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.
Taya Countryman LMT

Taya Countryman LMT - Practicing massage since 1977, bringing a vast depth of practical work and teaching experience. She was one of the first LMT’s to have a contract with a hospital and worked 7 years on a multidisciplinary healthcare team at the Everett Providence Hospital Pain Control Center. She was a co-author and the lobbyist for the Washington State Massage Law Revision in 1987, making massage part of the healthcare field in Washington State. As a past Washington State Massage Board Member, she helped write the WAC for the Washington State Department of Labor & Industries to include massage for injured workers.

She received the prestigious awards from AMTA-WA for Outstanding Service to the Massage Profession in 2003, Service to the Chapter in 2006, and Chapter Meritorious in 2010. Taya was a 2013 inductee to the Massage Therapy Hall of Fame. She became an advanced instructor in 1985 and has taught continuing education classes across the USA on Structural Relief Therapy (SRT) which she developed from gentle, advanced Osteopathic techniques.

Taya’s active massage practice specializes in clients experiencing complex and chronic medical conditions and she willingly shares everything she has learned from her 42 years of experience. Taya listens to the body and thinks ‘outside-the-box’ for solutions to client symptoms. She makes SRT classes practical and fun with detailed handouts reinforcing the addition and immediate use of SRT as a gentle, effective tool in your practice.

Tianne Curtiss, LMT, CR

Tianne is a graduate of Seattle Massage School 1999, The International School of Reflexology and Meridian Therapy 2004, Seattle Life Coach Training 2015 and The Essential Oil Institute 2018. She is currently the President of Washington’s PAC, WAMAH.ORG, and has been an active AMTA-WA volunteer for over 18 years, including 5 years as Washington Chapter President.

When she’s not teaching, coaching, playing with essential oils, or creating new classes, Tianne enjoys travel, photography and is the chair of the Oregon Trail Days parade in Tenino where she lives with her husband Randy and their cat Apollo.

Tianne offers a 200-hour reflexology apprenticeship program, as well as additional continuing education classes from her clinic in Tenino, Washington.
Debbie Cutter, LMT

Debbie Cutter LMT - Came to massage first as a patient in 1991, then as a second career becoming licensed and a Certified SRT Therapist in 2008. She was the major collaborator for developing SRT and began assisting Taya at classes in 2003. Debbie has been the primary instructor for SRT since 2017. Her experience with Osteopathic treatments was the inspiration for training and specializing in Biodynamic Craniosacral Therapy as well as Visceral Manipulation which dovetail very nicely with SRT as gentle, effective treatment tools for her patients.

Nancy DeLong, LMT

Nancy DeLong has been in the field of massage for over 15 years. Since her licensure she has owned and operated a thriving massage clinic in Portland, OR and has become a Certified DeepFeet Bar Therapy Instructor. Nancy was fortunate to go through her instructor training with the founder of Ashiastu, Ruthie Hardee and continues to spread her legacy of helping therapists extend and enhance their careers by teaching them to work “smart not hard” when applying deep tissue techniques.

I invite you to step up in your career and step into ashiatsu and join our innovative network of growing therapists! You deserve to know this technique; it will totally change your practice and your body. If I can help save or enhance just one therapist's career, then I have succeeded as an Ashiatsu instructor.
Debbie DeNardo, BS, LMT

Debbie DeNardo earned her BS degree from Northern Illinois University and received her massage therapy education from East West College of the Healing Arts in Portland, Oregon. In addition to her home-based private practice, Debbie has been teaching NCBTMB approved CE courses for massage therapists and estheticians since 2010. She has over 20 years of massage experience and is a professional member of the American Massage Therapy Association. In addition to her live hands-on demonstrations, PowerPoint presentations guide students through step-by-step instructions. Debbie's blend of technique, knowledge and sense of fun translates well into a creative, hands-on class environment.

Nancy Haller, MA, GCFP, LMTC

Nancy has been a Nationally Certified Continuing Education Provider for massage therapists and bodyworkers since 2003 teaching NeuroMuscular Re-education and Medical Massage courses. She is currently focused on teaching, writing and publishing her body of work, NeuroMuscular Connections.

Nancy Haller graduated with a MA from Lesley University in Cambridge, MA in 2010. She has been a practicing Guild Certified Feldenkrais Practitioner cm, since completing her four-year training in 1997. She finished her National Certification for Massage, with honors, in 1995 and recently accomplished National Board Certification for Therapeutic Massage and Bodywork in 2014. She passed the Medical Massage Certification exam in 2005. During her MA program she certified as a Pioneer Trainer in the Bones For Life® Program.

Large Animal Certified, Nancy has been working with Equestrians and their horses since 1999. Her emphasis with Equestrians is enhanced competition and pleasure riding performance, experience clarity in the saddle seat and ease in the balance and movements necessary to guide their horse through specific patterns and gaits.
Barbara Helynn Heard, LMT

Barbara Helynn'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 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'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.

Ariel F Hubbard, LMT

Ariel F. Hubbard has worked as a practitioner in the Holistic Health field since 1988, and now teaches in-person and on-line continuing education. She is celebrating 20 years as an AMTA member and 25 years as an educator. As an author, she has written over 85 courses, two books and articles for Massage Magazine and Massage Today. She has facilitated healing work with clients, students and medical professionals in clinical, academic and corporate settings. She has mentored massage therapists, healers and health practitioners since 1995, guiding them along their path of personal development and empowerment. She is a Licensed Massage Therapist, Registered Clinical Hypnotherapist and a Reiki Master Teacher.
JoAnn Kovaly, LMT, PMA-CPT

JoAnn Kovaly, LMP, M-LIFT, PMA-CPT, (MA 60132961) 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. While working with Pilates clients, she realized that it is necessary to integrate bodywork with Pilates for good compensation free and pain free movement patterns. Learning and using many manual therapy techniques and research into the fascial tensegrity of the body has helped her to develop The L.I.F.T. Method: Ligament Influenced Fascial Technique. LIFT, a ligament stimulation technique, combines neuromuscular function testing, fascial length testing, ligament stimulation treatment and neuromuscular movement reeducation. The testing protocols allow the practitioner to locate the source of the pathology and treat quickly, effectively and painlessly with exact recordable results. Learn why just “releasing” the fascia and musculature is never enough! 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.
Tara McManaway, M.Div., LCPC, LMT, LPC ALPS

Tara McManaway, M.Div., LCPC (MD), LMT, (WV, MD) LPC ALPS (WV) has a day job as a Professor in the Health Sciences Division at the College of Southern Maryland. She has extensive training in clinical supervision including courses at Johns Hopkins University.

McManaway and Associates not only supports the concept of supervision and consultation for massage and bodywork practitioners but believes this is a best practice for the profession. Supervision allows regular conversations about massage and practice policies, clients, cases as well as ethical dilemmas that arise. Because massage is often a solo and solitary practice, having regular conversations about your work will keep you from burn out, isolation and the slippery slopes which lead to ineffective practice decisions.

Mental Health Professions recognize the value of regular consultations and supervision. Body-Oriented Mental Health Practitioners need a supervisor who has experience with similar integrative practices.

Shuna Morelli, LMT

Shuna Morelli is an upbeat and entertaining instructor who is known for her clarity and ability to teach in a way that makes learning new concepts easy and enjoyable. She is passionate about the profession of massage therapy and has successfully treated people with soft tissue injuries for over 19 years in various chiropractic offices and in her practice at Steilacoom Orthopedic Massage Therapy.

She has been a kinesiology and massage skills instructor in Oregon and Washington for the past 22 years and has taught high school anatomy and biology for 18 years in Michigan, Guam, and Oregon.

Shuna has developed a series of continuing education classes called “Morning Minis™,” designed to give the busy massage professional a variety of short, focused bites of skill-based information and practice in 4, 5, or 6-hour sessions.

She holds a master’s degree in Secondary Science Education from the University of Oregon.
Howard Nemerov, LMT, MTI


After attending college to learn chemical dependency family counseling, Howard went back to the University of Minnesota to study Horticulture. Realizing that his love for gardening should remain a hobby, he went back to school to study software engineering.

As a software developer, Howard specialized in debugging and reprogramming defective computer programs. Feeling stifled in the corporate world, Howard discovered therapeutic bodywork at a local massage school (Alive & Well Institute of Conscious Bodywork, San Anselmo, California). Inspired, he transitioned from the corporate world, opening a private bodywork practice. During his advanced studies, Howard was introduced to a precursor modality called NeuroMuscular Reprogramming, which enabled practitioners to improve individual muscle function. Howard researched Motor Control Theory and standard Physical Therapy principles, to understand and explain the science behind the therapeutic process. He defined protocols for identifying compensation and restoring functional movement. This journey of discovery produced the Nemerov Method.

Howard has taught the Method and maintained a clinical practice for over 25 years, specializing in injury rehabilitation and athletic performance enhancement. His own athletic background – as a former triathlete who practices Yoga and Pilates – enables him to serve as a knowledgeable resource with active clients. He has many years of experience in Personal Injury and Workmen’s Compensation claims, providing RSI treatment for one of the largest high-tech firms in the SF Bay Area.

His commitment to excellence has led to outstanding results, averaging 3-4 treatments per client case, with a better-than 90% success rate in resolving clients’ symptoms.

Continuing clinical research has resulted in protocols for resolving repetitive stress injuries, and persistent conditions like TMJ, functional scoliosis, dysfunctional gait mechanics, and post-partum pelvic and core issues.
Dr. George Russell, DC

Dr. George Russell is a bodyworker, chiropractor and teacher. He approaches neuromusculoskeletal issues with multiple lenses for seeing and techniques for treating the person, adapted to a particular person on a particular day. His job is to clarify complexity -- to get beyond symptoms to the root causes of restriction and pain.

Dr. Russell holds bachelor’s and master’s degrees from Wesleyan University and a doctorate from the University of Bridgeport. Over thirty years, he’s taught at such places as New York and Wesleyan Universities, Kripalu Yoga Center, and the American Massage Therapy Association’s National Convention. Among his fields of expertise are movement, anatomy/kinesiology, manual techniques, postural analysis, and writing.

Dr. Russell’s teaching is clear and practical, focused on humor and compassion, always privileging principle over protocol and seeking new ways to improve function, restore balance and awaken aliveness.

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.
James Waslaski, LMT

James Waslaski is an author and an international lecturer who teaches manual therapy at approximately 40 seminars in the US and throughout the world on an annual basis. After graduating from college, he was a paramedic who also taught in hospitals and colleges for almost 20 years. He is a massage school graduate and a Certified Personal Trainer with NASM. James is also an NCBTMB Board approved educational provider. James has developed 9 integrated manual Therapy and Sports Injury DVDs and authored a manual in Client Self Care. His textbook: Clinical Massage Therapy: A Structural Approach to Pain Management, was published by Pearson Education in 2011. He presents at state, national and international chiropractic, osteopathic, athletic training and massage conventions. James received the 1999 FSMTA International Achievement Award and was inducted into the 2008 Massage Therapy Hall of Fame. James was awarded Massage Therapist of the Year in 2012 at the Canadian Massage Conference He was also nominated and awarded by his peers and colleagues the designation of Teacher of the Year in 2015 at the World Massage Festival.

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. NCBTMB Provided #451040-09.