

The Medical Arts School 2014 Continuing Education Calendar

Class	Date	Time	Tuition	CE's	Instructor
Sports Massage	7/26	9:00-6:00	\$150	8	Melissa Mosher
Kinesio Taping 3 & 4	7/26-7/27	8:00-5:30	\$279-\$1089	8-32	Pete Pfannerstill
Russian Sports Massage	8/1-8/3	9:00-6:00	\$395	24	Oleg Bouimer
Intro to Cranio-Sacral Therapy	8/9-8/10	9:00-5:00	\$280	14	Diana Scammell
Stretch Assisted Sports Massage: Hip Opener & Injury Prevention	8/15	9:00-6:00	\$175	8	Dawn Weeks
Stretch Assisted Sports Massage: Upper Body & Injury Prevention	8/16	9:00-6:00	\$175	8	Dawn Weeks
Stretch Assisted Sports Massage: Core & Injury Prevention	8/17	9:00-3:00	\$125	5	Dawn Weeks
Ethics: Real Issues on the Go	8/17	3:00-6:00	\$75	3	Dawn Weeks
Trigger Point Therapy	8/16	9:00-6:00	\$150	8	Melissa Mosher
MLD Certification Course	8/17-8/22	8:30-5:30	\$850/\$950	45	Nicola McGill
Secrets of the Neck and Shoulders with the Ensoma Method	9/6	9:00-6:00	\$175-\$320	8	Marty Kestin
Balancing the Hips and Low Back with the Ensoma Method	9/7	9:00-6:00	\$175-\$320	8	Marty Kestin
Qi Gong: Self Healing for Bodyworkers	9/12	9:00-4:00	\$120	6	Miles Rowe
Nurturing the Mother	9/12-9/14	9:00-6:00	\$450/\$495	24	Claire Marie Miller
Ethics – Personal Boundaries	9/13	10:00-1:00	\$55	3	Deanna Graves
Table Shiatsu	9/13-9/14	9:00-6:00	\$300	16	Melissa Mosher
Tuina: Chinese Massage & Bodywork	9/19	9:00-4:00	\$120	6	Miles Rowe
Full Body Lymph Drainage	9/19	9:00-5:00	\$135/\$165	7	Elisa DiFalco
Lymphlift of the Head, Face and Neck	9/20	9:00-5:00	\$135/\$165	7	Elisa DiFalco
Intro to Myofascial Release	9/20-9/21	8:30-5:30	\$320	16	Ann Margaret Staley
Reiki II	9/20-9/21	9:00-4:00	\$240	12	Mary Ann Flournoy
Integrated Manual Lymphatic Drainage Massage with Acupressure and Essential Oils	9/26	8:30-5:30	\$120	8	Wolfgang Luckmann
Treating Fibromyalgia, Chronic Fatigue and Depression with the East-West Synergistic Massage and Intro to Homeopathy	9/27-9/28	8:30-6:00 Sat 9:00-6:00 Sun	\$250	18	Wolfgang Luckmann
Fascial Conduction I	9/27-9/28	1-6/10-6	\$200	12	Libby Outlaw
Acupressure Theory & Application	10/10	9:00-4:00	\$120	6	Miles Rowe
Ethics	10/11	9:00-12:00	\$55	3	Diana Scammell
Pelvic Region NeuroMuscular Connections	10/11	9:00-6:00	\$160	8	Nancy Haller
Lumbar Region NeuroMuscular Connections	10/12	9:00-6:00	\$160	8	Nancy Haller
Ear Reflexology	10/17	9:00-4:00	\$120	6	Miles Rowe
Medicupping	10/18-10/20	9:00-5:30	\$350/\$395	22	Shannon Gilmartin
Upper Extremities NeuroMuscular Connections	10/18	9:00-6:00	\$160	8	Nancy Haller
Lower Extremities NeuroMuscular Connections	10/19	9:00-6:00	\$160	8	Nancy Haller
Tips and Techniques for the New Massage Therapist	10/18	9:00-6:00	\$120	8	Deanna Graves
Hot Stones	10/19	8:30-5:30	\$160	8	Mary Ann Flournoy
Headaches, The Clinical Approach	10/24	9:00-6:00	\$150/\$395	8-24	Oleg Bouimer

Offering Day & Evening CEU's Quarterly in: Chair Massage (24), Reflexology (24), Licensing Exam Review (16), & Ethics (3)
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Medical Massage in Cases of Anterior Scalene Muscle Syndrome / Thoracic Outlet Syndrome	10/25	9:00-6:00	\$150/\$395	8-24	Oleg Bouimer
Medical Massage in Acute Cases of Sciatic Nerve Neuralgia	10/26	9:00-6:00	\$150/\$395	8-24	Oleg Bouimer
Ethics – Personal Boundaries	10/25	10:00-1:00	\$55	3	Deanna Graves
Assessment & Release of the Psoas	10/26	8:00-5:00	\$160	8	Mary Ann Flournoy



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NeuroMuscular Connections

May 31-June 1, October 11-12, October 18-19

As massage therapists, we learned in school to work specifically with muscles, tendons and ligaments. We knead them, stretch them, jostle them and apply pressure to them using a wide variety of techniques. If we continue on to become structural bodyworkers, our focus becomes more oriented to working with the myofascia tissues as we try and bring the musculo-skeletal system into better alignment. Regardless of the focus, the techniques are relatively the same involving the use of hands, forearms and elbows to apply pressure along or on to a structure.

In this series of NeuroMuscular Connections classes we use a different approach to affecting posture, balance and movement to decrease the levels of pain and patterns of tension in our clients' bodies. *Our focus is on changing the habitual and acute patterns in muscle groups and the fluidity of fascia by mobilizing the skeleton and working across and through joints, instead of on or along muscles.* By understanding the use of weight support and providing a safe environment for change, the process of improving ROM and tension reduction becomes simple. As a result of these techniques used, practitioners apply very little force. Compared to traditional deep tissue massage and structural bodywork techniques the clients experience a painless and quick release of tension via neuromuscular pathways.

This approach works well with clients in special populations including; rehabilitation, low pain tolerance, brain injuries or other brain related issues, auto-immune issues, chronic pain and chronic muscle restrictions, aging and hospice care, fibromyalgia, pregnancy, etc. There are clients with work environment issues or involved in athletic or recreation training and who will benefit from the focus on posture, balance and movement improvement.

About the Lumbar Class: Five vertebrae create the greatest number of complaints by the clients. Major muscles build the tensegrity of the area and balance of the lower spine to allow standing, walking and sitting with ease. Build a repertoire of treatment protocols to enhance the delicate movements necessary to balance the weight of the torso, upper extremities, cervical region and the head during activities of daily living.

About the Pelvis Class: Differences in the male and female Pelvic Region make these the only gender specific bones. Discover how treatments vary between the male and female clients based on the angle of the pelvis and the location of muscle, tendon and ligament attachments. The pelvic bowl holds and supports the internal organs and counterbalances the weight of the head and shoulders in sitting, standing and walking.

About the Thoracic Class: Explore working with all 3 dimensions in the Thoracic Region to increase balance, breath and reduce pain in the other regions. Work with the fascia inside of the thoracic region as well as the related muscles bringing movement to the whole ribcage to bring more ease to standing, sitting and walking. Client complaints of pain may have direct connection to the restrictions in the thoracic region.

About the Cervical Region, Jaw and Face Class: Recognize that most of the muscles in the Cervical Region, Jaw and Face are delicate, small and short in order to create the global movements available with the balance and use of the head. Explore creating a safe environment for the client to receive treatment in a highly protected area of pain and concern for our clients.

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About the Upper Extremities Region Class: The Upper Extremities are the extensions of the body that touch our world. Explore movement patterns to differentiate and synchronize the upper extremity structures from fingers to scapula.

About the Lower Extremities Region Class: The Lower Extremities are the body's foundation. How well feet, lower legs and upper legs align and connect with the ground affect the alignment through the rest of the body and how our clients move, balance and function in everyday activities. [Back to Top](#)

Reiki I

April 26-27, June 21-22

First Degree (Shoden) – Is the first step toward being an instrument of healing for yourself and others. After you are attuned to the healing power of Reiki, you can use the Divinely-guided Life Force Energy to effect a positive change in all aspects of your life. Use Reiki daily, on yourself and others, your plants, pets, the food you eat, and even your automobile. Discover the unlimited power of Reiki. You will receive the sacred attunements and both the cognitive and practical application skills. The course is a combination of lecture, discussion, and experience. Practice time includes giving and receiving a complete Reiki session using hand positions for self treatment and treating others. [Back to Top](#)

Kinesio Taping

May 3-4, June 28-29, July 26-27

Kinesio® Certification courses are open to and designed for people in an advanced healthcare setting. Our Certified Kinesio Taping® Practitioners (CKTPs) are licensed professional health care and therapy providers, including physical therapists, physical therapist assistants, athletic trainers, occupational therapists and massage therapists, in addition to chiropractic doctors, health care providers and other allied healthcare professionals. Our overall objective is to provide every medical practitioner with premier intellectual support through expert instruction and state-of-the-art database tutorials. The Kinesio Taping® Method (KTM) and Kinesio® Tex Tape is used to:

- Re-educate the neuromuscular system
- Reduce pain
- Support performance
- Prevent injury
- Promote improved circulation and healing
- Improve functional movement and positioning

KTI - Fundamental Concepts (KT1 & KT2 must be taken together) (16 CE) (Includes KT1 & KT2)

- 8-hour course designed to introduce practitioners to the KTM
- covers the 5 major physiological systems: skin, muscle, fascia, circulatory/lymphatic, joint
- features lab sessions to practice KTM applications

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- completion will prepare attendees to relax overuse syndrome, stimulate weak muscles and decrease pain and swelling

KT2 – Advanced Concepts and Corrective Techniques (Prerequisite: KT1)

- 8-hour course, builds on material learned in KT1
- covers the six corrective techniques – mechanical, functional, space, fascia, ligament/tendon and lymphatic
- features lab sessions to practice KTM applications
- completion will prepare attendees to apply the KTM to orthopedic and neurological condition

KT3 - Clinical Concepts & Advanced Taping Methods - SPORTS (Prerequisite: KT1 & KT2) (8 CE)

- minimum 8-hour course, combines KT1 and KT2 coursework
- features lab sessions to practice KTM applications
- covers some of the more advanced techniques of the KTM
- can be tailored to specific conditions, professions or applications by each instructor
- upon completion, attendees will be eligible to take the CKTP exam

KT3 - Expanded (Optional) - Additional Clinical Concepts and Myofascial Sports Massage for sports related injuries and conditions (Prerequisite KT3 or CKTP) (8 CE) Course

- 8-hour course that combines the KTM with Myofascial Sports Massage (MSM) routines
- features lab sessions to practice MSM routines followed by KTM applications for sports related injuries & conditions, such as thigh strain, compartment syndrome, plantar fasciitis, upper & lower cross syndromes
- covers some of the more advanced techniques of the KTM

Following KT3, participants may request a certification exam from the Kinesio Taping Association and upon successful passage of the exam will be granted the title, Certified Kinesio Taping Practitioner (CKTP). [Back to Top](#)

Access Bars

June 8

The first class in Access is The Bars[®]. Did you know there are 32 points on your head which, when gently touched, effortlessly and easily release anything that doesn't allow you to receive? These points contain all the thoughts, ideas, beliefs, emotions, and considerations you have stored in any lifetime. This is an opportunity for you to let go of everything!

Each Bars session can release 5-10 thousand years of limitations in the area of your life that corresponds with the specific Bar being touched. This is an incredibly nurturing and relaxing process, undoing limitation in all aspects of your life that you are willing to change!

How much of your life do you spend doing rather than receiving? Have you noticed that your life is not yet what you would like it to be? You could have everything you desire (and then some!) if you are willing to receive lots more and maybe do a little less! Receiving or learning The Bars will allow this and so much more to show up for you!

The Bars[®] has assisted thousands of people change many aspects of their body and their life including sleep, health and weight, money, sex and relationships, anxiety, stress and so much more! At worst you will feel like

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you have just had the best massage of your life. At best your whole life can change into something greater with total ease.

Taking The Bars class is a prerequisite for all Access Consciousness® Core Classes as it allows your body to process and receive the changes you are choosing with ease. [Back to Top](#)

Senior Spa, Part 1

June 14

This class is for professional therapists or well skilled beginners.

This one day introductory class will give therapists confidence in massaging seniors in all stages of health. You will learn how to identify their Ayurvedic 'dosha' (body type), identify the 3 classes of geriatric clients and proper body mechanics for massage techniques to work with seniors on a massage table, hospital bed, arm chair or wheelchair. This class also includes appropriate moist heat & aromatherapy applications to open the minds and senses of this special population.

Also included are the 7 stages of Alzheimer's disease, special considerations for skin & body health and pathology for indications & contraindications for geriatric massage. [Back to Top](#)

Senior Spa, Part 2

June 15

This class is for participants who have completed Part 1.

Special positioning techniques are taught that reduce fatigue in the geriatric client as well as the therapist. You will learn proper body mechanics and techniques to massage a geriatric client in a massage chair, wheelchair and gerichair. You will also learn how to massage the client in a prone position and perform back exfoliations in prone & side lying positions. Included is instruction for proper completion of forms such as intake, SOAP notes, charting and use of standard medical abbreviations as well as marketing concepts. [Back to Top](#)

The Art of Japanese Zen Facial Massage

June 27

Japanese Facial Massage is a unique method that blends the aesthetic and physiological to take years off the skin and face! This is anti-aging and Rejuvenation massage at your fingertips!!!

The focus is on:

1. Increasing the flow of oxygen and blood
2. Toning, tightening the skin and fascia
3. Lymphatic drainage and detoxification of skin and organ systems

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4. Better mental alertness, focus and relaxation for the client
5. Emotional cleansing through the application of essential oils
6. Preventive maintenance for aging and skin blemishes

Traditionally, through the use of acupressure and special manipulative massage strokes, the treatment goes beyond Swedish massage and concentrates on opening up the acupuncture meridians that *energize* the face, head and shoulders to achieve a balancing and grounding effect. Additional physiological relief is obtained for all types of headaches, TMJD, sinusitis and emotional balancing. This is a hands-on course where the student learns to incorporate theory with working with Qi gates, using penetrating techniques, field awareness and intention. The practitioner goes beyond the superficial beauty of the client by bringing out the [Back to Top](#)

Lomi Lomi **June 28-29**

This is a 1500 year old technique that aims at releasing all physical and emotional congestion in the body, with a full body massage. It is known in Hawaii as the “Dance of Massage” because of its long flowing style and continuous rhythm and beat accompanied by selected tribal music. The therapist and client will become entranced in a spiritual state. You will learn how to transform a loving touch into techniques for healing. The basis for Lomi Lomi is an integration of Mind – Body - Soul in a ritual of transformation and inspiration. The inspiration is from the Huna or “Pathway of life “. Unlike a NMT clinical massage, it calls for intuition, rhythm and flow, culminating in a therapeutic dance! Did you know that Trager Therapy is partially derived from Lomi Lomi? [Back to Top](#)

Sports Massage **July 26**

Learn pre and post event sports massage techniques as well as maintenance massage for different athletes, such as triathletes, golfers, tennis players, surfers, skiers etc... Kinesiology and stretching is a big focus for this class so brush up on your O & I & A. For 18 years Melissa has worked on athletes around the US, helping them train as well as recover. Do you know the neck wave, or the QL pretzel? Come enjoy a day of fun while learning new techniques to incorporate into your massage routines. [Back to Top](#)

MediCupping™ Therapy - Medical Applications for Vacuum Therapies in Bodywork **October 18-20**

MediCupping™ therapy and Massage Cupping™ bodywork are two of the most popular vacuum therapies that have emerged in the last eight years. MediCupping™ is built on the original development of MassageCupping™ and has replaced the manual tools with sophisticated and user-friendly equipment. These two modalities have demonstrated immediate effects on many conditions including:

- Deep tissue and structural issues - old injuries and chronic movement patterns
- Arthritis, Tendonitis, Bursitis

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- Scarring - old, new, keloid, post-surgery
- Loose skin and old deposits from weight loss
- Lymphedema and edema - general and post-surgery
- Fibromyalgia
- Sports - injuries and post-event conditions
- Diabetes
- Cellulite
- Vascular issues - spider veins and varicosities
- COPD
- Parkinson's Disease
- IBS and Acid Reflux
- Plantar fasciitis, compartmental syndrome

The MediCupping™ workshop reviews the history of vacuum therapies, applications and contra-indications, and all of the foundation movements used to work on clients and on the self. Client intake, assessment and charting are addressed, and the practitioner comes to view the client through the cup, learning to discern information that the body reveals as it is being treated. The second day focuses on athletic performance, pathologies and deep tissue issues, as well as the use of magnets to accelerate results! The third day is dedicated to the lymphatic system and body contouring / detoxification, including specialized work with obesity and weight loss, and applications for recovery issues. [Back to Top](#)

Russian Sports Massage

August 1-3

- Presents the most advanced system of sports massage in the world!
- Is based on decades of scientific studies on the effects of sports massage
- Offers a concept of Training Sports Massage as an integral part of sports training
- Presents a variety of unique techniques for soft tissue manipulation
- Offers the most effective sports massage techniques, with a unique emphasis on rhythm and pace, never before seen in traditional massage therapy
- Offers the edge to therapists working with professional athletes as well as fitness enthusiasts
- Instructs on how to supercharge your massage, while working deeper with less effort
- Offers a chance to learn directly from the Master of Russian Sports Massage [Back to Top](#)

Intro to CranioSacral Therapy

August 9-10

Currently, there are two main teaching approaches of craniosacral work available for the massage therapist; the energetic (biodynamic) model and the mechanical (moving bones) model. This approach combines the energetic and mechanical models creating a more holistic approach to the work. In this introductory class,

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the history, theory, basic anatomy, and application of craniosacral work will be presented. Additionally, indications, contraindications, and somatic considerations will be discussed.

The structures and functions of the craniosacral mechanism will be offered in lecture, demonstration, models, slides, and lively discussion. Palpatory techniques will be taught using sensing, exploration, meditation, and movement exercises. Basic hand-holds will be demonstrated followed by guided student exchanges.

Instructor: Diana Scammell is a Registered Craniosacral Therapist RCST (RCST) through the North American CranioSacral Therapy Assoc. and she is an LMBT. She graduated massage school in 1986. She fell in love with CST in 1997 after just one treatment and then immediately started studying with Cindy Loving, in 1998 with the Upledger Institute. In 2003, she graduated from a 3 year – 700 hour program in Biodynamic CST with Michael Shea. PhD where she received her certificate in CST. Diana has performed thousands of deep tissue, myofascial release and Swedish massages. She feels by far, the CST helps reduce tension in all the tissues of the body more effectively and painlessly than many other therapies. Diana maintains a body work practice, Body Listening, where she helps clients with a variety of challenges. [Back to Top](#)

Stretch Assisted Massage (SAM)

August 15-17

Stretch Assisted Massage (SAM) is techniques where you stretch the muscle to its end point then strip the muscle and add contract/relax. Come learn these innovative techniques that are used on professional athletes that can be incorporated to enhance any massage. You will learn the does and don'ts that will help you understand how to help your clients that have lower back issues, carpal tunnel, tennis elbow, sciatic pain, etc. Stretch Assisted Massage is so extremely effective and efficient that you can't afford to miss this seminar.

Stretch Assisted Massage: Hip Opener & Injury Prevention: Is a 1-day seminar created to teach advance lower body massage and stretching techniques that loosens the hips and knees and ankles to get more fluid motion. We will go over several injuries like patellar tendonitis and piriformis syndrome and put a plan together to massage the muscles and give the client relief.

Stretch Assisted Massage: Upper Body & Injury Prevention: Is a 1-day 8-CE seminar created to teach advance upper body massage and stretching techniques that loosens the neck, shoulder, elbows, wrists, and fingers to get more fluid motion. We will go over several injuries like tennis elbow and carpal tunnel. We will put a plan together to massage the muscles and give the client relief.

Stretch Assisted Massage: Core & Critical Thinking: Is a 1-day seminar created to teach advance abdominal and back massage and stretching techniques that loosens the vertebrae, ribs and key in completely loosening the hips to get more fluid motion. We will go over several injuries like oblique strain and back issues. We will put a plan together to massage the muscles and give the client relief. [Back to Top](#)

Trigger Point Therapy

August 16

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What is a myofascial trigger point and how do you release one? Learn to map pain referral patterns from active trigger points and discover how to use client placement and proper body mechanics to effectively perform myofascial and trigger point therapy. Melissa will remind you about the elements of connective tissue and demonstrate effective ways to release deeper tissues, with ease.

Ethics: Real Issues on the Go

August 17

Ethics for in-home, hotels and traveling with sports teams and marketing and portfolio tips. A 1-day seminar that is going to be creative, innovative and fun. We are going to talk boundaries and professionalism and deal with real life situations. We will use case studies and role playing for those who wish to get involved. We will talk about marketing and how to get and clients. [Back to Top](#)

Manual Lymph Drainage (MLD) Course (Vodder Technique)

August 17-22

At the conclusion of the course, each participant will be able to:

- demonstrate understanding of the anatomy and the relevant scientific terminology related to the lymphatic system.
- demonstrate understanding of the differentiation between the normal and diseased states of the lymphatic system (physiology and pathophysiology of the lymphatic system).
- demonstrate understanding of the indications and contraindications related to the use of MLD.
- competently perform the techniques of MLD for all body areas. Develop appropriate treatment strategies for indications such as post-surgical and post-traumatic edema, fibromyalgia, general detoxification and other conditions.
- competently perform MLD on clients after breast surgery for cancer (clients who are at risk to develop lymphedema) and on clients with mild, medically uncomplicated primary or secondary lymphedema.

Prerequisites: Participant must be a licensed and/or certified health care professionals such as: Massage Therapist*, Medical Doctor, Physical Therapist, Physical Therapy Assistant, Occupational Therapist, Occupational Therapy Assistants and Nurses.

*Massage therapists must show proof of completion of a minimum 500 hours training program or be certified through the NCBTMB [Back to Top](#)

Secrets of the neck and Shoulders with the Ensoma Method

September 6

- Learn to effectively treat: Rotator cuff & impingement syndromes, chronic shoulder pain, and headaches.
- Put the head back on the shoulders& keep it there
- Learn root causes of pain & cease symptom chasing.

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- Learn dynamic pinning & stretching & body mobilization methods [Back to Top](#)

Balancing the Hips and Low back with the Ensoma Method September 7

Learn to effectively treat: Sciatica, Piriformis Syndrome, low back pain, disc herniations, IT band syndrome.

- Learn root causes of pain & cease symptom chasing.
- Learn to balance the Psoas/Piriformis Relationship: The key to posture and a balanced body.
- Learn dynamic pin & stretch & body mobilization methods [Back to Top](#)

Qi Gong: Self Healing for Bodyworkers September 12

Ever had a day when you were out of your groove? Do some clients make you feel exhausted after just a one hour massage session? Would you like to learn methods to sustain your health and ability to practice optimally for years to come? If the answer is yes, this course is for you. In this class, we will learn traditional Chinese exercises (Qi Gong) in a way that will help you develop your skills and maintain your vitality as a massage therapist. We will cover topics such as: breathing exercises for relaxation and energy development; using sitting, standing and moving meditations; and a short Qi Gong form that can be used in between clients to boost your energy, protect your health and leave you happy and energized. Please wear comfortable clothing that will allow freedom of movement. [Back to Top](#)

Nurturing the Mother September 12-14

This is Claire Marie Miller's primary certification course in pregnancy massage, labor massage and support, postpartum massage and newborn/infant massage. Most workshop sites will have a pregnant volunteer to enhance your learning. In this course, you will learn:

- Anatomy and physiology for pregnancy and birth
- Pregnancy massage demonstration and practice
- Cautions and contraindications for pregnancy massage
- Guidelines for pregnancy massage for each trimester
- Massage for high risk pregnancies
- Massage for labor and newborn/infant massage
- Postpartum massage using the principles of mother roasting, a practice of keeping the new mother warm to encourage recovery
- Awareness of the birth journey through videos
- How to teach a Nurturing the Pregnant Couple class including Prenatal Yoga for Couples
- A simple Shiatsu session that you teach the pregnant mom to give her partner

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- Rituals as a tool for empowerment for the mom and family, including the Blessingway Birth Ceremony, Birth Beads, and Lotus birth.
- How to market your skills, along with access for “ready to use” brochures and a listing on Claire Marie Miller Seminars
- Resources for you and your clients surrounding pregnancy, birth and family, including books, websites and informational groups

Certification Requirements: A practical assessment is given when you massage a pregnant volunteer or student during the workshop. A written assessment is to be completed at the end of the course. [Back to Top](#)

Table Shiatsu

September 13-14

Shiatsu on the massage table! Learn meridian theories of how energy flows through the body and why proper client placement is important. Using range of motion, palms, thumbs, elbows and even feet, Melissa weaves Zen Shiatsu and the five element theory into a powerful way to assist clients physically, physiologically, mentally, and emotionally. Learn the why as well as the how and where of meridian functions.

Tuina: Chinese Massage and Bodywork

September 19

Tuina is the ancient art of Chinese Bodywork. As an integral part of Traditional Chinese Medicine, the focus of Tuina is encouraging a state of physical and emotional balance in clients. This method of treatment blends very easily with conventional western massage by using many similar techniques such as gliding (known as effleurage or Tui), kneading (petrissage or Nie), percussion (tapotement or Da), friction, pulling, rotation, rocking, vibration, and shaking. Manipulations learned in this course are also a great adjunct for those therapists looking to spruce up tired, old chair massage techniques. Topics covered include:

- Body mechanics: doing more work with less effort
- Qigong (traditional Chinese exercise)
- The major manipulations of tuina
- Protocols for specific physical issues like frozen shoulder, arthritis, sciatica, muscle spasms, and acute or chronic pain in the back, neck, and shoulders, headaches (including migraines), and the tension associated with stress. [Back to Top](#)

Intro to Myofascial Release

September 20-21

This two day introductory course will explore fundamental skills for myofascial therapy. The seminar will consist of brief lecture on the basic anatomy of fascia, demonstration of myofascial holding patterns and demonstration of body and gate observations using specific anatomical terminology. We will review basic

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fascial patterns and practice increasing sensitivity to tension within the fascial system. This course covers the following topics:

- Students will be able to identify basic anatomical fascial terminology
- Students will be able to demonstrate “myofascial holds” on their partner
- Students will be able to identify body asymmetries via observation
- Students will be able to identify gate asymmetries via observations
- Students will be able to demonstrate the use of body/gate asymmetries via the use of professional/medical terminology
- Students will be able to describe piezoelectric effect and how it relates to myofascia
- Students will be able to palpate areas of tension within the fascial system
- Students will be able to define “tensegrity” and it’s relationship to the fascial system [Back to Top](#)

Reiki II

September 20-21

Second Degree (Okuden) – Magnifies the power of Reiki. By bringing in more energy, you are able to effect a much more positive change more rapidly. Second-Degree includes review of level one Reiki with a discussion of energy and physical anatomy and how they relate to Reiki. You will also learn how to use Reiki from a distance, for times when you are unable to physically be present. In this course, you will receive the sacred attunements, both the cognitive and practical application skills and the sacred/esoteric symbols. Practice time includes giving a receiving a Reiki session using the level two symbols. You will experience a distance treatment as well so please bring a doll or teddy bear that is soft and small enough to fit in your lap. [Back to Top](#)

Integrated Manual Lymphatic Drainage Massage with Acupressure and Essential Oils

September 26

First we examine the causes of lymphatic and circulatory disorders according to the Western and Eastern medicine model. Then we do a hands – on approach with Western and Chinese manipulative soft tissue and acupressure techniques that

- a) detoxify the meridians, acupoints and lymph glands
- b) strengthen the organs responsible for lymph and detoxification by stimulating qi that *stimulates circulation, reduces water retention and frees stored up toxins.*

The course focuses on

1. Theory of lymphatic flow from a Western and Eastern perspective:
2. Increasing the flow of oxygen and blood to the facial area, neck , trunk and limbs
3. Toning, tightening and detoxification of skin and organ systems

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4. Better mental alertness, focus and relaxation for the client
5. Emotional and lymphatic cleansing through the use of essential oils
6. Preventive maintenance

Traditionally, through the use of Acupressure and special manipulative massage strokes, the treatment goes beyond Swedish massage

In this course you will learn according to the Holistic Chinese Model

1. Inflammation of soft tissue due to toxicity and injury. Edema caused by surgery
2. Understanding the function of organs in Chinese medicine
3. Location of the most important Meridian/Channel points and meridians on the face , head and body in getting rid of edema and toxicity
4. Treatment protocols for the whole body. Accessing the surface lymphatics and deeper channels
5. Treatment techniques for specific disorders
6. Treating obesity and related edema
7. Self-treatment for the patient [Back to Top](#)

Treating Fibromyalgia, Chronic Fatigue, Depression September 27-28

This therapy is a natural, gentle non-confrontational way of healing many common and not so common physical and psychological ailments with the combined use of: energy touch, myofascial meridian therapy, Chi Nei Tsang, and homeopathy. Our bodies are composed of an energy field (Prana or Qi field with specific currents and positive and negative charges that run on a 24-hour cycle. These currents run along myofascial – meridian lines which converge on all joints and are accessed by acupressure points

In addition, you can reinforce your treatments by teaching your clients Taoist Qigong exercises for healing the organs, nervous system and increasing circulation and lymphatic flow. You will learn the assessment and determination of connective tissue meridians most affected by chronic musculoskeletal and other organ related diseases, pain and depression [Back to Top](#)

Fascial Conduction I September 27-28

Fascial Conduction contacts the fascial tissue, a continuous dynamic web of relationship in the body, to mobilize and enliven the liquid crystalline matrix of the collagen fibers. The fascial system's unique interconnected nature conducts and entrains energetic and electromagnetic channels, fluid tides, and the core midline of the body. By enhancing the qualities of fascia to liquefy, slide and glide and conduct impulse, fascial conduction brings the fluid rhythms into balance, activates the parasympathetic nervous system and enhances fluidity, coherence and suspension in the body.

In this workshop, you will experience you own fascial qualities and restrictions, learn to palpate the qualities and layers of fascia in others and use your own skills to liquefy, glide and conduct their tissue. You will

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practice hands on skills to create a relationship to these patterns, enlivening, balancing and integrating the body. [Back to Top](#)

Acupressure Theory & Application

October 10

Did you know that by pressing certain areas on your wrist, signs of anxiety could lessen? How about pressing certain acupressure points near the clavicle to assist in strengthening the lungs to reduce the effects of asthma? What about utilizing points Stomach 36 in combination with Large Intestine 10 to boost the immune system? Acupressure has its history date back at least five thousand years. It is a direct descendent of Acupuncture. Acupressure is easy to learn and creates phenomenal results. Acupressure assists the body in making the corrections necessary for healing. If one's Qi (Chi) is out of balance, deficient, or stagnant there will be disease. Using Acupressure on the appropriate meridians and Acupressure points will gently nudge the body back into balance and allow the body to heal. Acupressure reduces stress and tension, which inhibits the body's immune response, endocrine function and the function of the lymphatic system. Acupressure is a safe and effective tool to have in your repertoire of modalities. [Back to Top](#)

You will learn Acupressure technique as well as assessment skills. You will also learn how to combine key points to support the body back to health. Topics covered in this course will include:

- Learn practical application of Acupressure
- Gain hands-on experience of Acupressure, both giving and receiving
- Review the energetic meridians and associated acupressure points
- Assess your clients presenting problem and be able to apply Acupressure
- Learn how to apply Acupressure to chronic, acute and emergency situations
- Communicate with your clients what Acupressure is and how it will benefit their treatment
- Learn how to palpate and truly feel where the acupressure point is [Back to Top](#)

Ear Reflexology

October 17

Ear reflexology is an amazing reflexology system that very few people in the United States are familiar with. By utilizing Reflexology on the ear you will be able to influence the state of health of your clients. Ear Reflexology, when done correctly, can assist your clients with stress reduction, pain management, weight loss, fibromyalgia, allergies, thyroid problems, smoking cessation, menopause, PMS, and dozens of other health concerns. Ear reflexology along with ear massage will enhance your massage practice by giving you additional skills that you can utilize with your clients. The techniques learned in this seminar are easy to learn, allow you to connect with your clients more quickly, create a relaxed environment and can be applied to your clients concerns the next day! Topics discussed will include:

- Ear reflexology and techniques
- Ear massage

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- History of Ear Reflexology
- The anatomy of the outer ear
- How to read the ear for pathology
- How to find approximately 120 Acupressure points
- How to apply Acupressure to these points to affect change in your clients
- Contraindications for Ear Reflexology [Back to Top](#)

Hot Stone Massage

October 19

The course is designed to enhance massage skills by using hot and cold stone applications to restore and deepen the client's relaxation during the massage session. Client safety is also stressed when using hot and cold stone applications as to not injure the client. So therefore contraindications and sanitary procedures for cleaning the stones will also be discussed. The class will begin with lecture then followed by a full body hot stone massage demo sequence by the instructor. The majority of class time is reserved for trades so please be prepared to give and receive bodywork. [Back to Top](#)

Headaches, The Clinical Approach

October 24

This class is designed to offer you a practical understanding of clinical anatomy and pathophysiology of the head and neck area. Acknowledging the fact of numerous causes of headaches, this class will address 7 major types of headaches, with a focus on medical massage treatment of patients with Chronic Headaches (CH).

You will be learning how to differentiate between different causes of headaches, while learning specific diagnostic assessment techniques, as the key component in choosing the right protocol of treatment.

This is a **hands-on** class, designed to empower you with confidence and effectiveness in applying the science of massage for patients with CH.

You will be learning easy to follow, step-by-step **scientifically developed** and **clinically proven** protocols of massage in cases of primary CH: Migraine, Tension Headaches and Cluster Headaches.

During this class, we will cover a variety of **MUST have** techniques including: inhibitory regime of massage, ischemic compression, connective tissue massage, periosteal massage, post-isometric relaxation stretching techniques. [Back to Top](#)

Medical Massage in Cases of Anterior Scalene Muscle Syndrome / Thoracic Outlet Syndrome

October 25

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This class is designed to target the anterior scalene muscle (ASM) as the key to the upper extremity, since even mild tension in this muscle may irritate the brachial plexus and, in such case, the patient may exhibit symptoms of ANY abnormality in the upper extremity. This is why the ASM's nickname is 'the silent killer'. Therefore, every patient with any abnormality in the upper extremity should be evaluated for the possibility of tension in the ASM, first.

This class offers several diagnostic assessments to detect even the slightest tension in the ASM. The pathogenesis and clinical symptoms will be discussed in very understanding terms. You will learn to differentiate between the various types and causes of pain in the upper extremity.

You will be empowered with a very effective and easy-to-follow clinically proven protocol, allowing you to be successful in cases of ASM syndrome and Thoracic Outlet Syndrome. [Back to Top](#)

Medical Massage in Acute Cases of Sciatic Nerve Neuralgia October 26

Sciatic nerve neuralgia (SNN) is considered to be one of the most difficult abnormalities in the lower body. Clinical symptoms of SNN include sharp pain (which radiates to the lower extremities and increases with movement) and limited range of motion.

Based on the science of massage, in many cases, this complex neurological picture is not the result of disc bulging or herniation, but, rather, the result of the Piriformis Muscle Syndrome.

This class will offer you diagnostic assessment and tools to effectively work with Piriformis, as the key muscle to the lower extremity.

Nevertheless, even in cases when SNN is the result of compression of the S1 spinal nerve, the correct Medical Massage protocol can prevent surgery and allow clients to return to a normal pain-free life

During this class, you will learn a unique protocol of Medical Massage for **very acute** SNN, when even a simple process of laying down on the massage table, becomes a big challenge for a patient, due to a great deal of pain when one is trying to change position from vertical to horizontal.

In addition, you will learn to differentiate between Lumbalgia as the result of Lumbar Erectors, QL muscle, Short Lumbar Rotators or Sacroilititis. [Back to Top](#)

Assessment & Release of the Psoas October 26

The Psoas Major and Minor in conjunction with the Iliacus conjoin to form the Iliopsoas muscle, but it is more commonly referred to as just the Psoas. It is sometimes described as the keystone of a balanced, well organized body. A range of disorders including back pain, abdominal pain, and headaches can be caused by a

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dysfunctional Psoas. The Psoas tends to become shortened over time due to postural stresses perpetuated by typical office/computer work, driving, and poor posture. This course is designed to enhance the skills needed to assess and treat the Psoas by providing a variety of alternative, appropriate positions of the client on the table, not just supine or prone. Anatomy and function of the Psoas will also be reviewed through palpation, gait and postural assessment. The majority of class time is spent engaging in assessment and palpation techniques so come prepared to give and receive bodywork. [Back to Top](#)



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