

OUR TOWN

Known for its year-round beauty, vibrant fall foliage, majestic palisades, rolling mountains, and breathtaking Hudson River views, this corner of New York State is one of the most beautiful areas in the country. The Lower Hudson Valley has been renowned for decades as a center of art and culture. Students can stroll along trails leading to scenic landscapes depicted in the works of Thomas Cole and other well-known artists. This area is well known for its rich historical



significance, dating back to the Revolutionary War. It served as a temporary home to George Washington, and as a permanent home to many prominent New Yorkers, including Washington Irving and the Rockefeller family. Centrally located in Westchester County, the town of Mount Kisco is a small epicenter of commerce that has a down-to-earth feel. Culturally rich, this thriving artistic community is full of local boutiques and family owned restaurants that cater to the needs of our student body.

The Finger Lakes School of Massage's Mount Kisco campus is conveniently located on North Bedford Road, approximately one mile from downtown Mount Kisco and the Mount Kisco train station

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. Massage tables, massage chairs, and shiatsu mats are provided for classroom use and after school practice. Students are free to study, relax or enjoy their lunches on a semiprivate outdoor patio included in our Mount Kisco campus. In the warmer months, we maintain a private garden cared for by our students and staff, who plant herbs and flowers annually.



CONTACT INFORMATION

Amy Vona

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Jessica Collishaw

Registrar, Financial Planning Coordinator, Career and Student Services Coordinator..
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Shelly Cohen

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Sarah Baker

Clinic Coordinator and outreach... 914.241.7363 ext. 18

PROGRAM DATES & TUITION

Full Time Tuition: \$15,450

We offer a full-time certification program 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.

Spring 2010

Seven Month Full-Time Program

Apr. 6, 2010, - Oct. 23, 2010

Breaks:

Memorial Day May 31

Summer Break July 5-9

Break August 2

Fall Break September 1-3

Labor Day September 6

Winter 2010

Seven Month Full-Time Program

Jan. 5, 2010, - Jul. 24, 2010

Breaks:

Martin Luther King January 18

President's Day February 15

Spring Break April 2-9

Memorial Day/Break May 28-June 2

STAFF

Amy Vona, BA, LMT

Campus Director, Director of Education

Amy is an FLSM graduate from 2003, and joined the staff in June 2007 as the Director of Education of the Mount Kisco Campus. Prior to joining FLSM, she was the Department Chair of a Massage Therapy program in Albany, and has completed additional studies in Reiki, Yoga, Aromatherapy, and Ayurveda. She has studied healing practices in India and Kenya, and incorporates her diverse, multicultural experiences in her work. A firm believer in honoring each student's unique learning patterns, she is committed to maintaining a curriculum that encourages curiosity, growth, compassion and discovery, while encouraging students to be guided by their personal passions.

Andrea Vladimir, LMT, LAC

Andrea Vladimir graduated from the Swedish Institute in 1989. She is also a graduate in Acupuncture from The Pacific College of Oriental Medicine in 1998. She has extensive knowledge of a variety of bodywork and acupressure techniques that she utilizes in her private practice. She was among the first therapists trained in Manual Lymphatic Drainage Massage by Dr. Robert Lerner and Günter Klose. She has studied at the Upledger Institute for Craniosacral Therapy and the Ohashi Institute of Shiatsu in NYC. Recently she has focused her studies on Medical Qigong Therapy and is fascinated with the therapeutic use of energy in healing.

Bob Lesnow, DC, CDN

Bob Lesnow is a master clinician and teacher in his 31st year of private practice. He is a chiropractor, dietician-nutritionist, Jin Shin Jyutsu practitioner, and yoga teacher. Bob has taught Anatomy, Physiology and Pathology to massage therapy students since 1998. He served as a director of basic sciences for the North Jersey Massage Training Center from 1998 to 2003. He continues to teach for the Kripalu School of Massage in Lenox, MA. Bob has applied a holistic, integrative approach to disease and healing for many years. He incorporates healthy diet and lifestyle choices, guided imagery and spiritual practices, therapeutic exercise, and nutritional/botanical pharmacology into his practice.

Danielle Guillet, LMT

Danielle is a graduate of FLSM with a background in biology, nutrition, and baby science! She enjoys her new role as mom spending her time cuddling, playing and exploring the world with her 7 month old bundle named Gabriel. Bodywork, expressive movement and her little man bring her unending joy! She has worked as a bodyworker in a variety of settings around NYC and most recently as Spa Director for a yoga studio in Brooklyn. Currently, Danielle shares a massage practice with her long time friend in Rye Beach, NY. She also is a Licensed Merchant Marine Captain and helps to run her family's marine business based in NYC on the East River.

Diana Brenes Seiler, BS, LMT

Diana brings an education background of Art, Yoga, and Thai Massage with a love for dance and play into the classroom. She is a graduate of FLSM and has studied Thai Massage at both the Lotus Palm School and the Thai Massage Circus in Laos. She also has a BS in Fine/Visual Arts from SUNY New Paltz. A student of Permaculture, Diana passionately advocates for Earth care and connecting others with their innate source, nature. She teaches Swedish, KAM, Connective Tissue Therapy, Neuromuscular Therapy, and Dance of Massage. Her specialties are integrative massage and Thai Massage. She offers these with faithful presence and gentle care to her clients at The Omega Institute's, Wellness Center and in her private practice at The Living Seed Yoga Center, in New Paltz, NY, which she has co-managed since the fall of 2003. Diana recognizes the incredible power of self knowledge and is committed to supporting others as they unfold into their highest potential.

Diane Hodgdon, AOS

Office Manager

Diane joined the staff of FLSM in 2008 as the Office Manager and is now also part of the Admissions team. Prior to joining FLSM, Diane graduated from The Westchester Business Institute with an Associates Degree in Office Administration. She also obtained a Certificate in Paralegal Studies from Mercy College while working full-time at a litigation firm in Elmsford, NY. Diane is certified in Reiki I, and aspires to become a Reiki Master. Diane has allowed Reiki to expand her vision of her spiritual journey as well as her perspective of her spiritual path in life. In her spare time she enjoys hiking with her dogs, singing karaoke and wine tastings.

Eric Pettigrew, LMT

Eric is originally from Québec, Canada where he trained and worked as a dancer, focusing on modern dance, starting in 1988. Later moving to NYC to begin his studies with Cyndi Lee at OM Yoga Center, he was introduced to meditation and the philosophy and practice of yoga. In order to combine his passion for yoga and dance and to increase his knowledge of the human body, Eric studied massage at FLSM in 2002. He has completed advanced studies in Polarity, Reflexology, Applied Kinesiology, Craniosacral Therapy and Herbal Medicine. These studies inspire his instructional approach in the classroom. He is currently studying homeopathic medicine and will graduate from that program in June 2009.

Ira Joan Macner, BFA, LMT

Ira is currently our Kinesiology instructor. A graduate from the Swedish Institute (2002), Ira is also certified in Reiki, Thai Massage and Reflexology. Ira has worked at two five-star spas as a trainer for product knowledge, body treatments protocol and client care. Ira's love of kinesthetic learning and awareness first began while pursuing her bachelor's degree in theater at the University of Utah.

Jacquelyn Nuzzi, BA, LMT

Passionate about the Healing Arts, Jackie graduated from FLSM in 2003. Initially, she worked in several spas and did backstage work with celebrities and professional athletes. Jackie has since established her own spa, The Dreaming Tree, in Northport, NY where she incorporates FLSM philosophies and integrative techniques into her practice. Her degree in sociology has given her important business and communication skills which she utilizes in her practice and shares in the classroom. Because she believes that FLSM gave her the power to believe in her own dreams, she takes delight in the opportunity to share her experiences as a teacher.

Jessica Collishaw, LMT

Registrar, Financial Planning Coordinator, Career & Student Services Coordinator

Jessica Collishaw is a NYS Licensed and Nationally Certified massage therapist who graduated from FLSM in 2001. Her passion for massage comes from the profound experiences she had as a massage client when she was a teenager. She brings this passion to her career as a therapist and as a teacher. Jessica loves that massage enables her to be an artist, a healer, and a problem solver all at the same time. She also loves that massage therapy allows her the opportunity to learn something new every day. Her other interests include the outdoors, the arts, and foreign cultures.

Karin Floh-Elias, LMT

Karin Floh-Elias came to massage through dance and creative movement. She received her training at the Swedish Institute, the Ohashi Institute and the Pacific Institute of Aromatherapy. In her practice she combines massage and bodywork with the therapeutic properties of essential oils. Karin will be teaching Swedish massage at FLSM with a special focus on the joy of movement and the peaceful aspects of bodywork.

Krishna Showalter, BA, LMT

Krishna Showalter graduated from FLSM in 2002. It was there that her love of connective tissue bodywork began, inspiring her to learn more. She trained intensively and earned her certification as a structural integration (SI) practitioner through Kinesis in 2005. She has since taken advanced trainings in SI and visceral manipulation. Her private practice is based mainly on SI, medical massage, and NMT. She lives in the beautiful Hudson Valley with her partner and her ever-constant source of joy and amazement, her two-year old daughter, Zoe. A lifelong lover of movement and former dancer, Krishna is inspired by this in her bodywork and teaching. She continues to teach meditative movement by leading vinyasa yoga classes as well.

Reid Bruggemann, LMT, RYT

Reid is a licensed massage therapist and registered yoga teacher. He teaches Kinesthetic Anatomy, an interest which grew out of his love of movement and dance. He finds teaching to be an opportunity to share his enthusiasm for health and human movement. Reid maintains a private practice in New York City focused on myofascial and craniosacral bodywork. He is also a trained blacksmith and a student of music.

Ryan Flowers, LMT

Ryan is a graduate of FLSM and has returned to teach Connective Tissue, Medical Massage and Pathology. He is endlessly inspired by the infinite relationships throughout the systems of the body and the emotional and psychological experiences that shape our human potential. Ryan is also a Certified Structural Integration Practitioner with advanced training in Visceral Osteopathic Manipulation and Peripheral Nerve Manipulation through the work of Jean-Pierre Barral, D.O. His interests lie in self-empowerment, client education and approaching each individual with a listening touch and open inquiry. Ryan maintains a private practice in Structural Integration and manual therapy in Rhinebeck, NY.

Sarah Baker, LMT
Clinic Coordinator

Sarah is a graduate of Healing Hands Institute for Massage Therapy in Westwood, NJ. She has practiced in spas, chiropractors' offices and in her own private practice. Before coming to massage therapy, Sarah was an executive assistant, a social worker and even a welder! As Clinic Coordinator, Sarah looks forward to interacting with students in a hands-on classroom environment.

Shelly Cohen, B.A., M.M. CSAMP

After a successful singing career performing Opera and Musical Theatre, Shelly began a career in Staffing, as Director of Operations. After about 10 years she decided to follow her life-long love of dogs and her belief in the power of touch, and began studying Canine Massage, eventually becoming a Certified Small Animal Massage Practitioner through the Northwest School of Animal Massage. Her fascination and journey with massage as a healing modality for both canines and humans continues. As Admissions Rep at FLSM, Shelly delights in spending her days with people with healing hearts and hands.

Vanessa Greene, AAS, LMT

At FLSM, Vanessa teaches Shiatsu and Hydrotherapy. Her passion, enthusiasm, and creativity bring a dynamic energy into the classroom. Her experience in an Eastern Healing Arts Center, where she practiced Shiatsu and Ginger Compresses, has deepened her love for Eastern Philosophy. She has furthered her Shiatsu training at the Ohashi Institute in NYC and studied Reiki from Reiki Master Rev. Dina Kennedy. Having worked in a Physical Therapy office, she has experience with muscular and structural imbalances. Vanessa has worked in spa settings, chiropractic offices, and currently practices privately in Orange County.