2013

Thai Yoga Massage 3-day trainings

2012 & 2013

Cortiva Massage Institute 750 hours

Philadelphia | 2011

Reiki Level 1

2012

Myofascial Release and Trigger Point Therapy

2012

Vodder Method Manual Lymphatic Drainage for the head, neck and brain

2018

Dien Chan Beaute' Facial Multi-Reflexology

2019

Residencies

Villa De Zoysa

Sri Lanka | 2014 & 2015

- 2, 6-week Retreat Residencies
- Created and facilitated retreat experiences as resident yoga teacher
- Taught 2 daily classes (morning and evening practices)
- Guided guests on excursions around the island
- Offered Ayurvedic massage as part of the retreat experience
- Coordinated with kitchen staff to design specific meals and taught Ayurvedic cooking & lifestyle practices using local ingredients

Mandarin Oriental Hotel

Macau, China | 2023 & 2024 & 2025

2 Wellness & Spa Consultant residencies

- Created signature face and body treatments to enhance existing services and attract new clientele
- Offered Gua Sha Facial Ritual, Gua Sha Sauna Ritual, Daily yoga and guided meditation courses

Mandarin Oriental Hotel

Hong Kong | 2024 & 2025

Wellness & Spa Consultant residency

- Created signature face and body treatments to enhance existing services and attract new clientele
- Offered Gua Sha Facial Ritual Workshops & Manifest your Dream Life Guided Activation Meditation



Cecily Braiden Gua Sha Facial Fusion and Thai Herbal Poultice

2019

Active Consciousness Meditation training

Yoga Barn | 2020

Kundalini Activation Process

Marieke Daya | 2024

Work in Bali

Pyramids of Chi

Ubud | 2022 - Today

Manifest your Dream Life

Guided Meditation + Kundalini Activation

Successful weekly workshop

Journey to the self- Through the self

3-hour 1:1 session

Lymphatic Bodywork + Energy work

2-hour 1:1 session

Yoga Barn

Ubud | 2023 - Today

Gua Sha : The Sacred Ritual of Beauty and Wellness

3h Masterclass

- Led guided beauty meditation and energetic activation
- Taught manual lymphatic drainage techniques for head, neck, and brain
- Instructed sculptural facelifting methods
- Demonstrated full Gua Sha facial ritual sequence

Radiantly Alive

Ubud | 2023 - 2024

Weekly Classes & Thematic Workshops

- Taught regular yoga classes and multiple specialized workshops
- Developed and led Lymphatic Yin, Journey to the Heart – Eka Pada Raja Kapotasana, and Hanumanasana – The Epic Stride

The Path

Canggu | 2023 - 2025

Weekly Yoga Classes & Signature Workshops

- Taught weekly classes ranging from Vinyasa to Yin
- Developed and led signature workshops: The Gua Sha Ritual and Lymphatic Yin

ALMA Holistic Studio for Women

Seseh | 2023 - 2025

Weekly Yoga Classes & Signature Workshops

- Taught weekly classes ranging from Vinyasa to Yin
- Led signature workshops: The Gua Sha Ritual and Lymphatic Yin

Trainings

FU Massage

Canggu, Bali | 2025

Massage Therapy Training
Master & Add-On Treatments

- Trained 3 massage therapists in 3 specialized skills for integration into a single master treatment
- Taught 3 additional add-on treatments: Manual Lymphatic Drainage, Lymphatic Scalp Massage, Sculptural Facial Massage, and Gua Sha Energetic Facial Ritual
- Focused on client-centered care, energetic boundaries, and attunement

The Istana

Uluwatu | 2025 - Today

Kundalini Activation Transmission Workshop

- Guided participants through Kundalini activation techniques
- Facilitated energy transmission and alignment practices
- Led Manifest your Dream Life- Meditation + Kundalini Activation
- Led Gua Sha + Sauna Ritual for face and body detoxification

Projects and Experience in High End Spas

Luxe Spa

Omni Hotel Philadelphia | 2010 - 2012

Massage Therapist & Head of Sales

- Provided specialized massage treatments tailored to client needs
- Designed and implemented signature treatment protocols
- Led sales initiatives and client relationship management

Lakshmi Ayurveda

Philadelphia, Pennsylvania | 2010 - 2014
Nashville, Tennessee | 2014 - 2022

Founder – Boutique Spa Experience

- Pioneered, Founded and managed
- trained 7 staff members in unique or bespoke modalities
- Provided Ayurvedic and Thai Yoga massage treatments
- Led New & Full Moon workshops and guided meditations

Southall Farm & Inn, Franklin

Nashville, Tennessee | 2019 - 2020

Herbal & Floral Garden Development

- Designed and cultivated an international herbal and floral garden for handcrafted spa products
- Integrated garden as part of the overall spa experience

Waterfront Square, Private Residences & Luxury Condos

Philadelphia, Pennsylvania | 2010 - 2012

Massage Therapist & Head of Sales

- Provided specialized massage treatments tailored to client needs
- Ran Yoga studio & programs, Master Teacher
- Program development and Client relations

Kali Yuga Yoga Studio

Nashville, Tennessee | 2013 - 2020

Assistant Director – Yoga Teacher Trainings

- Assisted in leading and organizing Yoga Teacher Trainings
- Supported curriculum delivery and guided student practice
- Facilitated workshops and hands-on teaching sessions
- lead Teachers

Catalyst Beauty

Nashville, Tennessee | 2021 - 2022

Facial & Body Treatments – Signature Services

- Developed signature services for a Facial Studio catering to high-profile clients
- Created Gua Sha Body Sculpting massage, integrating Manual Lymphatic Drainage and Abdominal Detoxification massage