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MASSAGE THERAPY INSTITUTE

CLASS SCHEDULE

thru December 2010

These classes may be taken as continuing education or as part of our 250-, 500- and 720-hour programs.

JULY

MASSAGE THERAPIST PROGRAM (100 hrs), Summer Intensive Program. July 5 through July 17 (except July 11) (9 am – 6 pm). Instructors: Keesha Standley, Julie Reynolds, Tim Holt, Greg Williams **Total Cost:** \$1,025. Class description on the programs page of website.

ADHESION AND SCAR TISSUE RELEASE (16 hrs) Suns, Jul 11 & 18 (9 am – 6 pm). This workshop will introduce you to adhesion and scar tissue release work. Old and new adhesions can cause long term myofascial pain and dysfunction, and postural distortion. You will learn client analysis including visual range of motion assessment and client verbal description of pain felt in the body. You will learn how to properly palpate and identify healthy and unhealthy fascia. You will learn how to isolate and release the adhesions and gain an understanding of how and why the body creates this dysfunctional situation. Various techniques will be used including orthopedic massage for joint work, myofascial release using cross fiber technique, neuromuscular re-education including trigger point-release, and facilitated stretching to bring the tissue back to its original mobile state. **Prerequisite:** 100 hrs of massage training. **Instructor:** Greg Williams **Cost:** \$224 **Prepay:** 2-Wk \$215, 4-Wk \$205.

CLASSIC DEEP TISSUE MASSAGE (20 hrs) Wed, Thurs, Jul 21, 22 (9 am – 5 pm), & Fri, Jul 23 (9 am – 4 pm). This workshop introduces the basics of deep tissue massage therapy. The class will focus on three general areas: the neck and occipital area, the shoulder, and the hip and lumbar region. Muscular and skeletal anatomy will be taught with emphasis on the origin, insertion, and the musculotendinous attachments for each major muscle. Nerve pathways will also be taught with particular emphasis placed on impingement syndromes within each area. "Deep Tissue Massage" will teach you how to access deeper structures and begin to make structural changes. We will use basic Swedish massage techniques to soften superficial tissues. The deeper techniques presented will be an eclectic mix of muscle stripping bone cleaning, friction (circular, longitudinal and transverse), trigger point release, and rudimentary stretching. Upon completion, students will be able to effectively treat such muscular problems as releasing hypertonic muscles, trigger points, impingement syndromes, scar tissue reduction, muscle strains, and chronic muscular spasms. **Prerequisite:** 100 hrs massage training. **Instructor:** Tim Holt **Cost:** \$280 **Prepay:** 2-Wk \$270, 4-Wk \$260.

ANATOMY AND PHYSIOLOGY FOR BODYWORKERS (50 hrs) (32 in class hrs – 18 lab hrs). Sats & Suns, Jul 24, 25 & 31 Aug 1 (9 am – 6 pm). This class is an in depth study of the organ systems of the body and their specific functions. The class will help you learn to "see" into the body and be more effective as a therapeutic practitioner. This class is taught system by system and covers the chemical and structural process of the body and the physiological effects of your massage strokes. Your understanding of the functioning of the human body will be enhanced and it is an important class for message therapists looking to take the National Certification Exam. **This is a lecture class. Prerequisite:** None. **Instructor:** Dr. Michelle Homer **Cost:** \$470 **Prepay:** 2-Wk \$450, 4-Wk \$425.

HYDROTHERAPY (8 hrs). Mon, Jul 26 (9 am – 6 pm). This course includes both lecture and hands on experience using water as a solid, liquid or steam to improve health in your clients. Techniques will include alternating hot and cold treatments, steam treatments with aromatherapy and full body wraps. You will also learn about the health benefits of castor oil packs, clay applications and other topical treatments. **Prerequisite:** None. **Instructor:** Dr. Michelle Homer **Cost:** \$110 **Prepay:** 2-Wk \$104, 4-Wk \$99.

PHARMACOLOGY FOR MASSAGE THERAPISTS (8 hrs). Tues, Jul 27 (9 am – 6 pm). The student will learn about most commonly prescribed and over-the-counter pharmacological medications. Each physiological system of the body will be discussed, along with the corresponding medication used to treat the dysfunction. Students will learn how to complete a pharmacological assessment to assure client safety, and use of appropriate massage techniques. The discussions will include: how to research medications, assess the medications, implications on massage, medication interaction, contraindications, side effects, and how the medication produces its effects on the body. Special attention will be focused on pain control, antidepressants, and anti-anxiety medications (as these are some of the most commonly prescribed) and their side effects can greatly alter your approach to massage. **Prerequisite:** None. **Instructor:** Dr. Michelle Homer **Cost:** \$110 **Prepay:** 2-Wk \$104, 4-Wk \$99.

NUTRITION FOR HEALTH (14 hrs.). Thurs, Jul 29 (10 am-6 pm) & Fri, Jul 30 (9 am-5 pm). This class will include the basics about nutrition and how it relates to common pathologies encountered by massage therapists such as joint and muscle pain, adrenal fatigue, thyroid conditions, diabetes, etc. Learn the basics of an ideal diet and ways anyone can realistically implement them into everyday life for better health. Including common sense approaches to shopping, cooking and eating better without feeling deprived. We will also discuss when it is appropriate to use supplements for specific pathologies. "Good" fats versus "bad" fats. How do I know if the supplement I'm taking is any good? Making sense of the nonsense – cholesterol. Michelle Horner is a naturopathic doctor and

brings to this class a holistic view and information very relevant to the massage therapist. **Prerequisite:** None. **Instructor:** Dr. Michelle Homer **Cost:** \$196
Prepay: 2-Wk \$185, 4-Wk \$180.

AUGUST

ORTHOPEDIC MASSAGE (Joint Mobilization) (12 hrs) Mon & Tues, Aug 2 & 3 (9 am – 4:00 pm). Is a multiple step approach involving specific assessment and treatments to help reduce painful joint movement and restore chronic myoskeletal dysfunctions of the synovial joints. This is a unique multidisciplinary approach utilized to restore structural balance and focus on prevention and treatment plans for muscles, tendons, ligaments and joint capsule injuries that surround and influence range of motion of a joint. You will learn firsthand functional assessment for synovial joint and proper palpation skills to enable you to locate the site of injury or dysfunctional tissue causing pain or poor mobilization of joint movement. You will learn to utilize the basic skills of scar tissue release, adhesion mobilization, neuromuscular re-education and stretching techniques which will allow you to obtain results in even your more challenging clients. **Prerequisite:** 100 hrs massage training. **Instructor:** Greg Williams **Cost:** \$180 **Prepay:** 2-Wk \$170, 4-Wk \$160.

REIKI I (8 hrs) Fri, Aug 6 (9am – 6pm). This workshop will introduce students to Reiki (pronounced “Ray-Key”) and the human energy system. Reiki is a universal life energy that can be used to balance the chakras and smooth the aura. Learn about this unique energy, see how to channel and focus this energy for healing on many different levels for yourself and your clients. Receive the first level attunement allowing you to channel the Reiki energy. Explore the history and uses of Reiki in the East and West. Learn to balance the chakras using this energy. Explore the Mind-Body connections as they relate to Reiki. **Prerequisite:** None. **Instructor:** Staff **Cost:** \$110 **Prepay:** 2-Wk \$104, 4-Wk \$99.

SOFT TISSUE RELEASE (12 hrs). Sat & Sun, Aug 7 & 8 (9am – 4pm). Soft Tissue Release is a unique injury treatment technique that enables body workers to provide relief from soft tissue pain in as little as one treatment. This technique applies specific compression and precise extension of soft tissue contractions resulting in profound opening effects on all micro trauma, and scar tissue. Muscle memory is re-developed and relief from pain starts immediately. Soft Tissue Release is used most often to treat low back conditions, whiplash injuries, carpal tunnel pain, tendonitis, thoracic outlet syndrome, piriformis syndrome, plantar fasciitis, shin splints, neuromas, hammer toe, compartment syndromes, and many other painful situations due to over use, or a physical injury. This is a fantastic technique that can be easily taught to new body workers, and a great addition for those who already practice Myofascial release, Trigger Point Therapy, Neuromuscular Therapy, Deep Tissue Release, and Sports Therapies. **Prerequisite:** 100 hrs massage training. **Instructor:** Greg Williams **Cost:** \$180 **Prepay:** 2-Wk \$170, 4-Wk \$160.

MASSAGE THERAPIST PROGRAM (100 hrs). Summer Intensive Program. Aug 9 through Aug 21 (except Aug 15), (9 am – 6 pm). Instructors: Keesha Standley, Julie Reynolds, Tim Holt, Greg Williams **Total Cost:** \$1,025. Class description on the programs page of website.

LOMI LOMI (30 hrs) Mon, Tue, Wed & Thurs, Aug 23, 24, 25 & 26 (9am-5:30pm). For centuries, the ancient art of Hawaiian Lomi Lomi massage has been used as a powerful tool for maintaining a healthy way of life. The strokes are long and flowing, using forearms and elbows, and giving the feeling of many hands on the body at once. This massage is especially good for reducing stress, increasing circulation, helping speed up recovery from illness and cleansing the muscle toxins that build up as a result of stressful living. This is a hands-on workshop; you will be giving and receiving massage as well as learning proper breath and movement exercises. This massage is wonderful by itself or as an additional tool for anyone who already practices bodywork. The practitioner uses their whole body to do the work, thus avoiding strain on the hands. At the end of the workshop, you will be able to perform a full Lomi Lomi massage. Students will learn a complete massage routine with Aloha Spirit and symbolic interpretation. This cross-cultural course is experiential in nature. LOMI LOMI is offered as an intrapersonal process for healing the healer. Please wear loose, comfortable clothing, preferably something sleeveless or that you don't mind getting oil on. This class covers basic aspects of the seven spiritual Huna Principles, the masculine/feminine psyche, elements of nature and Divine Grace, as applied to bodywork. **Prerequisite:** None. **Instructor:** Sharon Krepps **Cost:** \$430 **Prepay:** 2-Wk \$410, 4-Wk \$399.

PATHOLOGY (and Physiology) (50 hrs) (40 in class hrs – 10 lab hrs) Fri eves, Aug 27 & Sep 3 (6 pm – 10 pm), Sat & Sun, Aug 28, 29 & Sep, 4 & 5 (9 am – 6 pm). This course is a system-by-system study of disease and how it affects the body as a whole. This is a lecture class educating the student about pathologies that may present, and when and how it is appropriate to massage and when and where is appropriate to refer. There will be an overview of the structure and function of each system and the various pathologies pertaining to each system Recommended (but not required) text is “A Massage Therapist Guide to Pathology” by Ruth Werner or any pathology for massage text. This is available at bookstores and online. **Prerequisite:** None. **Instructors:** Greg Williams & Gary Wilson **Cost:** \$470 **Prepay:** 2-Wk \$450, 4-Wk \$425.

ADULT CPR (4 hrs) Tue eve, Aug, 31 (6 pm- 10 pm). Participants learn to prevent, prepare for, and respond to emergencies. Plus learn and practice Adult CPR, rescue breathing, and choking rescue. Students will receive an Adult CPR Card upon successful completion of the course. This class is required for students taking the 500-Hour certification program. You may take this class at MTI as part of the 500-Hour program or at an outside facility. **Prerequisite:** None. **Guest Instructor:** Anne Wilson **Cost:** \$40 plus (\$18 materials fee).

SEPTEMBER

SHIATSU – (30 hrs) Weds & Thurs, Sep 1 & 2, 8 & 9 (9 am –5:30 pm). Shiatsu is a unique Japanese hands-on method of preventive health care and therapy that increases vitality, relieves fatigue, and stimulates the body's natural healing power by pressure applied to key points on the body. Shiatsu literally translates as finger pressure. It has its history in the traditional healing arts of China. It combines the use of acupressure points with stretches and mobilizations. In addition it offers the warmth of a caring touch. This is particularly important now when medical care has become so highly technical and specialized and when our hectic urban lives have so many sources of stress, all of which take a toll on our bodies and minds. In class, you will: Learn and demonstrate proficiency of a 60-minute Shiatsu treatment, learn the names and locations of the 12 major meridians learn the location and therapeutic application of 25 tsubo (acupressure points). **This technique is done on floor mat. What you need to bring:** A large sheet or blanket and a pillow, note-taking materials, and comfortable loose clothing. **Prerequisite:** None. **Instructor:** Tim Holt **Cost:** \$430 **Prepay:** 2-Wk \$410, 4-Wk \$399.

NEUROMUSCULAR THERAPY - Pelvis (20 hrs) Fri eve, Sep 10 (6 pm – 10 pm), Sat & Sun, Sep. 11 & 12 (9 am – 6 pm). An in-depth look at the pelvis and its mechanisms. Discover why it is often the center of other body pain and dysfunction. Learn the secrets of unlocking it and assist your clients to improved function. Understand the stages of Rehabilitation and how to enforce them. This is the first in a series of NMT classes that will allow you to offer very effective structural bodywork to your clients. **Prerequisite:** 100 hrs massage training. **Instructor:** Venice Sullivan **Cost:** \$280 **Prepay:** 2-Wk \$270, 4-Wk \$260.

MASSAGE THERAPIST PROGRAM (100 hrs). Weekend Program. Sats & Suns (9am – 6 pm) Sep, 11 & 12, 18 & 19, 25, & 26, Oct 2 & 3, 9 & 10, 16 & 17. Instructors: Keesha Standley, Julie Reynolds, Tim Holt, Greg Williams **Total Cost:** \$1,025. Class description on the programs page of website.

CRANIAL SACRAL BALANCING 1 (30 hrs), Mon & Tues, Sep 13 & 14, 20 & 21 (9 am – 5:30 pm). The cranial sacral system is primarily the fibrous covering around the brain and spine, and the fluid within this covering. This system is where our human intellectual, physical, emotional, and spiritual bodies interconnect most closely. The purpose of Cranial Sacral Balancing (a system of bodywork pioneered by Dr. John Upledger over the past 26 years) is to restore optimal balance to these four bodies. The method of Cranial Sacral Balancing is subtle, gentle, and completely pain-free: freeing the movement of cranial sacral fluid by feeling for and releasing areas of holding in the cranial sacral sheath and in the bones of the skull. In this course, you'll learn to feel the cranial sacral rhythm (distinct from the rhythms of pulse and breath), to induce a "still point", experience distinct movement in the individuals parts of the cranium, and release tension from the entire system. The benefits of this work include the disappearance of headaches, spontaneous deep relaxation, release of old injuries, and significant lightening of moods and emotions. It is subtle work with amazing results. **Prerequisite:** None. **Instructors:** Keesha Standley & Jim Gilkeson **Cost:** \$430 **Prepay:** 2-Wk \$410, 4-Wk \$399.

DEEP TISSUE MASSAGE – Advanced Access (12 hrs) Wed & Thurs, Sep 15 & 16 (9 am – 4 pm). This workshop will focus on deep tissue massage methods in the side lying position. There are many clients who are unable to lie in the prone or supine position due to chronic lumbar pain, pregnancy, respiratory problems, or chronic sinus congestion. The easy access to deeper musculature which the side lying position affords also makes this position a first choice for orthopedic massage and sports massage. Having confidence working with this position is essential for more therapeutic bodywork. We will teach proper bolstering and draping. We will teach massage techniques for the neck, shoulder, lumbar region, and the extremities. Some of these will be with oil/lotion and some will be dry techniques. **Prerequisite:** 100 hrs of massage training. **Instructor:** Tim Holt **Cost:** \$180 **Prepay:** 2-Wk \$170, 4-Wk \$160.

HOT STONE MASSAGE (20 hrs.) Wed, Thu, Sep 22, 23 (10 am – 6 pm) & Fri, 24, (10 am – 5 pm). Stone Massage is becoming increasingly popular in spas and resorts, as well as in private practice. It provides the deep therapeutic benefits of heat therapy. It is an excellent modality for work with injury recovery as well as offering deeper stress-relieving benefits, bringing relaxation massage to new levels. Stone Massage provides a rest for the therapist's hands while delivering the full benefits of deeper massage to the client with minimal discomfort. This class will cover methods of heating, using and caring for your stones. Contraindications, benefits, prone and supine applications, for a one hour and one and a half hour session will be taught. **Prerequisite:** 100 hrs of massage training. **Instructor:** Lea Wildflower **Cost:** \$280 **Prepay:** 2-Wk \$270, 4-Wk \$260.

NEUROMUSCULAR THERAPY - Postural Analysis (8 hrs) Sat, Sep. 25 (9 am-6 pm). Learn what the body's position in space can tell you. Use your eyes to truly understand where the body pain is coming from so you can treat the cause and not the symptom. You will not only learn how to see the position, but also to determine which muscles are being utilized. This class is a "must" for anyone doing clinical massage or any kind of structural bodywork. **Prerequisite:** None. **Instructor:** Venice Sullivan **Cost:** \$110 **Prepay:** 2-Wk \$104, 4-Wk \$99.

"MASSAGE FOR PEOPLE LIVING WITH CANCER®" (24 hrs) Wed & Thurs, Sept 29 & 30, Fri Oct 1 (10 am-5 pm) & Sat, Oct 2 (9 am-3 pm) (NCBTMB approved for CEU hours) Comfort-oriented massage or touch can be administered to people with cancer regardless of the severity of their condition, and at any stage in the cancer experience. Topics covered include: understanding metastasis - why is massage not contraindicated; adaptations that must be made for clients who have undergone or are undergoing chemotherapy, radiation, and surgery; massage protocol for patients at risk for lymphedema; exploration and processing of participants' personal experience and relationship to cancer; intake procedures; and most importantly, opening the heart to those with serious illness. This class was originated by Gayle MacDonald. **Prerequisite:** 100 hrs of massage training & some experience with clients recommended or with instructor's permission. **Instructor:** Isabel Adkins **Cost:** \$360 **Prepay:** 3-Wk \$345 (Materials fee: \$25, to be paid to instructor).

OCTOBER

ONCOLOGY MASSAGE 1 "Blending East with West™" (22 hrs). Sun, Oct 3 (1 pm to 7 pm) Mon & Tues Oct 4 & 5 (9 am – 6 pm). Class will allow body therapists to enhance their work with cancer patients by integrating Reflexology and Acupressure skills with the Massage for People Living with Cancer® protocol in regard to pressure adjustments, sites that need to be avoided and client positioning. While looking at the body from an Eastern Medicine point of view, practitioners will learn: how to support the internal organs during disease, treatment and recovery; how to address symptoms more directly by understanding how the organs "network"; how to mitigate the side effects of treatment and symptoms of disease, such as low blood counts, nausea, fatigue, neuropathy, weakness in the limbs, and GI tract disorders; how to strengthen the immune system; the importance of Ayurvedic oils for cancer cure; the psychological aspects of living with a potentially fatal disease and how that may impact the immune system. We will learn how to utilize these skills by providing massages to cancer patients under supervision of the instructor as the culminating activity of the class. **Please Note:** *That on the first day of class there will be no meal break, so please eat before coming to class and bring snacks.* **Prerequisite:** 100 hrs of massage training plus Massage for "People Living with Cancer®" or equivalent Society for Oncology Massage approved class, or with instructor's permission. **Instructor:** Isabel Adkins **Cost:** \$330 **Prepay:** 3-Wk \$315 (Materials fee: \$16, to be paid to instructor).

MASSAGE THERAPIST PROGRAM (100 hrs). Day Program. Mon through Fri Oct 4 through Oct 28 (9 am – 2 pm). Instructors: Keesha Standley, Julie Reynolds, Tim Holt, Greg Williams **Total Cost:** \$1,025. Class description on the programs page of website.

ONCOLOGY MASSAGE 2 "Integrating Complimentary Therapies™" (40 hrs). Fri, Sat, Sun, Mon & Tues, Oct 8, 9, 10, 11 & 12 (9 am – 6 pm). In this class, we will enhance our protocol for cancer patients, integrating the reflexology and back shu bladder points learned in Oncology 1 with acupressure points

along seven of the major meridians: spleen, liver, stomach, kidney, lung, conception vessel, large intestine and pericardium. Students will also learn how to use hot stone therapy and specific oils on these acupressure points taking into account side effects of chemotherapy, radiation therapy and symptoms of the disease. **Prerequisite:** Oncology Massage 1. **Instructor:** Isabel Adkins **Cost:** \$600 **Prepay:** 3-Wk \$575 (Materials fee: \$25. To be paid to instructor).

NEUROMUSCULAR THERAPY - Neck & Upper Torso (20 hrs.) Fri eve, Oct 15 (6 pm-10 pm) Sat & Sun, Oct 16 & 17 (9 am – 6pm). Structural evaluation and neuromuscular technique to release the Upper Torso and Cervical area will be taught. Assess how one part of the body will continue to cause problems in other areas. Highly specific work to fully release each area worked on. Spine, intercostals, abdominal and chest and Thoracic Outlet Syndrome, will be addressed. **Prerequisite:** 100 hrs of massage training. **Instructor:** Venice Sullivan **Cost:** \$280 **Prepay:** 2-Wk \$270, 4-Wk \$260. Please note date change.

PRINCIPLES OF NEUROMUSCULAR THERAPY (8 hrs) Sat, Oct 23 (9am – 6:00pm). This is a theory class. It covers the science and philosophy of neuromuscular therapy allowing an understanding of how and why this method works so effectively. It covers the physiological principals of ischemia, trigger points, nerve compression/entrapment, postural distortion and dysfunctional biomechanics. **Prerequisite:** None. **Instructor:** Venice Sullivan **Cost:** \$110 **Prepay:** 2-Wk \$104, 4-Wk \$99.

SPA TREATMENTS (Fall Applications) (20 hrs), Fri eve, Oct 22 (6 pm – 10 pm), Sat & Sun, Oct 23 & 24 (9 am – 6 pm). Take showerless services to a new level by learning to combine treatments for maximum effectiveness. In this class you will learn to add-on several treatments to your massage or facial to give your clients something extra special while boosting your income. Treatments to me learned will include a Clay or mud masque for the back, Aromatherapy hydration wrap add on to a massage, All-in-one treatment combining a body scrub and wrap in one lovely treatment, hand and foot therapy wrap, and warm oil scalp massage treatment. Treatment/supply costs for this class are \$25.00. Additional supplies needed include: 2 XL Bath towels (35' x 65' minimum), 2 sheet sets, 32 small towels or wash cloths, 1 twin size of larger blanket. Bath sheets, sheets and blanket should be dark colored. A take home bundle can be purchased for \$65.00 from the instructor. **Prerequisite:** None. **Instructor:** Jeannine Hewitt **Cost:** \$280 **Prepay:** 2-Wk \$270, 4-Wk \$260. (plus \$25 product cost).

REIKI I (8 hrs) Fri, Oct 29 (9am – 6pm). This workshop will introduce students to Reiki (pronounced "Ray-Key") and the human energy system. Reiki is a universal life energy that can be used to balance the chakras and smooth the aura. Learn about this unique energy, see how to channel and focus this energy for healing on many different levels for yourself and your clients. Receive the first level attunement allowing you to channel the Reiki energy. Explore the history and uses of Reiki in the East and West. Learn to balance the chakras using this energy. Explore the Mind-Body connections as they relate to Reiki. **Prerequisite:** None. **Instructor:** Staff **Cost:** \$110 **Prepay:** 2-Wk \$104, 4-Wk \$99.

ANATOMY & KINESIOLOGY – Upper Body (50 hrs - 32 in class + 18 hrs lab) Sat, Sun, Mon & Tue, Oct 30 & 31, Nov 1 & 2 (9 am – 6pm). The student will gain an experiential understanding of musculoskeletal anatomy and the fundamentals of human kinesiology. Emphasis will be on the skeletal system, bony landmarks, joint structure, muscles and muscle groups, and correct anatomical language. We will use a multi-sensory approach to learning that includes cadaver videos, palpating landmarks & muscles, drawing the muscles on each other, and massage. Using postural assessment, we will recognize muscles that are shortened & tight from those which are long and inhibited. We will also learn stretching and strengthening exercises for these muscle imbalances. We will also examine the musculoskeletal conditions associated with each muscle group. We will cover the Upper body: Spine, Ribcage, Shoulder girdle, Upper limbs. Anatomical and terms joint structures and muscles structure and kinesiology will be covered. **Prerequisite:** None. **Instructor:** Gary Wilson **Cost:** \$470, **Prepay:** 2-Wk \$450, 4-Wk \$425.

Please note that Massage for People Living with Cancer® and Oncology Massage 1 & 2 are now scheduled earlier in October.

NOVEMBER

EAST – WEST MESSAGE (12 hrs) Wed & Thu, Nov 3 & 4 (9am – 4pm). In this class, you will learn how to combine techniques from Eastern bodywork such as Japanese Shiatsu and Thai Massage with the fundamental techniques of Western, oil/lotion-based massage therapy. Learn to effectively blend deeper oil strokes with pressure point application and stretches. The variety of techniques allows for a more three dimensional massage, opening joints as well as muscle tissue. Clients will enjoy the movement. Therapists will enjoy the variety of effective approaches for the same issue. **Prerequisite:** 100 hours of massage training. **Instructor:** Tim Holt **Cost:** \$180 **Prepay:** 2-Wk \$170, 4-Wk \$160.

NEUROMUSCULAR THERAPY (Shoulder & Extremities) (20 hrs.) Fri eve, Nov 5 (6 pm-10 pm) Sat & Sun, Nov 6 & 7 (9 am – 6pm). Structural evaluation and neuromuscular technique will be taught to release such conditions as thoracic outlet syndrome, frozen shoulder, carpal tunnel syndrome, plantar fasciitis, and shin splints. You will learn to release all of the muscles involved and their pain patterns and begin rehabilitation. Also covered will be the forearms, hands, legs, and feet. **Prerequisite:** 100 hrs of massage training. **Instructor:** Venice Sullivan **Cost:** \$280 **Prepay:** 2-Wk \$270, 4-Wk \$260.

CRANIAL SACRAL BALANCING – Headaches and TMJ (30 hrs) Mon & Tue, Nov 8 & 9, 15 & 16 (9am – 5:30 pm). This course adds to the foundation built in Cranial Sacral Balancing 1. The work includes expanded techniques for the sphenoid and temporal bones, mouth, and eyes. The focus is on learning to move with the flow of the receivers body, allowing release to take place with remarkable ease. In this non-doing space, doors to inner dimensions open, expansion becomes effortless, and the body can heal itself. **Prerequisite:** Cranial Sacral Balancing 1. **Instructor:** Keesha Standley **Cost:** \$430 **Prepay:** 2-Wk \$410, 4-Wk \$399.

SWEDISH HOT STONE MASSAGE (8 hrs) Wed, Nov, 10 (9 a.m. – 6 p.m.). Using hot stones in a full body Swedish massage takes clients to a deeply relaxed state and induces a profound level of stress release that is greater than massage alone. Using Hot Stones provides relief for the therapist's hands, decreasing the possibility of injury. In this class, we will apply Swedish massage techniques with hot stones to give a deeply relaxing, soothing full body treatment. Therapist can use this method as a standalone one hour treatment or to warm up muscles for deeper work. Equipment, set up, safety, and proper body mechanics will be covered. **Prerequisite:** 100 hrs of massage training. **Instructor:** Lea Wildflower **Cost:** \$110 **Prepay:** 2-Wk \$104, 4-Wk \$99.

CHAIR MASSAGE (12 hrs) Thurs & Fri, Nov 11 & 12 (9am -4 pm). This workshop prepares the massage therapist to utilize seated massage as an integral part of their practice. We focus on practice building, marketing, and the use of chair massage for community service. The class will cover the use of seated massage in such environments as corporate offices, retail stores, sporting events, community centers, and festivals. Students will learn hands-on techniques that are effective through clothing. We examine some of the current models of massage chairs available. Students choreograph 5-, 15-, and 25- minute chair massage sessions that become the basis of their form. Indications and contraindications will be discussed. **Prerequisite:** None. **Instructor:** Greg Williams **Cost:** \$180 **Prepay:** 2-Wk \$170, 4-Wk \$160.

AROMATHERAPY FOR THE CHAKRAS (12 hrs) Sat & Sun, Nov 13 & 14 (9am – 4 pm). This two day class opens your understanding on how to integrate chakra balancing into your practice and daily life. You will learn effective techniques for sensing, activating, opening, clearing and understanding the energies associated with each chakra. We will explore and experience release techniques like unwinding, winding, toning, breathing, visualization, movement, hands on and hands off. We will work through a full session pattern of techniques and symbols. Wear comfortable clothes and bring sheets. **Prerequisite:** None. **Instructor:** Rebecca Lavadia **Cost:** \$180 **Prepay:** 2-Wk \$170, 4-Wk \$160 plus (\$25 material fees to be paid to instructor. Plus optional purchase of Chakra Kit available).

ASIAN FOOT TREATMENTS (8 hrs) Wed, Nov 17 (9am – 6pm) This class takes some of the best Asian spa foot care treatments and creates a signature treatment that will be deeply therapeutic and relaxing for your clients. This class will feature a soak for the feet to relax and clean, a light lotion massage sequence, followed by more deeply therapeutic massage applied with an Asian Reflexology tool. The legs and back may be included depending on whether you apply the treatment on the bodywork floor mat or a reflexology chair. **Prerequisite:** None. **Instructor:** Tim Holt **Cost:** \$110 **Prepay:** 2-Wk \$104, 4-Wk \$99.

MASSAGE TOOL METHODS (Extra Elbows and Thumbs) (6 hrs) Thurs Nov 18 (9am – 4pm) Massage tools are a great way to save your hands, gain deep access to chronic tension, and provide new and interesting treatments for your practice. In this class we will use a variety of powerful and effective massage tools, such as the Massage Stone, Chinese Gua Sha sticks, and Asian reflexology sticks. We will begin by working on our own bodies. We will explore the sensitive touch of the hand and learn to apply appropriate treatment with a tool. Some of the tools will also be for sale. **Prerequisite:** 100 hrs of massage training. **Instructor:** Tim Holt **Cost:** \$90 **Prepay:** 2-Wk \$85, 4-Wk \$80.

OPENING TO THE MYSTERY: Caring for Clients at the End of Life (21 hrs) Fri, Sat & Sun, Nov 19, 20 & 21 (9am – 5pm) I have created this class expressly to support experienced oncology massage therapists who want to be of greater service to their clients living with cancer and particularly to those clients who are facing the end of their lives. The class will be a combination of scientific and factual information, interpersonal exercises, self-exploration and a variety of work that will combine all of these. This class will not include traditional “hands-on” practice with massage techniques, but rather it will focus on what we can do (and be, for that matter) with our hearts and minds and souls that can make the work of our hands infinitely more valuable and connected as we work with our clients through the last parts of their lives. **Prerequisite:** 70 hours of Oncology Massage Training and 1 year of clinical massage practice with Clients who have Cancer or Therapists with fewer hours of training but years of clinical experience may be approved by instructor: lauren@lighthold.org. **Guest Instructor:** Lauren Cates **Cost:** \$480 **Prepay:** \$450 (if paid before Oct 1).

SHIATSU FOR THE MESSAGE TABLE (24 hrs) Mon, Tue & Wed, Nov, 22, 23 & 24 (9 am – 6 pm). This three-day class will adapt the Shiatsu sequence for the body mechanics of the massage table. We will work through clothing, but Shiatsu is easy to integrate into other forms of table massage, working through the drape. Shiatsu will deepen the therapeutic value of any bodywork treatment. In this class, you will learn a 60-minute Shiatsu treatment. What you need to bring: Sheets, face cradle cover, and a pillow, note-taking materials, comfortable loose clothing. **Prerequisite:** None **Instructor:** Tim Holt **Cost:** \$330 **Prepay:** 2-Wk \$320, 4-Wk \$310.

TRIGGER POINT THERAPY (20 hrs) Fri eve, Nov 26 (6 pm – 10 pm) Sat & Sun, Nov, 27 & 28 (9 am – 6 pm). Trigger Point Therapy is a great addition to any bodyworker’s toolbox of techniques. In this course you will learn what Trigger Points are, how they are formed, the effect they have on a muscle, their many ways of referring and where they are located in muscles. Lots of hands-on time will be spent with learning how to accurately palpate and identify TPs. With this information you will learn proper ways of applying specific types of pressure and several ways of stretching to complete the release of the TPs. We will focus on the locations of TPs in the major postural muscles in the client’s body. Strong emphasis will be placed on proper application of technique, client communication, indications and contraindications. **Prerequisite:** 100 hours of massage training. **Instructor:** Greg Williams **Cost:** \$280 **Prepay:** 2-Wk \$270, 4-Wk \$260.

CRANIAL SACRAL BALANCING – Unwinding (Non-Forcing and Releasing Techniques) (30 hrs) Mon, Tue, Wed & Thurs, Nov, 29, 30, Dec 1 & 2 (9am – 5:30pm). This class takes the gentle hands-on skills you have learned in Cranial Sacral Balancing I or Energy-Active Cranial Sacral and applies them to work with regions of the body that hold stress and injury. This is useful, for example, in working with the kinds of musculoskeletal injuries you will encounter frequently as a massage therapist. We work in a non-forcing way with the body’s natural intelligence and self-correcting mechanisms. Major topics of the workshop are: unwinding legs and feet, arms and hands, head and neck; releasing held energy from the body; understanding the potential for working with trauma. **Prerequisite:** Cranial Sacral Balancing 1 or Energy Active Cranial Sacral Balancing. **Instructor:** Jim Gilkeson **Cost:** \$430 **Prepay:** 2-Wk \$410, 4-Wk \$399.

MASSAGE THERAPIST PROGRAM (100 hrs). Evening Program. Tue, Wed & Thu, eves Nov 30 through Jan 20, 2011 (6:15pm – 10 pm). Instructors: Keesha Standley, Julie Reynolds, Tim Holt, Greg Williams **Total Cost:** \$1,025. Class description on the programs page of website.

DECEMBER

REIKI 2 (8 hrs) Fri, Dec 3 (9 am – 6 pm). This workshop will continue the learning from the Reiki 1 class and will include distance healing, mental and emotional healing. We’ll have a deeper discussion of the human energy field and how it relates to dis-ease. We’ll take a closer look at judgments and limiting beliefs and learn how to reframe them for ourselves and our clients. We will continue our exploration of sound, vibration, intent and entrainment with an expanded Reiki toning circle. Students will be attuned to two additional symbols and mantras. Please bring set of sheets and some crayons or colored markers. **Prerequisite:** Reiki I. **Instructor:** Staff **Cost:** \$110. **Prepay:** 2-Wk \$104, 4-Wk \$99.

SPORTS MASSAGE - Injuries & Preventions (Golf & Basketball) (8 hrs) Sat, Dec 4 (9am – 6pm). This class addresses injury treatments and preventions for golf & basketball. We will look at the specific body mechanics for each sport, diagram the areas of stress and then practice the appropriate technique. **Prerequisite:** 100 hrs of massage training **Instructor:** Dale Perry **Cost:** \$110 **Prepay:** 2-Wk \$104, 4-Wk \$99.

SPORTS MASSAGE - Injuries & Preventions (Running & Bicycling) (8 hrs) Sun, Dec 5 (9am – 6pm). This class addresses injury treatments and preventions for running & bicycling. We will look at the specific body mechanics for each sport, diagram the areas of stress and then practice the appropriate technique. **Prerequisite:** 100 hrs of massage training **Instructor:** Dale Perry **Cost:** \$110 **Prepay:** 2-Wk \$104, 4-Wk \$99.

SPORTS MASSAGE - Injuries & Preventions (Baseball, Softball & Swimming) (8 hrs) Mon, Dec 6 (9am – 6pm). This class addresses injury treatments and preventions for baseball, softball & swimming. We will look at the specific body mechanics for each sport, diagram the areas of stress and then practice the appropriate technique. **Prerequisite:** 100 hrs of massage training **Instructor:** Dale Perry **Cost:** \$110 **Prepay:** 2-Wk \$104, 4-Wk \$99.

BODY MECHANICS FOR DEEPER WORK (8 hrs) Tue, Dec 7 (9am – 6pm). **Prerequisite:** 100 hrs of massage training. **Instructor:** Dale Perry **Cost:** \$110 **Prepay:** 2-Wk \$104, 4-Wk \$99.

APPLIED TECHNIQUES (24 hrs) Wed, Thurs & Fri, Dec, 8, 9, & 10 (9 am – 6 pm). This class focus is on application of Basic NMT, MET, MFR and Pin & Stretch (active & passive) to the neck, shoulder, low back & lower extremities. We will review the major muscles of each area and then demonstrate the techniques for each muscle. The students will practice application of these techniques with direct supervision & Instructor feedback. This class is 20% lecture and 80% Clinical Practicum. **Prerequisite:** 100 hrs of massage training. **Instructor:** Dale Perry **Cost:** \$330 **Prepay:** 2-Wk \$320, 4-Wk \$310.

LYMPHATIC MASSAGE FOR DETOXIFICATION (16 hrs) Sat & Sun, Dec, 11 & 12 (9 am – 6 pm). This class will explore the concepts developed by Vodder, Foldi and Casley-Smith to facilitate the lymphatic system. Although lymphatic therapy is most commonly used today for the treatment of Lymphedema, we will explore how to adapt these techniques for assisting your clients in detoxification. Detoxification is a popular focus for many spas and health care professionals, and you will learn how to expand your practice into this market. This technique is non-invasive and easy to use by the therapist. It requires only a light pressure and easily adopted body mechanics. Lymphatic detoxification can be used to assist in many body system cleanses such as colon, liver, and spleen. It can also address systemic cleanses for heavy metals, nicotine, environmental chemicals and aid in detoxification for substance abuse. Many clients who have experienced relief from chronic fatigue/Fibromyalgia and other non-specific body pain. **Prerequisite:** None. **Instructor:** Dale Perry **Cost:** \$224 **Prepay:** 2-Wk \$215, 4-Wk \$205.

MYOFASCIAL BODYWORK (8 hrs) Mon, Dec, 13 (9 am – 6 pm). The latest fascial research will be presented as the basis for interacting with fascia. We will look at this new information with the intent of exploring how this tissue effects the muscular and nervous systems. The mechanics of communication through this medium and the significance of the role fascia plays in disease are also a focus of this class. We will “play in fascia” and develop your palpation skills to identify areas of restriction and how to elicit change. **Prerequisite:** 100 hrs of massage training. **Instructor:** Dale Perry **Cost:** \$110 **Prepay:** 2-Wk \$104, 4-Wk \$99.

TAI CHI MASSAGE (7 hrs) Tue, Dec 14 (9 am - 5 pm). This class will bring an awareness of psychological and physical holding patterns throughout the body. Using Swedish massage as a base with an understanding of postural holding patterns, students will learn to address structural situations by applying simple techniques taken from Swedish trigger point therapy, reflexology and myofascial stretching to create a flowing full body therapeutic massage. This class covers body mechanics and structural anatomy, so bring an anatomy book. This class may be considered for those who are looking for a way to integrate learned technique or for those who would like a taste of other techniques. **Prerequisite:** 50 hrs massage training **Instructor:** Greg Williams **Cost:** \$99 **Prepay:** 2-Wk \$94, 4-Wk \$89.

BODY READING: Therapeutic Bodywork Strategies (6 hrs) Wed, Dec 15 (9 am - 4 pm). In this class we will use our eyes, ears, hands, and intuition to gather information and “read” our client’s bodies. We will then create a therapeutic massage strategy based upon that information and do bodywork sessions with partners in class. This is a less technical approach than postural analysis. We will learn to see basic postural distortions, listen for energetic and emotional quality of our client’s voice, and palpate subluxations, fascial restrictions, and hypertonic muscles. **Prerequisite:** None. **Instructor:** Tim Holt **Cost:** \$90 **Prepay:** 2-Wk \$85, 4-Wk \$80.

LOMI LOKU (Hawaiian Deep Tissue Massage) (30 hrs) Fri, Sat, Sun & Mon, Dec, 17,18,19 & 20 (9am -5:30pm) Lomi Loku is a Deep Tissue Massage Class, offering deeper exploration into the ancient Hawaiian Healing Arts (see LOILOMI course description). Students who attended Lomi Lomi class will go further within while easily incorporating deep tissue techniques. Or, as a first time Hawaiian massage experience students will gain a strong primary foundation and learn a compassionate, deep tissue and full body massage procedure. This course is a cross-cultural study and experiential in nature. Lomi Loku is offered as an intrapersonal process for healing the healer. **Prerequisite:** None. **Instructor:** Sharon Krepps **Cost:** \$430 **Prepay:** 2-Wk \$420, 4-Wk \$399.

MASSAGE FOR SENIORS (12 hrs) Tues & Wed, Dec 21 & 22 (9am – 4pm). This class will give you the competence and confidence to work with the elderly client in a meaningful way. It will cover the physiological, psychological, and sociological aspects of aging, as well as client assessment. Cautions relevant to the older client and contraindications will be discussed. Modifications of standard massage techniques and development of special methods to suit each client’s individual needs will be taught. You will also learn how to establish a massage practice for seniors. **Prerequisite:** 100 hrs of massage training or with Instructor’s permission. **Instructor:** Greg Williams **Cost:** \$180 **Prepay:** 2-Wk \$170, 4-Wk \$160.
