

ITHACA & THE FINGER LAKES REGION

Located at the southern end of the Finger Lakes Region of New York State, the Ithaca area is rich in state park land, hiking trails, wineries and waterfalls. The area features Cayuga Lake, which, via lock system, opens to the Great Lakes and Atlantic Ocean. Ithaca is a town with a history of cultural vitality— from filmmaking in the early 1900s, to Carl Sagan’s legacy, to a rich local music scene. A center for art, theater, literature, and music of all stripes, Ithaca has maintained a downtown center with many bookstores and fine restaurants, including the legendary Moosewood. The Ithaca Commons is a focal point for many community activities and shopping. Ithaca enjoys the cultural benefits of Cornell University and Ithaca College— concerts, theater productions, and lectures— and attracts people from all over the world. Students have particularly enjoyed the local wildflower preserve, the annual Ithaca Festival, and daily meditation opportunities at the local Tibetan Buddhist monastery. Ithaca has a three-season Farmer’s Market on the inlet leading to Cayuga Lake, complete with organic produce and canoes to rent. Ithaca also supports a vibrant and varied bodywork community and an evident enthusiasm for many ways of healthful living. For more information about the Finger Lakes Region and the Ithaca area, please contact the Ithaca/Tompkins County Convention & Visitors Bureau at 800-284-8422 or at <http://www.visitithaca.com>.



Ithaca itself was as inviting as the academic and technique classes at FLSM, with terrific mountain bike routes and scenic hiking trails— Ithaca is one big classroom without walls!

Lisa Cuzydlo-Donohue, MA, LMT

Ithaka by Constantin Cavafy

When you set out for Ithaka,
Pray that your road is a long one, Full of adventure, full of
discovery...
As long as your thoughts are exalted,
As long as a rare excitement

Stirs your spirit and your body.
...Full of gratitude, full of joy—...Keep Ithaka always in mind.
Arriving there is what you’re destined
for.
excerpted from “Ithaka” in Selected Poems
translated from Greek by E. Keeley & P. Sherrard

CONTACT INFORMATION:

AJ Sare
Campus Director ... 607-272-9026 x.19

Jeannie O'Neill
Education Director...607-272-9026 x.30

Beth Tomlinson
Financial Aid Director ... 607-272-9026 x.36

Jessica English
Student Services Director ... 607-272-9026 x. 21

Krista Balgaroo, Tiffany Van Etten, Sharon Farugie
Admission Representatives ... 607-272-9026 x.600

Ana Ottoson
Clinic Coordinator... 607-272-9024 x 37

Dusti-Lee Provencher
Part Time Program Coordinator... 607-272-9024 x 37

Dusti-Lee Provencher
Registrar... 607-272-9026 x. 29

Dan Lashkoff
School Store/Building Operations Manager ... 607-272-9026 x.24

2018 PROGRAM DATES & TUITION

Full Time Tuition: \$17,100

Part Time Tuition: \$17,100

Application Fee: \$50.00

Required books and supplies are included in the cost of tuition

We offer a full-time and part-time certification programs in massage therapy. In this program, you can look forward to enjoying the in-depth, innovative, and often transformative, educational experience for which FLSM is renowned.

Year	Program	1st Day	Last Day	Graduation
2018	Nov. 18 MOD	11/26/2018	7/26/2019	8/3/2019
2018	Oct. 18 MOD	10/22/2018	6/21/2019	8/3/2019
2018	Oct. FLX	10/15/2018	3/7/2020	7/25/2020
2018	Sept. 18 MOD	9/17/2018	5/17/2019	8/3/2019
2018	August 18 MOD	8/13/2018	4/12/2019	8/3/2019
2018	August FLEX	8/6/2018	12/7/2019	12/22/2019

2018	July 18 MOD	7/9/2018	3/1/2019	8/3/2019
2018	June 18 MOD	6/4/2018	1/31/2019	8/3/2019
2018	May FLX	5/30/2018	9/28/2019	12/22/2019
2018	Apr 18 MOD	4/30/2018	12/21/2018	12/22/2018
2018	March FLX	3/19/2018	7/17/2019	8/3/2019
2018	Jan 18 FT	1/22/2018	8/17/2018	8/17/2018

Ithaca Part Time 2018 Programs

Fifteen Month Flex Program Starts

March 19th
May 30th
August 6th
October 15th

Ithaca Full Time 2018 Mod Program

Eight Month Full-Time Program Starts

Apr 30th
June 4th
July 9th
Aug 13th
Sept 17th
Oct 22nd
Nov 26th

In keeping with the Finger Lakes School of Massage's philosophy of experientially supported learning, classrooms are well appointed with charts, anatomical models, audio-visual aids, reference books, and many other creative learning materials. Within each classroom there are massage tables and shiatsu mats for hands-on classes and clinic time, or muscle palpation activities. For our students' comfort we have: tables and chairs, back jacks, zafu cushions and physioballs. Skeleton models are available for students to reference during both class and lab time. The classrooms also include a supplies closet, which houses an array of materials that students may use in their projects during lab time.

Our school is located on the second floor of the Rothschild Building on the Ithaca Commons. Our space is situated on one floor that consist of three classrooms, our administrative offices, the student study, student kitchen and a large and open community space. Our bookstore is located on the lower level of the building. The Ithaca Campus has a maximum enrollment of 25 students per start.

There is storage in the classrooms for students to hang their coats and store their bags. Lockers are also provided for student use. We do provide refrigerators where students may store snacks and lunch. Microwaves for student use are also available.

Our community space is a great place for students to unwind and study. It includes our library with books and games, café tables, comfy couches and chairs and wireless internet. Filtered water and restrooms can be found on the main campus floor. Students are free to study, relax or enjoy their lunches in our spacious community space area, or when weather permits may go outside to the Ithaca Commons.

GREAT PLACES OUR GRADUATES HAVE FOUND EMPLOYMENT:

University Holistic Health and Pain Treatment Center, Syracuse NY
New York Yankees, New York NY
Lighthouse Healing Arts, Tahoe City CA
Highland Hospital, Rochester NY
Sagamore Resort, Saratoga NY
The Mind-Body Health Center, Ardara PA
Mirbeau Spa, Skaneateles NY
Schuyler County Hospital, Watkins Glen NY
A Healthier You, Missoula MT
Crouse Irving Hospital, Syracuse NY
Middle Tennessee Institute of Therapeutic Massage, Nashville TN
Two Bunch Palms, Desert Hot Springs CA
Whole Health Center, Chestnut Hill MA
New Age Health Spa, Neversink NY
Steuben Athletic Club, Albany NY
South Carolina Chiropractic Center, Columbia SC
Illusions Day Spa, Nashville TN
Alfred University, teaching massage, Alfred NY
New York Chiropractic College, teaching massage, Geneva NY
Raymond Physical Therapy, Skaneateles NY
Gurneys Inn Spa, Montauk NY
YMCA, Auburn NY
White Rose Day Spa, Vestal NY
Ocean Beach Therapeutic Massage and Acupuncture, San Diego CA
Turning Stone Resort and Casino, Syracuse NY
Vestal Chiropractic Center, Vestal NY
Natural Body Day Spa, Sandy Springs NY
Peaceful Place Wellness Center, Clifton Park NY
Genesee Hospital, Rochester NY
Ryan Chiropractic, Waterloo NY
Cornell University, teaching massage, Ithaca NY
Essential Massage, Horseheads, NY
In Touch Massage Therapy, Rochester NY
Bodyworks Massage Therapy, Ithaca NY
St. Joseph's Hospital, NY
Equinox Fitness Club, New York NY
Association of Retarded Citizens of Monroe, Rochester NY
Center for Mind-Body Integration, Jamesville NY
Stratton Corporation, Jamaica VT

Elements, Billings MT

As a staff, we see ourselves as half of the educational equation, reaching toward our students, creating the learning environment together, & meeting our students at the still place in the center where real change happens.

Directors:

Najibullah “AJ” Sare

Campus Director

Najib is a connoisseur of the arts and muses. He moved from Afghanistan to Germany at the tender age of 4 where he completed his academic journey at the University of Bonn, the former Capital of Germany.

Najib’s migration to the US commenced in 1992 settling in Plano, TX (a suburb of Dallas) where he started his career in academia in 2001 as a Director of Admissions. He soon excelled to become a Campus President/Executive Director, VP of Operations and Chief Operations Officer at various schools and colleges.

Najib leads by his mantra of Student satisfaction, Staff development and Compliance. Furthermore, his belief is that Education is the pathway to life enrichment and success. Therefore, he strives to give everyone an opportunity to experience the journey of knowledge and individualism in a framework of professionalism.

“I love Ithaca and its’ wonderful people”

Jeannie O’Neill M.ED, RYT, YACEP

Education Director

Jeannie is an Ithaca native that has recently returned to the area as a seasoned educator, with experience in the public school system as well as charter and alternative schools. Currently working toward her doctorate in Mindful Education, Jeannie has provided countless hours of professional development workshops to educators and community partners. Having owned a Yoga studio in Bennington, VT and now teaching yoga locally and at SUNY Cortland; Jeannie has taught Yoga to students ages 3-83 and has extensive Yoga anatomy, physiology and philosophy knowledge. She is so thrilled to be back in her home town and was drawn to the culture and community at Finger Lakes School of Massage. Jeannie feels that massage school is an opportunity for people to illuminate their inner path. As someone who likes to serve, she knows that helping people on their journey is a way to give back to the community that has given her so much.

Beth Tomlinson, M.S

Regional Director of Financial Planning

Beth left her hometown of Cortland to complete an East Coast tour in pursuit of her Master’s degree in Exercise Science & Health Promotion. She is an extroverted introvert with a knack for puzzle solving and creating beautiful organizational systems. She believes that life is all about balance. Some days she viciously hits the gym and other days she slowly enjoys a pint of ice cream with her rescue dog. She is honored to be added to the FLSM team and equally excited about using her unique skill set to help students achieve their dreams.

Jessica English, LMT

Student Services Director

Jessica had a feeling the first time she walked into FLSM that it was a very special place. She is thrilled that as the Regional Admissions Director she gets to help others discover the magic of the school and the amazing knowledge that can be gained there. She graduated from FLSM in 2008 and has been working there since 2010 in many

capacities: Clinic Coordinator, massage instructor and CEU program organizer. She believes in the holistic approach the school offers and in the commitment of its teachers and staff. Helping to guide the school is an honor and she loves working with the other Directors to make FLSM the exceptional educational institution that it is.

Faculty and Staff:

Bradford Allen, LMT, BA

After graduating from FLSM, Brad knew that this community of students, teachers and staff was a special place. Returning to the Ithaca campus to teach seemed like the perfect way to integrate a passion for education and wellness. After graduating from Niagara University, Bradford has been teaching professionally for over a decade in public school, independent, and community health settings. He firmly believes that education is not only vital for personal growth but also remains the greatest weapon against any form of oppression. Brad brings a diverse and lively skill set to his approach on teaching and life; he is also an instructor at the Tompkins Council working with individuals dealing with substance abuse, a massage therapist at the Dharma Center in Cortland, and a performing musician.

Yumi Asakura, BA, LMT

Yumi has been studying, giving, and receiving Shiatsu since her childhood in Tokyo, Japan. In addition to her NYS Massage License, she holds a certification through the National Certification Board for Therapeutic Massage & Bodywork and an Aromatherapy Certification through the National Association for Holistic Aromatherapy. She maintains a massage and aromatherapy practice in downtown Ithaca. For many years, Yumi has also pursued theatrical arts, studying acting, dancing, singing, and mime. She has performed in Tokyo, London, and New York City.

Jennifer Cook, BS, LMT

Jennifer is a 1996 FLSM graduate and began supervising clinic in 2002. In 2008 she retired from her fulltime administrative “day job” at Cornell and completed the FLSM teaching apprenticeship program. She has been teaching at the school ever since. Jennifer is also a certified Rosen Method practitioner and is endlessly fascinated by the stories that our bodies reveal when we are touched. She is honored to be a witness to the process of growth and discovery that occurs at FLSM, and is ever in awe and appreciation of the body’s innate wisdom in its unending movement towards health and balance.

Dawn Eller, ND

Dawn received her Doctorate of Naturopathic Medicine in 2003 from Southwest College of Naturopathic Medicine and holds Bachelor's degree in Biology. As a part of the Science team, she brings warmth and joy to the classroom and a sincere desire to support learning. Dawn sees her role as a teacher, not only to impart knowledge, but promote self-love and confidence. She has a keen appreciation for the unique healing potential of massage and bodywork and is honored to be a part of the education of future massage therapists. Outside of FLSM, Dawn maintains a Naturopathic medical practice in Ithaca and is Mom to two boys.

Heidi Eckerson, BA, MAT, LMT

After living in the past (and her head) for over a decade teaching history, Heidi decided a change was in order. Attending FLSM reminded her about the importance of being present and allowed her get re-acquainted with the rest of her body. After graduating in 2012 she opened a private practice where she is honored to help others experience

change in their bodies and lives. Heidi also enjoys filling in at Binghamton University's Wellness Center providing mindful massage to students, faculty and staff. (She wishes they had this on campus when she was a student there.) She is excited to be a part of the Science and Business teams here in Ithaca.

Bernadette Fiocca, LMT

Bernadette is a 1983 graduate of the Florida School of Massage and a 1995 graduate of the I.M. School of Healing Arts. Her advanced studies include The Trager Approach®, Continuum Movement®, craniosacral therapy, Integrated Energy Therapy, Reflexology, and Level 3 Reiki. She is continually exploring ways to integrate these many techniques and approaches, and enjoys uncovering the threads that unite them all. Bernadette teaches KAM, Energy Palpation, Shiatsu, Of Sound Body and The Dance of Massage. Her areas of specialty are integrative massage and energy-based healing. She has a special interest in Sound healing with advanced study in Biosonics Repatterning (tuning forks) and the Yoga of Voice. A student and performer of dance for many years, Bernadette loves all forms of movement.

Cindy Getchonis, BA, LMT

Cindy studied Holistic Health Theory and Philosophy in college, attended the Boulder School of Massage, and then pursued continued study in movement-based bodywork. Swedish Massage and Body Mechanics are her main courses at FLSM. Client education, empowerment, and personal responsibility are issues that continue to intrigue her as both a therapist and an instructor. She is a Trager Approach Practitioner® and Certified Aston Patterner®. Cindy thinks humor is essential in the classroom. She combines bodywork and movement education in her private practice.

Kate Goldswor, BA, LMT

Kate is excited to return to FLSM to help students in Swedish massage and in their clinics as they develop their own style and gain skills and confidence in their work. She graduated from FLSM in 2012 and since then has worked in local spas and maintains a private practice. Kate is passionate about Thai Yoga Massage and Thai Poultrice massage, and integrating these modalities into her table work. She values self awareness, compassionate presence, and open communication and feels inspired to teach these core FLSM principles. She volunteers at Ithaca Community Acupuncture and enjoys hiking the gorges around Ithaca.

Elena Gonzales, LMT

Admissions Guide

Elena is a graduate of Ithaca College and the Finger Lakes School of Massage, and is still trying to figure out what she wants to be when she grows up. She works at FLSM as a clinic supervisor and admissions representative, but dreams about one day travelling the country in an airstream trailer and being able to skip stones as well as Sue Bissell.

Sondra Hartmann, BFA, LMT

Sondra is a graduate of the Florida School of Massage and has been on the faculty at FLSM since it opened in 1994. She teaches Reflexology, Energy Palpation, and Sound & Healing in the full-time program and Elder Massage in the part-time program. What she absolutely loves about teaching is the deep level of connection that is possible from one human to another, particularly in the special learning environment at FLSM. In private practice for 17 years, Sondra currently offers the Arvigo techniques of Maya Abdominal Massage, and she is the massage therapist for Bridges, an assisted-living residence for elders. Her quote to live by: "The past is my teacher; the present, my creation, the future, my inspiration."

Gabriel Hoff, BA, LMT

Gabriel is a 2012 graduate of FLSM who currently teaches Connective Tissue Therapy, Shiatsu, and several other modalities. He does Shiatsu sessions on the mat and Biodynamic Craniosacral work in his private practice. Before Massage Therapy, he studied ritual-based Performance Art at Purchase College, and then spent some time as a baker,

actor, Butoh dancer, Georgian folk singer, and executive assistant. Being a student at FLSM was deeply transformational and he is honored to be a teacher. He believes that the essential quality of this career is listening from the heart.

Meghan Kerr, BA, LMT

Meghan, a 2011 graduate of FLSM, returned in 2017 to join the staff as the clinic coordinator. She holds a Bachelor of Arts degree in Environmental Studies from the University of Pittsburgh in addition to New York and Pennsylvania massage therapy licenses. She worked in the environmental non-profit industry prior to entering the rewarding and fulfilling profession of massage therapy. Meghan currently maintains a part-time massage practice in the area. She enjoys being outdoors, gardening, cooking, and spending time with family.

Dan Lashkoff

Retail Manager/Building Operations

Dan joined FLSM as its retail manager (a job he loves) in 2012. Dan studied U.S. History at Stanislaus State University in hopes of teaching at the high school level and coaching baseball. However, Dan's love for music took him on a different path and for the next 20 years he split his time as a professional drummer and as a shoe and apparel buyer for a family owned department store chain. Dan and his family relocated to the Finger Lakes region in 2007 from the San Francisco Bay area. Dan is also known to be kind to strangers.

Kylie Miller, LMT, NRT(TM)

Kylie began her journey as a massage therapist when she was just out of high school before she had ever received a massage! At the time she was strongly interested in finding a career in the medical field, but wasn't sure if working within the western medical model was right for her. She graduated from North Country Community College in 2005 with an Associates Degree in Massage Therapy and Applied Sciences. She continued on to SUNY Potsdam where she completed her Bachelors of Science in Community Health in 2008. Since then she has worked in nearly every setting where massage therapy is offered (spas, hair salons, applied medical massage under a Physical Therapist, and has run her own private practice). Her professional development includes pregnancy massage, massage doula training and loku lomi. She is also a DONA trained Birth Doula and has completed the professional level of Nutrition Response Testing (TM) training at Ulan Nutritional Systems in Clearwater Florida. In her free time she is interested in astrology, tarot cards, nutrition and practicing yoga. She also loves attending live music and spending time outdoors particularly in the Adirondacks. Now, over a decade after her first leap of faith into this field she feels that massage therapy is not only her profession but also an enormous part of her identity and lifestyle. Becoming a massage instructor is truly a dream come true for Kylie and she is thrilled to join the FLSM team to help students begin their own transformative path of healing.

Charles Napolitano, LMT

A graduate of Finger Lakes School of Massage, Charles also has advanced training in Shiatsu, studying with Grand Master, Wataru Ohashi, at the Ohashi Institute in NYC, and has completed the Advanced Certification training of Thai Yoga Massage from the Lotus Palm School also is a Master instructor on Integrative Energy Therapy. His love of practicing Tai Chi Chuan and Chi Kung that emphasize in development of Chi has led him to the deeper study of energy/body work and holistic health. He feels that each step in massage therapy brings profound understanding and appreciation of human individual and community, and is grateful to be given the opportunity to practice meditation and metta (loving kindness) in his professional work.

Matthew O'Neill, M.S. Ed

Matthew holds a masters of arts in education from LaSalle University and is a Certified NYS Teacher. As an experienced educator who promotes universal design for learning across curricula, he specializes in creating interactive games for classroom instruction. He has worked for over a decade as a classroom teacher, coach, peer educator, team leader and interdisciplinary teaching mentor. His focus on mindful classroom environments and growth mindset have allowed him to inspire students to move toward their fullest potential

Anna Ottoson, LMT

Clinic Coordinator

Anna is a 2012 graduate of FLSM. She wanted to go to FLSM for almost a decade before taking the plunge, and is very grateful she did. She owns a small private practice, often "assisted" by her small dog. Helping people manage their chronic pain and feel their best is one of the most rewarding things she has ever done. Anna loves traveling and has been to 8 countries on three different continents. Her favorites so far are Scotland and Turkey, and her 'must visit' bucket list is too long to list. When not globetrotting, she spends her time at home in Ithaca, snuggling her cats, dog, and fiance, and researching her next grand adventure.

Cassie Osborne L.M.T.

Cassie graduated from the FLSM part time program in December 2011. Since then she has been practicing Massage and Integrated Energy Therapy at Heaven to Earth Wellness Spa in Elmira Heights. Cassie is thrilled to work as a Clinic Supervisor at FLSM in the hope of helping students to find their niche in massage and to help them grow in ways they didn't know possible.

John A. Perestam LMT, PKP

A 2007 Graduate from FLSM, John joined the science team at FLSM in 2010, and also teaches in the massage classroom. Certified in Touch for Health Kinesiology, his passion is combining the modalities of Applied Kinesiology with the amazing power of massage. One of his great joys is "seeing the light come on" when students realize their potential and make the connection between the sciences and the hands-on modalities of massage. John founded The Body Lab Wellness Center in Endicott, NY in 2010, and works there when not teaching.

Dusti-Lee Provencher

Part Time Program Coordinator/ Registrar

Awaiting Bio

Dakota River, LMT, BFA

When Dakota discovered FLSM in 2013, she knew it was the perfect environment for her to continue her life long work assisting people into finding balance and healing through body/self awareness. She graduated FLSM in 2015 and has since started her own practice in Ithaca. Dakota has a pretty eclectic background--Starting with earning a BFA degree from Syracuse University in Sculpture; she then learned skills in wilderness survival, after discovering her love of functional art made from nature; she studied Buddhist psychology to learn a different approach for healing mental/emotional issues; and she has also trained in several forms of martial arts, including Tai Chi, Kendo and Shotokan karate. She has incorporated all of her experience by combining them with her natural counseling abilities. Dakota utilizes energy palpation in her massage therapy sessions to help guide a session that integrates deep tissue therapy, trigger point therapy, Swedish massage, neuromuscular therapy, shiatsu and reiki. She employs her knowledge of anatomy, physiology and kinesiology to inform her therapeutic techniques. She believes that her clients can let go of a past history of trauma by allowing them to experience body awareness through therapeutic touch. She is very excited to be a part of the FLSM team and play a role in students experience with this unique school.

Hallie Sawyers, BA, LMT, APP, NCTMB

Hallie is a 1996 graduate of FLSM. She teaches Energy Palpation, Hydrotherapy, and Essential Oils for Massage Therapists, which introduces students to the therapeutic applications of aromatherapy. She is licensed and nationally certified in therapeutic massage in both NY and CT since 1996 and nationally certified in holistic aromatherapy with several years of advanced clinical training. Hallie certified in Polarity Therapy and Reflexology, a master instructor of Reiki and Integrated Energy Therapy, an approved continuing education provider for the National Certification Board for Therapeutic Massage and Bodywork and the educational outreach chair and outreach VP for the Labyrinth Society. She is the owner of Soul Song, a bodywork and energy work practice offering classes, lectures, and client care in upstate New York and beyond.

Dana Shoemaker, LMSW, LMT

Dana studied massage at The Center for Natural Wellness in Albany, NY. She has been working as a massage therapist in a wellness center setting since 2009. Prior to that, she was a Licensed Master of Social Work (LMSW). She worked with children and adults with developmental disabilities, and with the elderly in a hospital setting. In addition to Integrated Swedish massage, Dana specializes in Craniosacral Therapy. She has completed a 700 hour training in Biodynamic Craniosacral Therapy with Turtleback Craniosacral Education and supplemental training in Craniosacral Therapy with Infants. The study of this work has been life changing and truly resonates with her goals as a bodywork therapist: engaging with health rather than dysfunction, and helping others to experience the power of light touch. She is also an experienced ballroom dancer, yoga enthusiast and dachshund owner. She loves sharing what she has learned and helping students reach their full potential as massage therapists.

Nancy Spero BS, RN, LMT

Nancy graduated from FLSM in 2000. She is also a Registered Nurse and she holds a Bachelors Degree from Cornell's College of Human Ecology with a concentration in Adult and Community Education. She has worked in many community healthcare and human service settings around the Ithaca area. She is a Certified Trager Practitioner and has a private massage practice. She loves working with people, helping them connect with their heart and their own inner healing and deep wisdom. You may also see her around Ithaca spreading joy and fostering community as a traditional Contra and Square Dance caller. She feels honored to join the FLSM teaching team, assisting students to explore their dance-of-life as massage therapists.

Julia Thompson, LMT

Julia is a 2000 graduate of FLSM and joined the staff shortly afterward. Julia teaches Pregnancy Massage , Elder, Sports, Chair, Oncology Massage and in the deep tissue modalities. She continues to love what her private practice brings her way, from working with women through their childbearing months, to working with athletes and elders.

Kim Vaughan, BS, LMT

After graduating from FLSM in 2009, Kim moved to Arizona where she practiced massage at a chiropractor's office, massage studio, and resort spa. She returned to Ithaca in 2011. She has been teaching at FLSM since 2013 and loves working with students as a Kinesiology instructor, massage instructor, and clinic supervisor. Kim continues to practice as an on-call massage therapist at two spas, and in her free time she is one of the hosts of a WVBR radio show called Rockin' Remnants.

Trisha Vendryes, LMT

Retail Assistant

Trisha is a 2014 graduate of FLSM and has recently joined staff as a retail assistant in the school store. She is very excited and honored to be a part of this special community that prepared her so well for the massage therapy profession and profoundly transformed her life in so many wonderful ways. Trisha is passionate about her work as a

massage therapist and is currently on staff at Massage Envy in Fayetteville, NY and Barrington Holistic Healing Spa in Dundee, NY.

Dex White, LMT

Dex is a 1999 FLSM graduate, and has worked at the school since 2003, in both administrative roles and in the massage classroom. He teaches Swedish Massage, Communication Skills, Kinesthetic Awareness through Movement, Self-Care, Sports Massage, Energy Palpation, Connective Tissue Therapy, Hydrotherapy, Neuromuscular Therapy, and Medical Massage. He loves to see the unfolding growth of students in their time here. Dex has worked in several spas including his current position at Rasa Spa here in Ithaca. He loves his family and pets, music, gardening and lots of laughter.

THE FLSM ADVISORY BOARD MEMBERS

NAME	TITLE/AFFILIATION
Ammitai Worob	Chiropractor
Rachel Hogamcamp	Rasa Spa Owner, former teacher
Tammy Marshall	Alumna, LMT, business owner
Kash Iraggi-Wiggins	Co- Manager August Moon Day Spa
Crystal Gullo	Chiropractor and former teacher
Dean Lauria	Manager Massage Envy
Jessica English	Staff
Jeannie O’Neill	Staff
Peter Nickless, D.C.	Director of Applied Clinical Nutrition New York Chiropractic College
Sandra Romes	Director of Sales Homewood Suites, Hilton Hotels