

## **Class Schedule at a Glance and Instructor Bios**

### **Friday, September 14**

8 AM – 8:45 – Keynote by Lisa Cohen

### **2 Day Classes – Friday and Saturday - 9 AM – 6 PM**

Essentials of Intraoral Massage – Lauren Christman, LMT and Richard Polishuk, LMT

Looking More Deeply - Vision Issues and Chronic Upper Body Tension - Marybetts Sinclair, LMT

MircroTrauma Maintenance Therapy - Raju Mantina, LMT

Full Chest & Breast Massage - Barbara Helynn Heard, LMT and Aubrey Lesicki, BS, LMT

### **Full Day Classes – Friday - 9 AM – 6 PM**

Addressing Fascial Alignment with Ligament Stimulation - JoAnn Kovaly, LMT, M-LIFT, PMA-CPT

Upledger Craniosacral Therapy for Concussion and Traumatic Brain Injuries - Mariann Sisco PT; CST-D

7 Hawaiian Strokes to Energize Your Full Body Routine - Kim Hartley, LMT

Digital Marketing Foundation - Alex Holden

### **Friday Morning Only – 9 AM – 1 PM**

Tap it Out ~ Emotional Freedom Technique - Tianne Curtis, LMT

Fully Exposed Ethical Dilemmas - Nathan Nordstrom, LMT

Being an Hourly Wage Employee vs IC Status - Melissa Crumb and Brent DeBeaumont

### **Friday Afternoon Only – 2 PM – 6 PM**

Essential Oil 101 – Tianne Curtis, LMT

Making PI Profitable for Your Practice: What You Need to Know Now! - Sean Ayres

Enriching Your Practice with Senior Clients - Annette Hobbs, LMT and Kate Bromley, MA, LMT, RPE

### **Friday Afternoon Only – 2 PM – 4 PM**

The Economy of Kindness: How Kindness Transforms Your Bottom Line – Linda Cohen

**Full Day Classes, Saturday - 9 AM – 6 PM**

Treatment of the Knee and Associated Structures – Dawn Schmidt, LMT

Warm Bamboo and Gua Sha Massage Workshop - Abby G. Cicirelli, LMT

Muscle-Specific Deep Tissue Techniques for the Posterior, Lateral, and Anterior Neck – Brian Utting, LMT

**Saturday Morning Only – 9 AM – 1 PM**

Money Matters: The Financial Side of Bodywork Business - Susan G. Salvo, B. Ed., LMT, N.T.S., C.I.

Topical Cannabis: History, Science and Future - Julie Crispin, LMT

**Saturday Afternoon Only – 2 PM – 6 PM**

Massage Medical Billing - Devon McLaren

Self-Care & Career Longevity for Massage Therapists - Susan G. Salvo, B. Ed., LMT, N.T.S., C.I.

Light Pressure and Energetic Techniques - Kate Bromley, MA, LMT, RPE and Annette Hobbs, LMT

**Sunday Morning Only, September 16 - 9 AM – 1 PM**

Massage and Pharmacology - Susan G. Salvo, B. Ed., LMT, N.T.S., C.I.

Business Ethics - Dawn Schmidt, LMT

Massage and Scoliosis - Jessica Anaya, LMT

Massage Therapy, Being a Leader in Healthcare - Nathan Nordstrom, LMT, BCMTB

## **Instructor Bios (listed alphabetical)**

### **Jessica Anaya, LMT**



Jessica Anaya is a licensed massage therapist and a member of the American Massage Therapy Association. She graduated from Great Lakes Institute of technology in 2009 with honors and has continued to offer the best care possible to her clientele. After graduating, she worked primarily with chiropractic doctors specializing in therapeutic massage before teaching massage in 2015. Focus of her massage skill set has been on the clinical and medical aspect of massage therapy, continuing her education in oncology, orthopedic massage, fascial movement taping, active isolated stretching, and clinical assessment, among others. After taking a special interest in a client with scoliosis, Jessica began extensive research on the demographic and developed a protocol that proved successful. Jessica's work was featured in the fall 2017 edition of the Massage Therapy Journal. She continues to work hard and make improvements to her protocol in hopes of one day changing the way people look at and treat scoliosis.

### **Sean Ayres, Managing Partner at GLP Attorneys**



Mr. Ayres concentrates his law practice on representing those who have suffered injury at the fault of another as well as family members who have lost a loved one to wrongful death. This focus has allowed Sean to gain a wealth of experience on the wide range of issues facing the victims of injury and loss.

Sean earned his Bachelor of Arts degree in Political Science from Seattle University in May of 1987. In 1990 he received his Juris Doctorate from the University of Puget Sound (now known as Seattle University) School of Law.

Mr. Ayres' bar admissions include Washington State, United States District Court – Western Division and the 9th Circuit of the United States Court of Appeals, and he has been privileged to argue before the Washington State Supreme Court.

When not working, Sean enjoys spending time with his extended family, travelling, and watching whatever professional sport is currently in season – especially basketball!

## **Kate Bromley MA, LMT, RPE (Registered Polarity Educator)**



Kate is a senior practitioner with 27 years of experience in the massage field. She is also a multi-disabled senior consumer passionate about receiving massage. For 26 years, she has been teaching kinesiology and treatment massage in massage schools and currently offers continuing education classes in specific treatment techniques and a certification program in Polarity Therapy. She studied numerous energy modalities. She worked with Annette Hobbs for the last year and a half of her practice providing various levels of massage services to senior clients. Kate has presented at two previous state conventions and also at national level conventions for both AMTA and American Polarity Therapy Association (APTA).

## **Lauren Christman, LMT**



Lauren Christman has been a bodyworker since 1994; her practice focuses on craniosacral therapy, structural integration/KMI and visceral manipulation for children and adults. As a Certified Teacher for Kinesis/Tom Myers, she taught Anatomy Trains and KMI, locally and abroad for 10 years. Before that she was a Core Faculty member and Dean of Students at the Brian Utting School of Massage in Seattle, WA. With over 20 years' experience teaching beginning and advanced students, Lauren brings a balance of precision, curiosity and humor to the classroom.

Lauren Christman and Richard Polishuk teach classes in Intraoral Work, Myofascial Balancing, Craniosacral Therapy, and Pediatric Fascial Balancing. They practice in the Seattle area; their website is [www.craftedtouch.com](http://www.craftedtouch.com); and they are happy to receive inquiries about their work.

## **Abby G. Cicirelli, LMT**



Abby G. Cicirelli, LMT has been a licensed massage therapist since 1988, a Licensed Practical Nurse since 1985, Certified Breema Bodywork Practitioner since 2000, Certified Yoga Instructor since 2000, and a Certified David Wolfe's Raw Nutrition Coach. She is a student of yoga, meditation, quantum energy healing, astrology, raw food nutrition & herbology since the early 80's. She also brings 10 years' experience as a Licensed Practical Nurse to her practice. Abby has been teaching Continuing Education Classes in: Malie & Loku Hawai'ian Lomilomi since 2003, European Facial Massage since 2004, Barefoot Fusion Bodywork since 2007, Warm Bamboo Massage since 2012, Comfort Touch since 2015 and Gua Sha Massage since 2015.

Her hobbies include: yoga, meditation, hiking, hot spring exploring, Long Distance Lake swimming, snow skiing, roller skating, hoop dancing, astrology, Tarot, gardening, raw food nutrition & herbology. She lives on the beach in Edmonds, WA with her beloved Maine Coon Kitty, Mr. Snuggles.

## **Linda Cohen**



Cohen has been a Kindness Catalyst for over 10 years. She is a sought after professional speaker, consultant and the author of [1,000 Mitzvahs: How Small Acts of Kindness Can Heal, Inspire and Change Your Life](#) published by Seal Press. Since her book's publication, she's been featured in newspapers and magazines across the country. She's been interviewed on dozens of radio and television shows on every major network. Cohen presents to organizations and businesses on the Economy of Kindness: How Kindness Transforms Your Bottom Line. In 2016, Cohen served as Programming Vice President of the National Speakers Association Oregon Chapter and is the current President Elect. In 2017, she was chosen as NSA Oregon Chapter Member of the Year. She received her BA from American Jewish University and an MA from Brandeis University. Cohen lives in Oregon with her husband of 24

years, she has two spirited teenagers and two Cavalier King Charles Spaniels. She loves practicing yoga and will never turn down a great cup of Earl Grey Tea.

### **Julie Crispin, LMT**



Julie completed an extensive program at East West College of the Healing Arts and she graduated 2007. She is National Board Certified as well as licensed to practice in Oregon. She is currently the President of the Oregon Chapter of the American Massage Therapy Association (AMTA). Julie is recently certified by the Klose Institute in Manual Lymph Drainage. She trained extensively with Advanced Trainings with Til Luchau in Myofascial Release, Upledger Institute in Cranial Sacral Therapy. Other continuing education includes Trigger Point, Spa therapies, reflexology, Tui Na, FAT Tool Training, Gua Sha, & Cupping. Prior to becoming an LMT she received a BS in Education from Baylor University 1990, Culinary Arts Program – Clark College 1996-97. She was the owner of Wild Women Catering 2000–2008. She has worked for Massage Envy, Sylvie Day Spa, on call with JNA Chiropractic & The Float Shoppe. She currently maintains an active private practice.

### **Melissa Crumb, Outreach Specialist – No Bio**



## **Tianne Curtiss, LMT, CR**



Tianne Curtiss has been practicing massage, reflexology and aromatherapy in Washington State for over 17 years. She's a graduate of Seattle Massage School, The International School of Reflexology and Meridian Therapy, Northwest Essence and Seattle Life Coach Training, as well as having taken 100's of hours in CE's herself, she has lead groups and discussions as an AMTA-WA volunteer leader and taught many. She currently teaches a 200 hour reflexology apprenticeship program, essential oil therapy and continuing education to massage therapists from her clinic in Tenino.

Emotional Freedom Technique and other forms of tapping have helped make a difference in Tianne's life and the life of her clients of massage, reflexology and essential oil coaching. Tianne believes that adding ways to support your client on an emotional level can assist in their healing on a physical level, it's very connected.

Tianne was an AMTA-WA volunteer for over 15 years; serving in many positions, including President, as well as volunteering for Washington's PAC, WAMAH. When she's not teaching, coaching, playing with essential oils or creating new classes, she enjoys travel and glamping out old trailers with her husband Randy and their cat Apollo.

## **Brent DeBeaumont, Wage and Hour Technical Specialist – No Bio**



## **Kim Hartley, LMT**



Kim Hartley began her studies of Hawaiian Lomilomi Massage in 1991 accumulating over 2700 CE hours of study with 14 different teachers over 27 years. Kim is a 1990 graduate of BUSM.

She met her husband Jim Hartley in 1992 at a lomilomi training and together they began teaching lomilomi in 1994, married in 1995, then founded Heartspire School of Hawaiian Massage in 1999. The Hartley's

Lineage includes studies of both the Kona format and temple style with teachers Shawn La Sala Kimmel, Aupuni ' Iwi Ula, Nancy Kahalewai, Daniel Albers, Mahealani Henry, Auntie Margaret Machado, Mark LaMore, Dougie McKeague, Dr. Maka'ala Yates, Wayne Powell, Pattie Miller, Linda Lopez, and Harry and Sila Uhane Jim.

Kim's teaching style is very heart-centered; she embodies "the Aloha Spirit". Kim has a natural way of supporting and nurturing the gifts each student has to share. Through her love and enthusiasm of lomilomi, she guides her students to incorporate pule (prayer), intention, and loving touch into their bodywork practice. Kim also creates an 'Ohana (family) environment for students, allowing an unfolding and safety for a deep body/mind/heart/spirit connection to come forward.

Jim Hartley embodies both the spirit of the guardian and the nurturer, a combination that is very important in this sacred work. He is a 2000 Graduate Alexander School of Massage.

Advanced student Donna Hammers has a natural knack for assisting in teaching lomilomi, she has been developing her skills as a lomilomi practitioner since 2004. She is a 1999 Graduate of Seattle Massage School.

## **Barbara Helynn Heard, LMT**



Barbara Helynn Heard's initial formal training in breast massage was within lomilomi classes in the 1990s. She has trained with other breast massage teachers, including Aubrey Lesicki of Breast Remedy, Sarah Haase of Haase Seminars and Consulting. She continues to further develop skill by trading with other massage therapists who regularly include full chest and breast massage within full body, wellness massage.

For over 20 years Barbara Helynn Heard has included full chest and breast massage for her clients who choose it within full body treatment sessions to support healthy breathing, stress relief, shoulder and neck treatment, and general well-being. Her clients include many women and men without specific breast tissue issues, as well as women who are breast cancer patients/survivors and women who have had breast reductions, breast augmentations, and other breast issues.

Barbara Helynn Heard's intent as a teacher is to see the Light in each person and to help each student to be and to do their very best. She is passionate about helping her students develop sensitive palpation

skills as well as ways to most effectively use our body weight to deliver deep yet gentle massage. She helps massage therapists adopt ways of working which are good for both ourselves and our clients so that we can avoid burnout and injury and can to continue to practice massage well into our elder years if we so desire.

Barbara Helynn Heard, LMT of Seattle, Washington, graduated from the Brian Utting School of Massage in 1996. She maintains an active private practice in Seattle offering a blend of wellness and treatment massage using lomilomi. Barbara Helynn has taught lomilomi continuing education classes for over 10 years.

More information can be found: [www.lomilomi-massage.org](http://www.lomilomi-massage.org)

### **Annette Hobbs, LMT**



Annette Hobbs has been a full time massage therapist for the past 18 years in the Seattle area. Her main focus has been working with seniors in retirement communities that have independent, assisted, skilled and memory care units. Through compassion, creativity, and skillful techniques, she has created a successful business in helping the aging population maintain a better quality of life physically as well as emotional well-being.

### **Alex Holden**



Alex Holden runs a Digital Marketing company based out of Seattle, WA that helps small to medium sized businesses. Currently he and his team manage dozens of websites and digital marketing campaigns. Alex also runs workshops and seminars across the Seattle area as well as provide self-paced online training through his sister company Zero to Ready. Alex Holden has trained over 7,000 people to date from companies like Nike, Essentia Water, Toms shoes and more. Alex also works with SCORE, SBA and Microsoft stores to deliver training locally. Before starting his own business he spent over five years with Constant Contact as a corporate product trainer, training over 6k customers across three countries and helped lead a team of trainers in their local markets to deliver Constant Contact classes.

## **JoAnn Kovaly, LMT, M-LIFT, PMA-CPT**



JoAnn changed careers in 1999 opening her business Body Shoppe Therapies, to follow her passion; helping people achieve their fitness and health goals utilizing the classical Pilates method. JoAnn is one of the original certified trainers with the Pilates Method Alliance, a worldwide Pilates organization. While working with Pilates clients, she realized that it is necessary to integrate manual therapy with Pilates for good compensation free and pain free movement patterns.

Learning and using many manual therapy techniques and research into the fascial tensesgrity of the body has helped her to develop The L.I.F.T. Method: Ligament Influenced Fascial Technique.

JoAnn loves teaching and sharing the L.I.F.T. approach to muscular and fascial function with clients and other practitioners. Watching therapists realize how effective this system is like taking a child to the beach for the first time. Exhilarating!

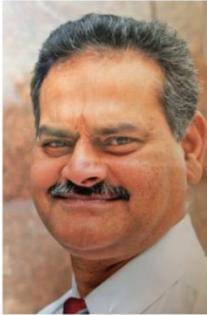
## **Aubrey Lesicki, BS, LMT**



Aubrey's raison d'etre in this lifetime is promoting breast care education and breast massage. She has found that including breast massage as part of a bodywork session helps women to integrate their breasts into their movement, alignment, and awareness. To create a strong background in breast health education, she has studied oncology massage, breast cancer rehabilitation, lymph drainage therapy, lactation and pregnancy massage, as well as pre- and post-surgical massage. Her most recent work in public policy involves supporting health regulations that allow breast massage to be practiced legally in

Washington State without restrictions. She has been practicing massage since 2002 with a focus on breast and lymph therapy since 2010. [www.BreastRemedySeattle.com](http://www.BreastRemedySeattle.com).

## **Raju Mantina, LMT**



Raju Mantina has been an International Sports Massage Therapist for 21 years. He served as a Massage Therapist in the Olympic villages in Athens, Sydney, and Salt Lake City. He has treated championship runners at dozens of events, including the Olympic Track and Field Trials in Sacramento, California, and Eugene, Oregon as well as the Junior World Track and Field Championships in Scotland and England, the Boston Marathon and the Marine Corps Marathon. With his experience, he developed the S.E.E.M technique which emphasized active isolated stretching. His technique has helped countless clients get back on their feet from severe injuries.

## **Devon McLaren**



Devon is a Medical Billing Specialist and consultant, with over 12 years of experience in the fields of chiropractic, massage, physical therapy, acupuncture, and speech therapy. After graduating from Western Washington University she began working in a fast-paced chiropractic clinic. She started as a chiropractic assistant and then became the Medical Billing Specialist. She has worked with the Washington State Chiropractic Association (WSCA), regarding issues involving insurance, as well as helped to get a class action lawsuit filed against one of the major insurance companies. Devon is not afraid to question insurance companies' practices and has gone to the insurance commissioner many times with these questions.

Working in a small billing company, she can give you and your patients the personal attention they deserve. It will always be her you speak with and she will insure that you and your patients are happy. You should never lose a patient because of billing problems and unfortunately that is a big reason why patients leave a clinic.

In her spare time she loves being with family and friends. She enjoys going hiking and trips to the beach with her husband, son and dog, Pippa.

## **Nathan Nordstrom, LMT**



Nathan Nordstrom is a past President of the American Massage Therapy Association, currently residing in Washington State. He is a licensed massage therapist in Oregon, Washington, Idaho and Georgia, and he is a Board Certified Massage Therapist (BCMTB). He has been a massage therapy school teacher since 2004 and is a nationally-recognized continuing education provider. As a massage therapist, he has owned and worked in spas over the years. He often focuses on teaching classes in the application of ethics in daily life and has taught advanced classes at anatomical displays, such as “Body Worlds” exhibits, called Bodies and Massage Therapy.

Mr. Nordstrom has been active in his professional association by serving as president of the Oregon Chapter of the AMTA, serving as an examiner for the Oregon Board of Massage Therapy (OBMT), and served two years as member at large and two years as Vice-President on the national board of directors of the American Massage Therapy Association (AMTA). In 2016-17 he served as National President. He has assisted on committees for AMTA, AFMTE, FSMTB, NCBTMB, and the Massage Therapy Foundation (MTF).

## **Richard Polishuk, LMT**



Richard Polishuk has been practicing bodywork since 1986, and teaching since 1989. As a teacher he is most passionate about the principles that create a strong ongoing link between assessment and treatment. His practice integrates on Aston-Patterning and orthopedic methods. His teaching philosophy centers on clear presentation of principle-based methods that are essential for a successful therapeutic practice.

Lauren Christman and Richard Polishuk teach classes in Intraoral Work, Myofascial Balancing, Craniosacral Therapy, and Pediatric Fascial Balancing. They practice in the Seattle area; their website is [www.craftedtouch.com](http://www.craftedtouch.com); and they are happy to receive inquiries about their work.

## **Susan G. Salvo, B. Ed., LMT, N.T.S., C.I.**



Susan Salvo is a board certified massage therapist with over 35 years of experience. She has authored two widely used textbooks, teaches at the Louisiana Institute of Massage Therapy, and presents seminars at state and national conventions. She is also a doctoral student of Educational Leadership at Lamar University. Susan reviews case reports for the Massage Therapy Foundation and was on the task force team that assembled the Massage Therapy Body of Knowledge project. In 2014, Susan was honored with the AMTA Lifetime Achievement Award. In her free time, Susan loves to travel, cook for family and friends, and play with her dog, Duke.

## **Dawn Schmidt, LMT**



Dawn Schmidt is a Licensed Massage Therapist, educator, consultant and artist, currently serving the health and wellbeing interests of her clients' body, mind and spirit. Her private practice is in the Greenlake area of Seattle. Her practice spans diverse focus from wellness, somato emotional to structural and clinical work. She provides continuing education through short (weekday and weekend) courses and an ongoing mentorship series of courses. Experienced and credentialed educator Dawn served as Director of Education and Instructor of Brenneke School of Massage (now Cortiva), Seattle Massage School and Bastyr University.

## **Marybetts Sinclair, LMT**



Marybetts Sinclair, LMT, has been a massage therapist, massage teacher, author and Bates Method Natural Vision teacher for decades. She is the author of 2 massage textbooks and more than 30 articles which have appeared in massage publications. She was inducted into the Massage Therapy Hall of Fame in 2015. She has taught in massage schools from Anchorage to Atlanta, and in various settings in Canada, Mexico, Ecuador, Indonesia and South Korea.

## **Mariann Sisco, PT, CST-D**



Mariann Sisco PT; CST-D is a practicing physical therapist of 35 years. In addition to maintaining a private practice, Mariann is a Certified Instructor for the Upledger Institute teaching Craniosacral Therapy internationally. She also shares her knowledge of Visceral Manipulation as a Certified Presenter for the Barral Institute. Mariann's experience also includes serving as a staff clinician working alongside Dr. Upledger at the Upledger Healthplex Clinic in Florida. Fueled by her personal belief that you cannot diagnose the power of the human spirit, Mariann applies her expertise utilizing manual therapy for patients who have not responded to traditional medicine. Mariann's broad range of clinical experience, post graduate education and entertaining teaching style make her a sought after instructor in both the clinical and classroom settings. Mariann was awarded the first ever Clinical Educator of the Year by the University of New Mexico Physical Therapy School. Mariann is also an examiner for the CST Techniques Certification Program.

## **Brian Utting, LMT**



Brian founded and directed the Brian Utting School of Massage (Seattle, WA) in 1982; his 1,000-hour professional licensing program was considered one of the best in the United States. Brian has been teaching continuing education internationally since 1990. He designs his classes and programs so that the students truly "get" the material and can immediately apply it in their practices, rather than just being exposed to it. With over 30 years of experience, Brian teaches with a rare blend of passion, anatomical precision, humor, common sense, and depth. He was awarded the AMTA's Robert N. Calvert Award for Lifetime Achievement in 2009, and was inducted into the Massage Therapy Hall of Fame in 2014. Brian now owns and operates the Pacific Northwest School of Massage. Visit his website at [www.pnwschool.com](http://www.pnwschool.com).