Ahna Ma

Adam Joseph Mednick | Massage therapist, educator and school founder

Santa Fe, New Mexico ahnama@ahna.ma ahna.ma

Practice and leadership

The Bright Moon Institute / Founder and academic director

Develops the 700-hour massage diploma curriculum, teaches hands-on courses and mentors practitioners in Santa Fe. Directs Bright Moon Community Clinic and its supervised student practice.

Metta Bodyworks and Amrita Spa / Massage practitioner

Founded Metta Bodyworks in 2006. Offers Thai massage and myofascial work in private practice, including mat-based sessions at Amrita Spa.

Mud to Lotus / Program director and lead teacher

Leads the 200-hour Yoga, AcroYoga and Thai Massage Teacher Training. The summer 2027 intensive includes practice teaching and a supervised public Thai massage clinic.

Credentials and selected training

Professional credentials

New Mexico licensed massage therapist MT9473. Board certification in therapeutic massage and bodywork #2000230. California massage therapist certification #81160.

Thai massage and OsteoThai

Thai Massage Circus, Laos, 600 hours. Sunshine Network, northern Thailand, 300 hours. Additional study with Pichet Boonthumme in Hang Dong.

Specialist programs

Bodhi Panya Institute, San Francisco, 500 hours (2019). Naga Center, Oregon, Thai Massage Specialist with Naj (Nephyr) Jacobson, 300 hours (2020).

Yoga and AcroYoga

YogaWorks teacher trainings, 200 and 300 hours (2009–2010), with Jasmine Leib. AcroYoga teacher certifications in 2017, 2023 and 2024.

Earlier professional work

Technical, analytical and sales management roles

Lawrence Livermore National Laboratory (2005) • Veeco Instruments / Bruker Nano Analytics (2006–2012) Applied Materials (2013–2015) • Facebook, now Meta (2015–2016) • Meow Wolf (2021)