

Diann Shively PTA, LMT

Diann has an associate degree in Physical Therapy and has been a Licensed Massage Therapist for over 30 years.

She has a full time practice in Green Valley, AZ and incorporates TRE with Myofascial Release (MFR). She has been practicing MFR since 1999 with John Barnes PT. She also facilitates Jyoti Meditation classes in Tucson and Green Valley. Diann has also been facilitating Connected Breath Work classes for several years until she found the value of TRE.

Her interest in Body/Mind/Spirit have been a major role in her studies and interest from an early age.

She lives in Green Valley with her husband, George and their cat, Tabby.

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