



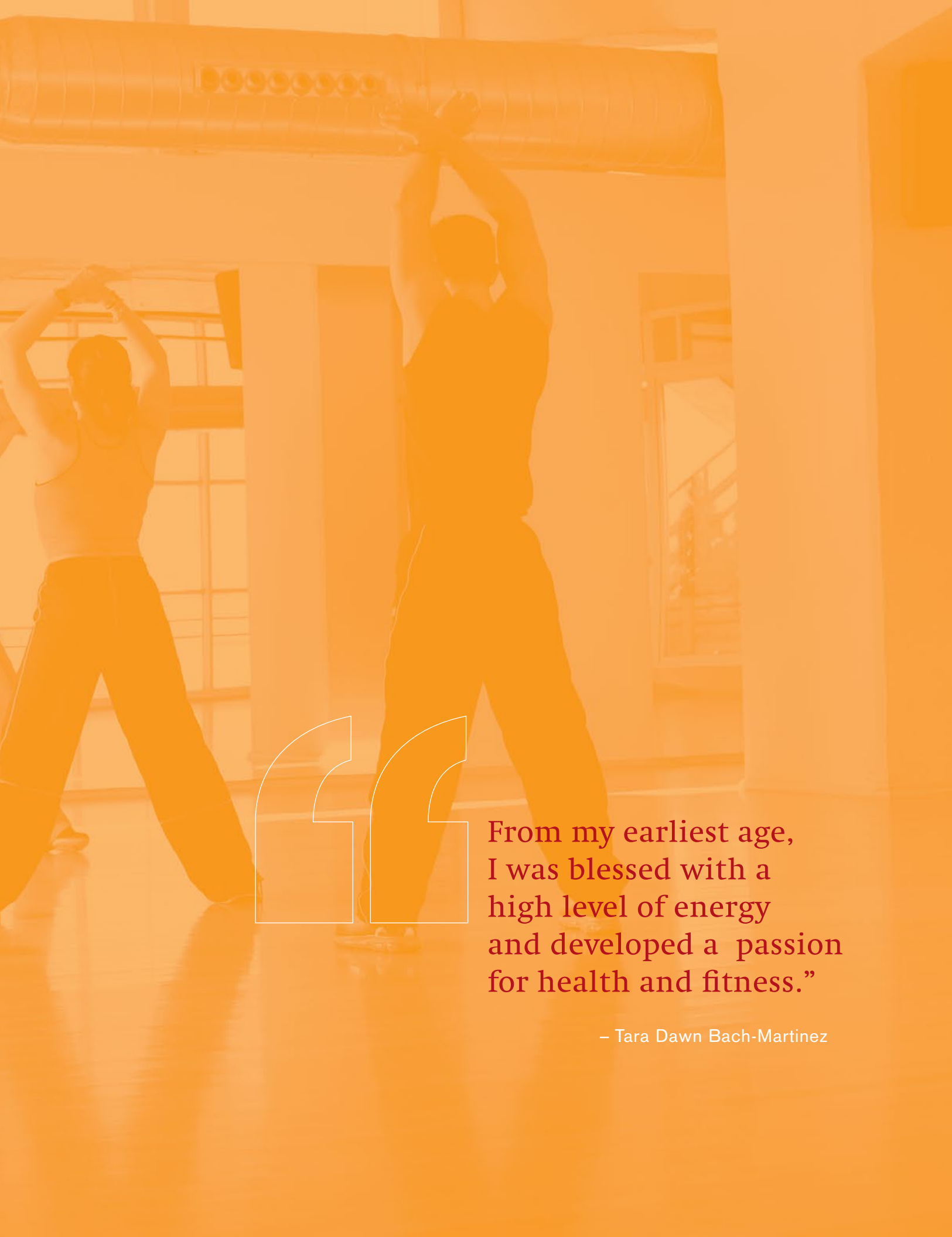
# Performing Arts & Theater Services

Totally Designed Body, LLC.  
P.O. Box 2369  
New York, NY 10108  
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[totallydesignedbody.com](http://totallydesignedbody.com)

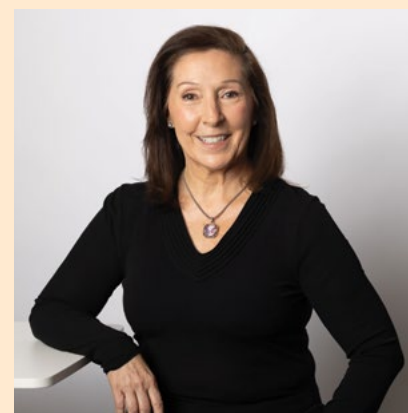
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A Higher Standard of Excellence for Every Body™



From my earliest age, I was blessed with a high level of energy and developed a passion for health and fitness.”

– Tara Dawn Bach-Martinez



**Dr. Tara Dawn Bach**  
Co-owner, Totally Designed Body

**ABOUT DR. TARA DAWN BACH**

For many years Dr. Tara Dawn Bach (TDB) was a ski racer and a professional dancer. She performed with the Nat Horne Company in New York City and later served as an Artistic Director and Resident Choreographer for Motiance in St. Maarten. Under her direction, Motiance Dance Studio gave a command performance for the queen of the Netherlands in 1986. She was also Artistic Director/Choreographer for Artists Raising the Consciousness of Humanity (ARCH) in addition to Director of Bach Triata, a summer dance and sports camp in Vermont, for twelve years. Tara’s lifelong passion for health and fitness inspired her to study a wide range of Eastern and Western techniques in physical therapy; her unique synthesis of these provides the foundation for Totally Designed Body, LLC, which she began in 1994. Tara holds a Doctoral degree in Physical Therapy, a Master’s degree in Exercise Physiology, a Master’s in Spiritual Psychology, a Master’s in Spiritual Science, and is pursuing a Doctorate in Spiritual Science (2024). She holds certifications from numerous fitness/wellness organizations; she is certified in Wellness Counseling by Cornell University, is a Board Certified Reflexologist, and has international yoga teaching certification at the Sivananda Ashram in India. Tara is also a certified Pilates teacher on all apparatus as well as a certified Rock Tape and Cupping practitioner, with CPR/AED training. She is an ordained minister in the Movement of Spiritual Inner Awareness (MSIA) and a member of the American Physical Therapy Association (APTA) and the American College of Sports Medicine (ACSM). Tara has worked with celebrities and professional athletes, and she has provided physical therapy for various Broadway shows, including The Phantom of the Opera, Oklahoma, Come From Away, and Dear Evan Hansen. As an assistant she helped performers work with decreased pain and provided educated assessments to keep them safe. Tara conducts continuing education for personal trainers, PTAs, and teachers. She hosts educational seminars and wellness classes/events for clients and corporate companies throughout New York City. Tara has developed her own unique “T-Bach Method” of stress reduction. She is a dedicated swimmer and long-distance cyclist who has completed the Boston-to-New York AIDS ride five times.

**Contact Us**

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Anything worth  
achieving demands  
hard work and  
dedication

### MY PHILOSOPHY

The rigors professional performers—especially dancers and athletes—go through for optimal performance are taxing on the body. Consistent onsite physical therapy provides preventative treatment and positive outcomes for continued performance, often catching injuries before they manifest. Home Exercise Programs (HEPs) address any imbalances that cause potential injuries. Working with a PT who has an understanding of the demands dancers place on their bodies and their challenging performance schedules is key to achieving optimal results. I work with dancers in co-creating to resolve discomfort—physically, mentally, emotionally, and spiritually—during treatment.

### TESTIMONIALS



“I met Tara at the Broadway show Phantom of the Opera. I’m a ballerina and singer there. She’s my favorite physical therapist I’ve ever worked with. I’ve been dancing as a professional dancer for 18 years. I worked with many physical therapists of ballet companies internationally in China and in the US. And I can say Tara is one who really cares. She understands our bodies and muscles, gives amazing treatments and very useful suggestions. She not only took care of me physically, but I loved talking with her, and she’s always so warm and cheerful.”

—Xiaoxiao Cao, (Phantom of the Opera)



“I’ve been a professional dancer for thirteen years and counting. Throughout my career and continuous training, I’ve worked with numerous physical therapists and can say Tara is phenomenal. Her work differs from other therapists because she takes into account not just physical pain, but the entirety of the human mind, body, and spirit. She understands the body and movement with the extreme mindfulness and detailedness of a dancer. She knows which muscles one tends to overuse and underuse, leading to overcompensation and pain. I also notice her various treatment options and comprehensive understanding of the human experience always makes me feel noticeably better for days after just one session. On top of that, Tara is simply a joy to be around. A true beacon of warm light for anyone who works with her. I cannot recommend her enough!”

—Erica Wong, (Phantom of the Opera, M. Butterfly, The King & I)

### SERVICES OFFERED

- TENS
- HEP
- Ultrasound Cupping
- Therapeutic Deep Tissue
- PT Therex
- Energy Healing
- Rocktape (with nude tape)

### BROADWAY SHOWS

- Phantom of the Opera
- Oklahoma
- Come From Away
- Dear Evan Hansen



Photo courtesy of Xiaoxiao Cao

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## PRICING

\$350 per hour minimum, **3-hour site visit.**

**All services are fee for service.**

Totally Designed Body, LLC. does not participate with any insurance companies, Medicare, Medicaid, or workers compensation.

Create your own needs schedule:

- **Before performance**
- **Between matinee and evening performance**
- **1 x week or more**

Theater/studio must provide massage table to be kept at location and an area for treatment. Sign-up sheet available to performers prior to treatment day. 20-minute on-site minimum time, extended times can be discussed. Ongoing Home Exercise Program (HEP) support provided via email for those who have been treated by Dr. Bach.

## SAFE ENVIRONMENT

Face Cradles for each person; alcohol wipe downs; individual patches; clean sterile cups for cupping; masking as required

## Strengthening & Balancing

Dr. Bach offers on site classes to promote balance and strength of muscles combining Yoga, Pilates, and floor therex based on sound physical therapy principles. This helps to prevent injuries and decrease overuse from repetitive choreography or movements. Dr. Bach's class supports in lining up the skeletal system by providing balance musculature and increases functional flexibility to protect the integrity of the joints and connective tissue. Classes before shows, or between matinees and evening performances. Having on site classes makes it simple and easy for performers to attend.

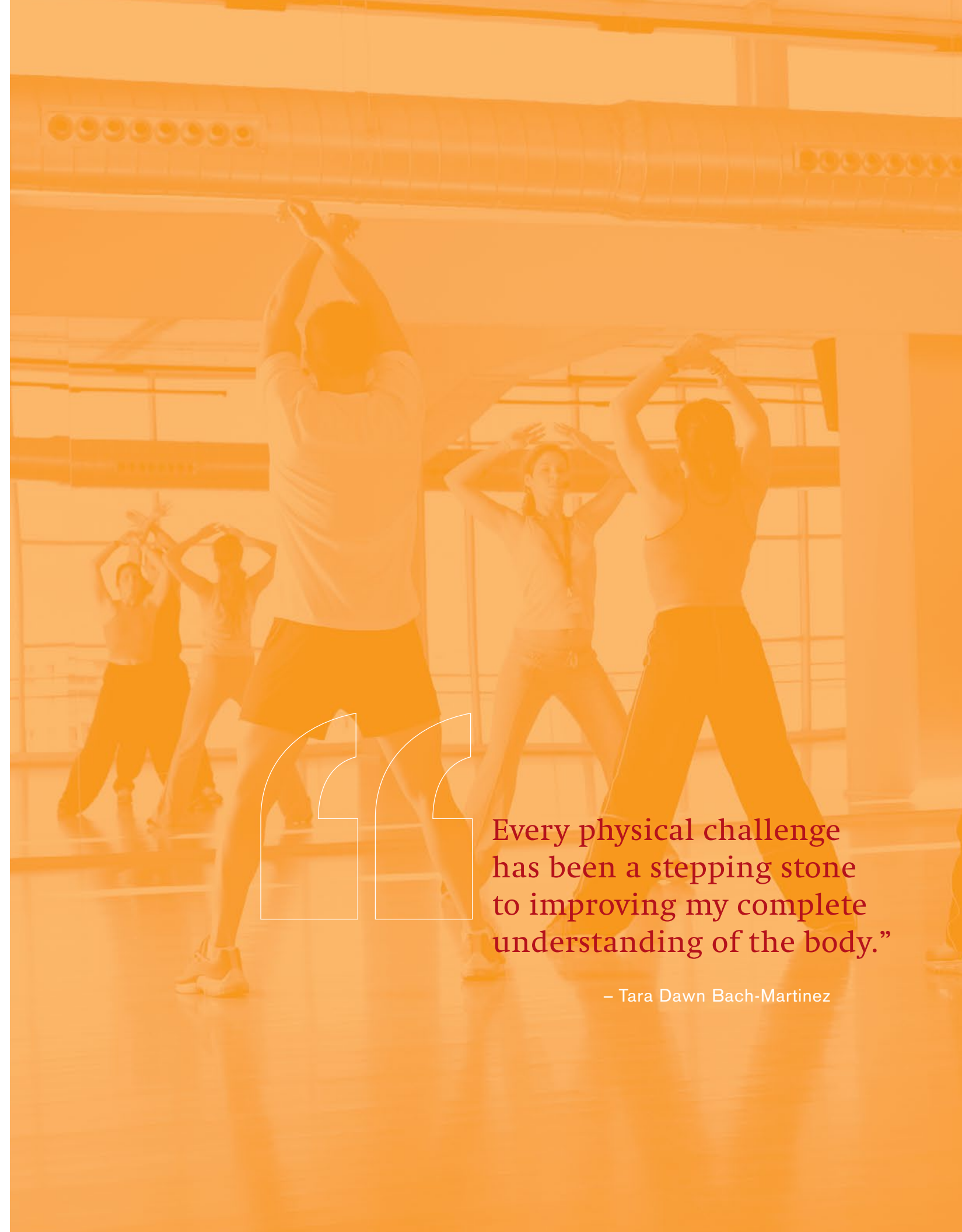
\$250 per class - 45 minutes

\$300 per class - 60 minute

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“Every physical challenge has been a stepping stone to improving my complete understanding of the body.”

– Tara Dawn Bach-Martinez