

# Dylan Hrncir

Massage therapy student and veteran with 24 years of service bringing strong discipline, attention to detail, and a client-focused approach to care. Extensive hands-on student clinic experience through regular in-class and outside-of-class practice, plus private client sessions through At Ease Massage

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## EXPERIENCE

### **At Ease Massage, Leesburg, VA— Founder/Student Massage Therapist**

January 2026 - PRESENT

- Founded and developed At Ease Massage, building a client base through consistent, professional care.
- Provides full massage sessions to clients during clinical hours.
- Delivers client-focused care with an emphasis on therapeutic treatment, recovery, and comfort.
- Develops client relationships through professionalism, trust, and individualized service.

### **Northern Virginia School of Therapeutic Massage, VA— Massage Therapy Student / Student Clinic Experience**

November 2025 - June 2026

- Completed extensive clinical massage student hours in both classroom and outside-of-class practice on a regular basis.
- Applied therapeutic techniques in supervised settings with a focus on client comfort, treatment goals, and professional care.
- Developed practical skills in assessment, technique application, and adapting sessions to individual client needs.
- Strengthened consistency, documentation, and time management through repeated hands-on clinical work.

### **U.S. Army, worldwide assignment— Chief Warrant Officer**

August 1995 - September 2019

- Served in a high-responsibility leadership and technical role requiring precision, accountability, and sound judgment.
- Served 19 years overseas, gaining unique exposure to other cultures & a broader understanding of diverse approaches to wellness & care
- Developed discipline, adaptability, and strong attention to detail across 24 years of service.
- Built a personal understanding of chronic pain and physical strain that informs a compassionate approach to massage therapy.
- Strengthened leadership, teamwork, and communication skills applicable to client care and wellness environments.

## AFFILIATIONS

Associated Bodywork & Massage Professionals (ABMP)

American Massage Therapy Association (AMTA)

## CERTIFICATIONS

CPR Certified, March 2026

## SKILLS

Therapeutic Massage

Deep Tissue

Sports Massage

Swedish Massage

Client Assessment

Session Planning

Professional Communication

Empathetic and Attentive

Client-Focused

Adaptable and Intuitive

Detail-Oriented

Calm Under Pressure

Entrepreneurial and innovative

Client engagement

Strategic thinking

Start-up operations

Business planning