



STATERA

Integrated Health & Wellness Solutions

Josh Miller, LMT

Licensed Massage Therapist

Josh's philosophy of care focuses on integrating breath, mindful movement, and body awareness into his healing approach to help clients achieve pain relief, improved mobility, and deep relaxation.

- Chronic & Acute Pain
- Carpal Tunnel
- Low Energy
- Plantar Fasciitis
- Headache/Migraines
- Muscle Sprains & Strains
- Sciatica
- Frozen Shoulder

At Statera, we offer traditional medicine, holistic healing, fitness, and nutrition services to support your whole-person health and wellness—mind, body, and spirit. Our multidisciplinary team collaborates to provide individualized care tailored to your unique needs and goals.



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Josh Miller, LMT



Josh Miller is a licensed massage therapist with nearly three decades of experience helping people relax, restore, and move with greater ease. A graduate of Capri College of Massage Therapy, he later returned as Director of Massage Therapy, where he taught and mentored students while overseeing programs across multiple campuses. He also served as School Director, guiding day-to-day operations with the same professionalism and care he brings to his clients.

I've had the privilege of working in private practices, wellness centers, and athletic clubs, where I've gained experience with a wide variety of clients and modalities. As both a certified yoga and qi gong instructor, I weave breath, mindful movement, and body awareness into my approach to healing. Whether someone comes to me for pain relief, improved mobility, or deep relaxation, I meet them with calm, compassion, and attentiveness. My work- including FluidStrides™, a mindful running method I developed- reflects a simple belief: well-being flows when mind, body, and spirit move in harmony. Outside of my practice, I love music, family time, moving my body outdoors, and good conversation.



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