

Faculty Bios



Nathan Nordstrom, LMT, BCTMB 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 (BCTMB). He has been a massage therapy school instructor since 2004 and is a nationally-recognized continuing education provider. As a massage therapist, he has owned and worked in many settings 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.



Ruth Werner, BCTMB is an educator, writer, and retired massage therapist with a passionate interest in massage therapy research and the role of bodywork for people who struggle with health. Her groundbreaking textbook, *A Massage Therapist's Guide to Pathology* was first published in 1998, and is now in its 6th edition, alongside Ruth's other books, *Disease Handbook for Massage Therapists* and her revision of the beloved Scheumann's *The Balanced Body*.

Ruth writes a column for *Massage and Bodywork* magazine, serves on several national and international volunteer committees, and teaches continuing education workshops in research and pathology all over the world. Ruth was honored with the AMTA Council of Schools Teacher of the Year Award for 2005, and she was also proud to serve the Massage Therapy Foundation as a Trustee from 2007 to 2017, and as President from 2010-2014.



David Otto, LMT, BCTMB, BA (English, Education), graduated from the Utah College of Massage Therapy (Nevada campus) in 2001. David is a nationally-recognized continuing education provider. He has been a COMTA- and ACCET-accredited Instructor at his alma mater over 9 years and a Subject Matter Expert (SME) for the NCBTMB. David's sole proprietorship, Hands In Motion, focuses on regularly improving his clients' Quality of Life using massage therapy. He currently volunteers with the AMTA and the Massage Therapy Foundation. When not in session, David can be found running on the streets of Las Vegas.



Drew Freedman, BCMT is the owner and founder of Learn 2 Tape™ and The Boston Bodyworker™. He is a Board-Certified Massage Therapist, a Certified Kinesiology Taping Master Instructor (CKTMITM), and an approved provider with the National Board of Therapeutic Massage & Bodywork. He has served as an Athletic Trainer and massage therapists for several college and professional teams and has over 18 years of clinical and business experience. Drew's wealth of knowledge in both the applications of kinesiology tape as well as the integration of kinesiology taping into a manual therapy practice make him one of the most highly sought educators in our industry.



Rick Garbowski, LMT is the co-owner/director of Georgia Massage School, has held the positions of Lead Instructor, Director of Education, Division Director, and School Owner during his 25-year career as a full-time massage therapy educator. Rick is an innovative curriculum architect who has experience in all levels of massage curriculum development. He has a gift for massage education and a unique ability to tailor his presentation style to meet the specific needs of his students. Rick was one of four curriculum design experts chosen to work on the Entry Level Analysis Project (ELAP), the largest massage education project undertaken in the profession, and has been honored with two prestigious awards: the 2013 Florida State Massage Therapy Association (FSMTA) President's award for industry service, and the 2013 American Massage Therapy Association (AMTA) Jerome Perlinski National Teacher of the Year award.



Bruce Baltz, LMT, BCTMB, founder of SpiriPhysical® LLC, is a licensed massage therapist in the States of New York and Florida while maintaining his Board Certification in Massage Therapy and Bodywork. He is an internationally recognized educator with over thirty years' experience in the fitness and bodywork industry. Bruce has developed Deep Tissue Healing: The Art of Stone Massage in 1999 and in 2004, active isolated stretching AIS: spa method approved by Aaron Mattes. Bruce is the former Chair of NCBTMB.