

Meet the DSM Faculty

Nancy W. Dail, B.A., L.M.T., Founder/Director, has a B.A. in Health, Arts, and Science from Goddard College in Vermont. She began her professional career in massage in 1974, combining acupuncture, Aikido, and Western massage, the essence of which is the foundation of technique classes at DSM. Now a leader in her field, she is a member of the AMTA National Sports Massage Team, and is Nationally Certified in Therapeutic Massage and Bodywork. She has served on the AMTA National Board, numerous committees, COMTA, and was Charter President of the Maine Chapter of the AMTA. Nancy participated at the 1996 Atlanta Olympic Games, and presented for 8 years in Boston at the annual Complementary Medicine Symposium. An international representative for massage, she presented at a university in Belgorod, Russia, in the fall of 1997. At home in Waldoboro, Nancy reviews books for the industry, has produced A Gift of Touch, the DVD used in the program at DSM, and was the lead author of Kinesiology for Manual Therapies published by McGraw-Hill in January of 2010. Nancy is certified in orthopedic massage. She keeps her administrative duties as DSM director in balance by teaching Dimensional Massage Therapy, Kinesiology, Ethics, and other related subjects. [Click here for more information about Nancy's teaching schedule beyond the walls of Downeast School of Massage, her publications, and her private practice as a massage therapist.](#)

Emily Waltz, B.S., L.M.T., CMLDT, Director is a 2002 graduate of the University of Rhode Island with a B.S. in Marine Biology and a minor in Arts. Emily is the Assistant Director, Director of Admissions, director of Continuing Education, and DSM Store Manager. She graduated from DSM in 2004. Combining her love and knowledge of science, water, and the art of touch, Emily teaches Anatomy, Physiology, Hydrotherapy, Deep Tissue, Maniken,[®] and supervises Clinic. In her practice, she specializes in Therapeutic Massage, pregnancy massage, Shiatsu, and hydrotherapy treatments, and perinatal massage.

Bruce Brandes, BS, LMT, CMLDT, Director of Education is a graduate of the University of Maryland and a 2019 graduate of the Downeast School of Massage. A 31-year Army veteran, Bruce was an educator for the Army both in and out of uniform at the Field Artillery School, West Point Military Academy, the Nuclear Weapons School in New Mexico, and abroad with NATO. Since becoming a massage therapist, Bruce has maintained a thriving private practice and a passion for working with Hospice and Oncology massage. Bruce is the complementary care coordinator for massage with Coastal Family Hospice Volunteers and the Sussman House in Rockport, Maine. At DSM, Bruce is the Director of Education and is the instructor for the Introduction to Oncology Massage.

William Dail, B.A., L.M.T., is a 2009 graduate of the University of New Hampshire with a B.A. in Psychology and a minor in French. He graduated from the Downeast School of Massage in 2011 with a specialty in Shiatsu. He has a Dimensional approach toward bodywork; integrating techniques from workshops with David Lauterstein, Tom Myers,

George Russell, Zachary Fields, and Jim Hackett, and others. William practices in chiropractic offices, privately, and in top spa/resort environments. William teaches Introduction to Chronic Pain and assists in massage therapy class.

Francesca Bailey, B.S., L.M.T. is a graduate of the University of Southern Maine and a 2003 graduate of the Downeast School of Massage. She has been in private practice in multiple environments including a hotel spa, massage franchise, in a clinical setting and her own “Kneading Knots” for the last ten years in South Portland. Now, settled in Washington, Maine, Fran divides her time between several locations for her massage practice and DSM where she supervises clinic and assists in the Therapeutic Massage Course. In her spare time, Fran attends and participates in Native American Drumming events.

John Balletto, B.Sc., L.M.T., C.K.T.P., a graduate of Bates College, Lewiston, ME, is a licensed massage therapist, author, educator, researcher and certified KinesioTaping® Practitioner in private practice in Providence, Rhode Island. He is past National Vice-President of the American Massage Therapy Association, past President of the Massage Therapy Foundation and a member of the Associated Bodywork and Massage Professionals, the Alliance for Massage Therapy Education, the Fascia Research Society, the Kinesio Taping® Association International and an affiliate member of the American College of Sports Medicine. In addition to his private practice, he serves as a peer reviewer for several massage therapy publications and as the massage therapist for several collegiate and professional athletic teams, John currently serves as the Chair of the RI State Board of Licensed Massage Therapists. John is an avid sculler, gardener, beekeeper and nature photographer. He currently lives with his wife, Janet, in Warwick, RI. John teaches Sports Massage at DSM.

Zachary Fields, B.F.A., L.M.T., graduated from the Chicago School of Massage Therapy in 1998 where he studied with internationally known presenter and founder of CSMT, Bob King. For many years he assisted Bob King’s Myofascial workshops at DSM and at the New England AMTA Conference. While working as a massage therapist, he completed a degree in Art Education from the University of Southern Maine in 2004 and now teaches at Mt. Ararat High School in Topsham, Maine. Zachary blends the healing arts and visual arts through teaching and practicing art and massage therapy. He teaches Deep Tissue at DSM.

Ching Liu, M.T.O.M., L.Ac. (CA), L.M.T. has been practicing holistic health since 1996, when he first trained in massage therapy at the Institute of Psycho-Structural Balancing in Los Angeles, CA. He took nearly one thousand hours of classes there before moving on to study Oriental Medicine at Emperor’s College of Traditional Oriental Medicine in Santa Monica, CA. He received his master’s degree and then acupuncture license in 2005 and went into private practice in Los Angeles. During that time, he used acupuncture and Chinese herbs to treat many health issues, but specializing in trauma (causing addiction, PTSD, anxiety, depression, and chronic pain), fertility, and digestive disorders. Ching joined

the faculty of four schools of Oriental Medicine in the Los Angeles area: Emperor's College, SAMRA University, Dongguk Royal, and Southern California University – School of Oriental Medicine and Acupuncture where he was the faculty chair of the acupuncture department. He moved to Maine in 2016, and started a new practice in Newcastle, utilizing acupressure and Chinese herbs while he gets his Maine acupuncture license. His experience in bodywork, practicing Oriental Medicine, and teaching Oriental Medicine are all distilled into his acupressure classes at DSM.

Peter West, D.C., operates a chiropractic office in Wiscasset, Maine. He received his B.A. in Biology from the University of Maine, Farmington, and a B.S. and D.C. from the National College of Chiropractic. Dr. West teaches Pathology, Physiology, and Static & Motion Analysis at DSM. He lives with his family in Wiscasset and frequently runs in marathons. He co-teaches Integrating Chiropractic and Massage Therapy workshops with Nancy Dail.

Louis M. Pontillo, M.S., has been a student of East Asian philosophy and physical arts for nearly thirty years. He holds a B.S. in Professional Health Sciences, and an M.S. in Oriental Medicine. Louis is an avid practitioner of the martial arts, and loves to share what he practices. He teaches Centering at DSM and lives in Montville with his family. Visit Louis's Web site at www.dragonrainhealth.com

Valerie Luce, L.M.T., is a Downeast School of Massage graduate, and has been practicing massage and bodywork for 13 years. Valerie has attended many continuing education classes including Reiki, Oncology massage, Deep Massage with David Lauterstein and others. She practices her own unique style and delivers her skill in a relaxed atmosphere at B & Co at 28 Water St. Damariscotta, Me. Valerie supervises the DSM clinic and is a teaching assistant for the Therapeutic Massage Course.

Darcy Gagne, LMT, CMLDT, CST, is a 2018 graduate of the Downeast School of Massage. She is certified by Klose Trainings in Lymphatic Drainage, Acupressure with Ching Liu, Cranial Sacral from Upledger Institute and Oncology courses with Patti Corscaden among other continuing education courses. Darcy is a member of multiple organizations and clearly is devoted to furthering her education and serving her regular private practice in Brunswick, ME. Darcy teaches Cranial Sacral at DSM

Cheyenne Ross, LCPC, is a licensed clinical mental health counselor based in Central Maine. She earned her MA in Clinical Mental Health Counseling from Southern New Hampshire University in 2022 and has been working with clients since 2021. Cheyenne owns Two Black Crows, LLC, a virtual & in person therapy where she collaborates with adults on various aspects of mental wellness. She is currently enrolled in a three year program becoming a Somatic Experience Practitioner. Cheyenne teaches Introduction to the Psychology of Mental Well-being and Self Care..

Stacy Gogolinski, L.M.T., C.P.T. is a 2019 graduate of the Downeast School of Massage and has been working in the fitness industry for over 30 years. She has owned practices specializing in mobility and human movement training. In her practices she utilizes her massage skills and training together to help clients retrain movement patterns. Stacy also has a background in crisis counseling as well as accounting and business. In 2024 she got her certificate in foot Reflexology. She teaches Business Design, Reflexology, and assists in teaching Sports Massage.