

About Your Instructors



Shannon Haughey is co-founder and director of Conshohocken Community Acupuncture where she also maintains a practice in Shiatsu and manual therapy working along side a team of acupuncturists treating a wide variety of clients. After more than 20 years, Shannon Haughey is still excited by her work in the field of the healing arts. During that time, she has maintained a private practice as an LMT (licensed massage therapist) specializing in Shiatsu and Craniosacral Therapy. She studied directly with Wataru Ohashi of the Ohashi Institute, NY, NY at a time when he was instrumental in introducing the west to this ancient art.



Dr. Walcott earned his bachelor of science in biology and psychology from the University of California at Santa Barbara, and is a Summa Cum Laude graduate of New York Chiropractic College. Dr. Walcott has post doctorate training in many advanced clinical areas, including fibromyalgia treatments, nerve/disc pain, and clinical nutrition, especially pertaining to weight loss and inflammatory pain syndromes. An accomplished lecturer, Dr. Walcott educates the medical and local communities on many health related topics, and his back safe workout program has gained local and national media attention.

Supplemental Interviews



Ed Haughey, PT, began his studies in bodywork more than 20 years ago when he completed the shiatsu program at the Ohashi Institute in NYC. His experience was so positive that he decided to continue refining his skills by attending Jefferson University and earning a Master of Science and Physical Therapy in 1999. He is currently a highly-regarded staff PT at Jefferson University Hospital.



Lara Logan Lara is a licensed nationally certified massage and bodywork practitioner and physical therapy assistant. She has a career spanning 20 years of dance, movement, rehabilitation, and hands on bodywork. Her sessions focus on restoring function, balancing the body's systems, and empowering clients to treat themselves and succeed at maximizing their movement and body goals