

## 2024-25 Faculty Listing – WICHITA

**Carlie Allen, LMT**, is a highly skilled and experienced massage therapist with over 14 years of professional practice specializing in deep tissue and neuromuscular therapy. Her expertise lies in delivering targeted, therapeutic treatments designed to alleviate pain, reduce muscle tension, and support injury rehabilitation. With an in-depth understanding of anatomy and body mechanics, Carlie customizes each session to address her clients' unique needs, promoting long-term relief and improved mobility. In addition to her clinical work, Carlie has dedicated the past five years to teaching and mentoring aspiring massage therapists. As an instructor, she combines her technical expertise with a focus on compassionate care, empowering her students with the knowledge and confidence needed to excel in the field. Her teaching philosophy emphasizes technical precision, client-centered approaches, and a commitment to professional excellence.

Carlie remains dedicated to advancing her skills and staying at the forefront of industry innovations. Through ongoing education and practice, she continually elevates her expertise to provide the highest standard of care for her clients and the next generation of massage therapists.

**Cassia Williams, A.A.S., B.A., LMT, NCBTMB**, Cassia has been a valued instructor at the WellSpring School of Allied Health in Wichita since 2019. A Certified Massage Therapist since 2011, she combines her passion for scientific understanding with her view of massage as an art form, creating a dynamic and holistic approach to teaching and practice. Cassia holds an Associate of Applied Science in Massage Therapy and a Bachelor of Arts in Music. She is a longtime member of the Associated Bodywork & Massage Professionals (ABMP) and holds advanced certification in massage and bodywork through the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). Over the course of her career, Cassia has trained in numerous modalities, including neuromuscular therapy, myofascial release, Spontaneous Muscle Release Technique (SMRT), and the National Academy of Sports Medicine's Corrective Exercise Specialist (NASM-CES) program. She specializes in working with clients experiencing chronic pain and complex medical conditions, bringing a wealth of practical expertise to her teaching. Professionally, Cassia's experience includes working in chiropractic offices and a wellness clinic before opening her own private practice. Her background in the healthcare industry has provided her with a strong foundation for her classroom instruction. As an instructor, Cassia is dedicated to empowering her students with knowledge and skills. Her favorite subjects to teach include anatomy, physiology, and pathology, reflecting her enthusiasm for the science behind massage therapy.

**Karen Leonhard, LMT**, *Massage Therapy Expert | Educator | Reiki Master* - Karen Leonhart brings over 25 years of experience to the massage therapy profession, combining extensive clinical expertise with a passion for teaching. She has served as an instructor at postsecondary career colleges across the country and spent five years as Program Director at the Bryman School of Phoenix. Karen's comprehensive knowledge includes clinical supervision, educational instruction, and the integration of therapeutic modalities in private practice. A dedicated Reiki Master, Karen has guided students through all levels of Traditional Usui Reiki, fostering personal and professional growth. She also specializes in oncology massage treatment, providing compassionate care to those navigating their healing journeys. Karen's contributions to the field extend beyond instruction. She has served as a subject matter expert for Lippincott Publishing and has embraced unique opportunities, such as

participating in The Arizona Renaissance Festival and the NFL Spa Party during Super Bowl XLII in 2008. In her personal time, Karen enjoys watching true crime documentaries, shopping, playing bingo, and volunteering at her local church. She continues to inspire students and professionals alike with her commitment to excellence in massage therapy and holistic wellness.

**Lynn Vorak**, Born and raised in Denver, Colorado, Lynn Vorak is an accomplished educator with a passion for teaching and lifelong learning. After graduating from George Washington High School in Denver, she began her collegiate journey at Colorado State University in Fort Collins, Colorado, before transferring to Gonzaga University in Spokane, Washington. During this time, she explored a variety of Liberal Arts courses, particularly in the Humanities, as she sought to define her academic and professional path.

Lynn spent 12 years working in retail and serving as a para-educator for the Cherry Creek School District in Denver. In 1994, her family relocated to Wichita, Kansas, where she worked at Newman University in various clerical roles. Recognizing the value of completing her degree, she enrolled in Friends University's degree completion program, where she earned a Bachelor of Science in Human Resource/Organizational Management and Development in 1998. She furthered her education at Friends University by earning a Master of Arts in Philosophy, Ministry, and Religious Studies in 2000. Her professional career in higher education began at Cowley College, where she served as an adjunct instructor and student advisor at the Southside Center in Wichita, Kansas, eventually becoming the Director of Student Services. After stepping away for personal and health reasons in 2007, Lynn returned to teaching in 2010, continuing her dedication to education as an adjunct instructor for both Cowley College and Wichita State University Technical College. Lynn specializes in teaching courses such as Logic, Ethics, Integrated Humanities, Interpersonal Communications, and Public Speaking. Her expertise lies in Philosophy, Humanities, and Speech Communications, fields in which she inspires students to think critically and communicate effectively. Outside of her professional commitments, Lynn enjoys creative pursuits, including jewelry making, sewing, and painting. She treasures her family life, being happily married, a proud mother of two grown daughters, a grandmother to two grandchildren, and the devoted caretaker of her cherished fur babies.

**Shannah Franklin, CMA, LMT, Campus Director**, Shannah Franklin is a dedicated and accomplished healthcare professional with over a decade of experience in healthcare, education, and community leadership. She began her journey by earning an Associate Degree in Applied Science with an emphasis in Medical Assisting from Wright Career College. Shannah holds a **Certified Medical Assistant (CMA)** credential through the American Association of Medical Assisting (AAMA), along with certifications in **CPR/AED** and **CPR instruction** through the American Heart Association. She is also a certified phlebotomist through the National Association for Health Professionals. Shannah joined WellSpring School of Allied Health in 2020 as the Program Manager for the Medical Assisting program, where her leadership and expertise quickly made an impact. In 2024, she advanced to **Massage Therapy Program Manager** and now proudly serves as the **Campus Director** of the Wichita, Kansas campus. In addition to her administrative and educational roles, Shannah is a **licensed massage therapist (LMT)** with 800 hours of massage therapy education. She continues to practice massage therapy, blending her passion for healthcare with her dedication to the art of healing. Throughout her career, Shannah has been deeply committed to community health, spearheading blood drives and promoting wellness initiatives. At WellSpring, she brings her enthusiasm, knowledge, and vibrant teaching style to empower students to build meaningful and rewarding careers. Shannah strives to inspire every student to unlock their full potential, guiding them toward personal and professional growth.

Her mission is clear: to create a supportive and empowering environment where students can thrive, achieve their goals, and make a lasting impact in the world of healthcare and wellness.

**Shawn Strickland, LMT, MA**, is a dedicated massage therapist, health coach, and educator with a Master's in Exercise Science from Wichita State University. As the founder of Austin Integrative Bodywork, he specializes in delivering personalized in-home services, including advanced stretching, massage, and bodywork techniques such as percussion therapy and cupping. Shawn is also the creator and host of the *Calorie Conundrum* podcast, where he shares his insights on health, fitness, and holistic well-being. With certifications from prestigious organizations such as the NSCA, NASM, FMS, CHEK Institute, and FDN, Shawn integrates evidence-based practices to support his clients' health journeys. His commitment to education extends to his role as a part-time instructor, where he fosters a deeper understanding of fitness and wellness. Shawn's passion for holistic health drives his mission to empower individuals to achieve optimal physical and mental well-being.

**Vrenda Pritchard**, has been a dedicated educator in higher education since 2006, bringing a wealth of knowledge and experience to her teaching. She holds a Bachelor of Science in Agriculture (Animal Science and Industry) from Kansas State University and a Master of Education in Exercise Science from Wichita State University. Over the years, she has taught an extensive range of courses, including Anatomy & Physiology, Medical Terminology, Lifetime Fitness, Kinesiology & Biomechanics, Sports Nutrition, Public and Community Health, and other exercise science disciplines. Since joining WellSpring in 2021, Vrenda has continued to demonstrate her passion for teaching by cultivating innovative and engaging learning environments. She is committed to empowering students to develop and refine their skills while fostering academic and professional growth. Her unwavering dedication to education and student success exemplifies her professionalism and impact as an educator.

**Yodora Hollins, CMT**, began her journey in the field of massage therapy and health education at the National Holistic Institute in Emeryville, California, where she graduated in 1999. During her time at the institute, she developed a strong foundation in therapeutic techniques and holistic wellness practices. With over 25 years of experience in the hospitality industry, Yodora has established herself as a licensed cosmetologist, salon owner, and a skilled practitioner in top spas and salons across California and Las Vegas. Her expertise and commitment to excellence have been recognized throughout her career. For the past five years, Yodora has been a valued team member at the WellSpring School of Allied Health, where she has managed the student clinic with professionalism and care. She brings a deep passion for massage therapy and a steadfast dedication to improving the lives of everyone she interacts with. Known for her high energy, vibrant personality, and unwavering enthusiasm, Yodora is adored by students and colleagues alike at WellSpring's Wichita campus. Her leadership and positive influence continue to inspire the next generation of health and wellness professionals.

**Kelly Workman, LMT**, "Kelly (she/they) is a dedicated and passionate massage therapy instructor with a profound commitment to enhancing the practice of healing through touch. Graduating from WellSpring School of Allied Health with an Associate's Degree in Massage Therapy, Kelly has developed a strong foundation in various therapeutic techniques.

As a proud member of the American Massage Therapy Association, Kelly stays engaged with the latest advancements in the field and actively contributes to the professional community. Currently, she is furthering her expertise by pursuing certification in craniosacral therapy through The Upledger Institute, a journey that reflects her dedication to providing holistic and effective care. With a particular passion for trauma-informed massage, Kelly emphasizes the importance of creating a safe and supportive environment for clients, recognizing the profound impact that trauma can have on the body and mind. She believes in the

transformative power of massage therapy and is committed to empowering students to harness these healing modalities in their own practices. Kelly looks forward to sharing her knowledge and experience with students, inspiring the next generation of compassionate and skilled massage therapists"

**Crystal Mingle, LMT**, began her professional journey in 2021 when she enrolled at WellSpring School of Allied Health. She earned her Associate's degree in Massage Therapy in 2022. Continuing her education, Crystal obtained her Reiki Master certification, further expanding her holistic healing skills. Shortly after, she founded her own spa, *Shorties Mind Body & Soul*, which continues to thrive today. Drawing on her extensive client experiences and deep passion for massage therapy, Crystal is dedicated to sharing her knowledge with students. She takes great pride in watching her students grow as they gain new skills and expertise in the field.

**Breana Cotton, LMT**, earned her Associate's Degree in Massage Therapy from the WellSpring School of Allied Health. She is dedicated to ongoing professional development and actively pursues continuing education and advanced coursework to expand her expertise in massage therapy. With over two years of experience as a licensed massage therapist, Breana has gained extensive knowledge and practical experience in the field. As an alumna of WellSpring, she is passionate about giving back to her community and is eager to share her expertise with her students. Breana is committed to making a meaningful impact in the lives of her students, equipping them with the skills and knowledge they need to excel in their careers.