

The Medical Arts School 2015 Continuing Education Calendar

Class	Date	Time	Tuition	CE's	Instructor
Hot Stones	1/18	9:00-6:00	\$160	8	Mary Ann Flournoy
Senior Spa 1 & 2	1/31-2/1	9:00-5:00	\$300	14	Sheila Alexander
<u>Full Body Lymph Drainage</u>	2/6	9:00-5:00	\$150	7	Elisa DiFalco
Lymphlift of the Head, Face and Neck	2/7	9:00-5:00	\$150	7	Elisa DiFalco
Hot Stones	3/15	9:00-6:00	\$160	8	Mary Ann Flournoy
Kinesio Taping 1 & 2*	3/28-3/29	8:00-5:30	\$279-\$1089*	8-32	Pete Pfannerstill
Muscle Reflexology with Meridians	4/18-4/19	9:00-5:00	\$325	14	Claire Marie Miller
Reiki I	4/25-4/26	9:00-4:00	\$240	12	Mary Ann Flournoy
Secrets of the Neck and Shoulders with the Ensoma Method	4/25	9:00-6:00	\$165	8	Marty Kestin
Balancing the Hips and Low Back with the Ensoma Method	4/26	9:00-6:00	\$165	8	Marty Kestin
Russian Pre & Post-Event Sports Massage	5/1-5/3	9:00-6:00	\$450/\$480**	24	Oleg Bouimer
Full Body Lymph Drainage	5/1	9:00-5:00	\$150	7	Elisa DiFalco
Lymphlift of the Head, Face and Neck	5/2	9:00-5:00	\$150	7	Elisa DiFalco
The Ethics of Compassion	5/8	9:00-12:00	\$60	3	Miles Rowe
Traditional Cupping	5/8	1:00-4:00	\$60	3	Miles Rowe
Prenatal Massage	5/9	9:00-6:00	\$160	8	Deanna Graves
Myofascial Therapy Upper Extremities	5/15	9:00-4:00	\$120	6	Ann Margaret Staley
Introduction to Traditional Thai Massage	6/20-6/21	9:00-5:00	\$275	13	Bob Haddad
Kinesio Taping 1 & 2*	6/20-6/21	8:00-5:30	\$279-\$1089*	8-32	Pete Pfannerstill
The Art of Japanese Zen Facial Massage with Ear Acupressure	6/26	9:00-6:00	\$140	8	Wolfgang Luckmann
Lomi Lomi Temple Style Hawaiian Therapeutic Massage	6/27-6/28	9:00-6:00	\$275	18	Wolfgang Luckmann
Ethics – Personal Boundaries	7/12	9:00-12:00	\$60	3	Mary Ann Flournoy
Zero Balancing I	7/17-7/20	9:00-5:00	\$645/\$745**	25	Cindy Allred-Jackson
Reiki I	7/18-7/19	9:00-4:00	\$240	12	Mary Ann Flournoy
Kinesio Taping 3*	7/25	8:00-5:30	\$279-\$1089*	8-32	Pete Pfannerstill
Advanced Sports Massage: Stretch Assisted Massage Rehabilitation Therapy, Lower Body with Emphasis on Injuries	7/25	9:00-6:00	\$175	8	Dawn Weeks

Offering Day & Evening CEU's Quarterly in: Chair Massage (24) and Reflexology (24).

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Advanced Sports Massage: Stretch Assisted Massage Rehabilitation Therapy, Upper Body with Emphasis on Injuries	7/26	9:00-6:00	\$175	8	Dawn Weeks
Qi Gong: Self Healing for Bodyworkers	8/7	9:00-4:00	\$120	6	Miles Rowe
Sports Rehab Massage for Triathletes	8/7-8/8	9:00-6:00	\$320/\$450 ***	16	Oleg Bouimer
Joint Mobilization and Stretching	8/9	9:00-6:00	\$160/\$450 ***	8	Oleg Bouimer
Tuina: Chinese Massage & Bodywork	8/14	9:00-4:00	\$120	6	Miles Rowe
The Ethics of Compassion	8/28	9:00-12:00	\$60	3	Miles Rowe
Traditional Cupping	8/28	1:00-4:00	\$60	3	Miles Rowe
Thai Techniques for Shoulder, Neck, Head and Face	9/11-9/12	9:00-5:00	\$275	13	Bob Haddad
Kinesio Taping 1 & 2*	9/12-9/13	8:00-5:30	\$279- \$1089*	8-32	Pete Pfannerstill
Tips and Tricks for the New Massage Therapist	9/18	9:00-6:00	\$160	8	Deanna Graves
Fascial Conduction I	9/19-9/20	1-6 Sat/10-6 Sun	\$240	12	Libby Outlaw
Myofascial Therapy Torso	9/25	9:00-4:00	\$120	6	Ann Margaret Staley
Indian Head, Face and Foot Massage with Ayurvedic Oils	9/25	9:00-6:00	\$140	8	Wolfgang Luckmann
Chinese Craniosacral Therapy with Visceral Manipulation (Chi Nei Tsang-Internal Organ Massage and Medical QiGong	9/26-9/27	9:00-6:00	\$270	18	Wolfgang Luckmann
Thoracic Region NeuroMuscular Connections	9/26	9:00-6:00	\$160	8	Nancy Haller
Cervical Region NeuroMuscular Connections	9/27	9:00-6:00	\$160	8	Nancy Haller
Vodder Bachelor Level MLD Certification	10/5-10/9	9:00-5:30	\$650/\$700 **	40	Elisa DiFalco
Myofascial Therapy Lower Extremities	10/9	9:00-4:00	\$120	6	Ann Margaret Staley
Pelvic Region NeuroMuscular Connections	10/10	9:00-6:00	\$160	8	Nancy Haller
Lumbar Region NeuroMuscular Connections	10/11	9:00-6:00	\$160	8	Nancy Haller
Reiki II	10/10- 10/11	9:00-4:00	\$240	12	Mary Ann Flournoy
Acupressure Theory &	10/16	9:00-4:00	\$120	6	Miles Rowe

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Application					
Kinesio Taping 3*	10/17	8:00-5:30	\$279-\$1089*	8-32	Pete Pfannerstill
Prenatal Massage	10/17	9:00-6:00	\$160	8	Deanna Graves
Hot Stones	10/18	9:00-6:00	\$160	8	Mary Ann Flourney
Headaches, The Clinical Approach	10/23	9:00-6:00	\$160/\$450 ***	8	Oleg Bouimer
Medical Massage in Cases of Anterior Scalene Muscle Syndrome / Thoracic Outlet Syndrome	10/24	9:00-6:00	\$160/\$450 ***	8	Oleg Bouimer
Medical Massage in Acute Cases of Sciatic Nerve Neuralgia	10/25	9:00-6:00	\$160/\$450 ***	8	Oleg Bouimer
Upper Extremities NeuroMuscular Connections	10/24	9:00-6:00	\$160	8	Nancy Haller
Lower Extremities NeuroMuscular Connections	10/25	9:00-6:00	\$160	8	Nancy Haller
Ear Reflexology	10/30	9:00-4:00	\$120	6	Miles Rowe
Assessment & Release of the Psoas	10/31	9:00-6:00	\$160	8	Mary Ann Flourney
Ethics – Personal Boundaries	10/31	9:00-12:00	\$60	3	Deanna Graves
Prenatal Massage	11/7	9:00-6:00	\$160	8	Deanna Graves
Ethics – Personal Boundaries	11/8	9:00-12:00	\$60	3	Mary Ann Flourney
Reiki I	11/21-11/22	9:00-4:00	\$240	12	Mary Ann Flourney

*Please contact Pete Pfannerstill directly for pricing information and registration at www.ultrasportsmassage.com.

** Early registration discount. Must register and pay in full at least one month prior to the class.
***Multiple class discount. Enroll in all classes Fri-Sun of that weekend.

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Hot Stones

January 18, March 15, October 18

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](#)

Senior Spa 1 & 2

January 31-February 1

Senior Spa 1: This class is for professional therapists or well skilled beginners.

This 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.

Equipment: Massage table

Supplies: Wear loose, comfortable clothing and bring massage table, set of sheets, 2 pillows, bath towel, hand towel & massage cream.

Senior Spa 2: 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.

Equipment: Massage table & massage chair

Supplies: Wear loose, comfortable clothing and bring set of sheets, 2 pillows with cases, 1 extra pillowcase, 1 bath towel, 1 hand towel, 2 washcloths & massage cream.

Full Body Lymph Drainage

February 6, May 1

From the elite Med Spas of Europe to America's Cosmetic Surgery offices, Vodder-style MLD has become the 4th most requested modality. For health and beauty, MLD is a natural approach to shedding excess fluid weight, cellulite minimization and optimum immune health. Experience a full body pre-op lymphlift and discover the benefits of MLD for reducing edema, bruises, pain & scar tissue for cosmetic surgery clients. Then, learn about America's contribution to compressionwear that changed the industry forever for fashionable post-op recovery.

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Lymphlift of the Head, Face and Neck

February 7, May 2

Celebrated in Europe and now a global sensation, Vodder MLD of the head, neck & face releases the Fountain of Youth Within for health & beauty. MLD offers a gentle approach for delicate clients suffering with rosacea, acne, eczema and allergies and compliments facials, surgery and procedures performed without by utilizing the fountain within. Attendees learn both the add on and full Lymphlift on the menu of high end Med-Spa's today. **Research article included.*

Kinesio Taping 1 & 2

March 28-29, June 20-12, September 12-13

Kinesio Taping 3

July 25, October 17

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

KT1 - 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
- 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

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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](#)

Muscle Reflexology with Meridians

April 18-19

In this advanced course in reflexology, you will learn powerful tools to unlock tension held in the greater muscles of the body. After 10 years of developing the connections between musculature and reflex points on the feet, this course is now one of Claire's most unique trainings. In this training you will learn:

- An innovative approach to the corresponding muscle reflexes in the soles of the feet to the great muscles of the body
- Chinese self-massage- Do-In
- Meridian points on the hand and feet
- Aromatherapy for the meridian season
- Creating an integrative reflexology session with muscles and meridians, deepening the effects of bodywork

Reiki I

April 25-26, July 18-19, October 10-11, November 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](#)

Secrets of the Neck and Shoulders with the Ensoma Method

April 25

Learn about the form and function of the neck and shoulder girdle and develop your problem solving and palpation skills. Learn to distinguish between nerve and muscle pain, identify trigger point pain patterns. Deepen your understanding of the CNS's role in pain and movement and its implications for Massage Therapy. Learn advanced manual therapy techniques, trigger point therapy and many therapeutic movements and postures for your career longevity and the health of our clients.

Balancing the Hips and Low Back with the Ensoma Method

April 26

Learn about the form and function of the low back and hips and develop your problem solving and palpation skills. Learn to distinguish between nerve and muscle pain, identify trigger point pain patterns. Deepen your understanding of the CNS's role in pain and movement and its implications for Massage

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Therapy. Learn advanced manual therapy techniques, trigger point therapy and many therapeutic movements and postures for your career longevity and the health of our clients.

Russian Pre & Post Event Sports Massage May 1-3

Ethics of Compassion May 8

Traditional Cupping, May 8

Prenatal Massage

May 9, October 17, November 7

Prenatal massage shares many of the goals of regular massage - to relax tense muscles, ease sore spots, improve circulation and mobility, and just make the mother to be feel good. But it's also tailored specifically to the needs of pregnant women and their changing bodies, and therapists who are trained in prenatal massage adjust their techniques accordingly.

Myofascial Therapy Upper Extremities

May 15

This 6 hour mini course will explore fundamental skills for myofascial therapy with a focus on the neck, head & upper extremities. 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 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 its relationship to the fascial system

Introduction to Traditional Thai Massage

June 20-21

This workshop discusses the origin and evolution of this ancient healing art, traces several energy lines in the Thai healing system, and allows for hands-on work using acupressure techniques, breath awareness, body mechanics, and assisted yoga postures. Special attention is paid to traditional Thai techniques that are adaptable to table massage. The intent is to familiarize you at an introductory level with basic concepts that can be integrated into your professional, personal and spiritual practices.

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The Art of Japanese Zen Facial Massage with Ear Acupressure

June 26

“The skin is no more separate from the brain than the surface of a lake is separate from its depths. They are two different locations in a continuous medium. To touch the surface is to stir the depths.” DEANE JUHAN –AUTHOR OF JOB’S BODY

ISN'T IT ABOUT TIME TO PUT THE WOW BACK INTO YOUR THERAPY?

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:

- Increasing the flow of oxygen AND BLOOD TO THE FACIAL AREA, NECK AND SHOULDERS
- Toning, tightening the skin and fascia
- Lymphatic drainage and detoxification of skin and organ systems
- Better mental alertness, focus and relaxation for the client
- Emotional cleansing through the application of essential oils
- 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, TMJ DYSFUNCTIONS, 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 RADIANCE OF INNER HEALTH

IN THIS COURSE YOU WILL LEARN:

- THE CAUSES OF SKIN DISEASES AND AGING ACCORDING TO THE CHINESE MEDICAL MODEL
- MANY SOFT-TISSUE STROKES FOR *REJUVENATION AND PREVENTION OF AGING*
- THE FUNCTION OF ACUPRESSURE POINTS, THEIR LOCATION AND EVALUATION ON THE FACE, NECK AND SHOULDERS
- SPECIAL USES OF ESSENTIAL OILS FOR THE FACE, EARS AND CONSTITUTION THAT REJUVENATE SKIN, ACT AS ANALGESICS AND REVITALIZE THE CIRCULATION AND LYMPHATICS
- FACIAL SKIN-LIFT QIGONG MASSAGE STROKES

Lomi Lomi Temple Style Hawaiian Therapeutic Massage

June 27-28

Lomi Lomi means “To break up into small pieces “. It also means the “Dance of Massage”

PURPOSE:

“TO REVIVE THE BODY”

“TO MOVE THE BLOOD AND LYMPH”

“TO OPEN SPASMS”

“TO REMOVE WASTE MATERIAL FROM MUSCLE”

“TO FACILITATE MYOFASCIAL RELEASE”

“TO REVITALIZE THE FACE AND HEAD”

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“TO SAVE YOUR HANDS”

“TO REMOVE EMOTIONAL TOXICITY WITH OILS AND COMPASSIONATE CARE”

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 N.M.T. 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 ?

YOU WILL LEARN:

- ✓ Some 12 strokes for a FULL BODY massage addressing long hardened, bulky muscles and cellulite
- ✓ Breathing techniques and meditation to conserve your energy and build stamina
- ✓ Circular, Spiraling and forearm techniques as well as kneading thumb techniques.
- ✓ How to address the diaphragm, the seat of our emotions
- ✓ Stretch techniques for upper and lower limbs
- ✓ The use of Aromatherapy essential oils on ear points and the body to really enhance your massage subtly and permanently l
- ✓ Stretch and strengthening exercises for the massage therapist
- ✓ Self care for the massage therapist and client.

Ethics – Personal Boundaries

July 12, October 31, November 8

To develop and maintain professional boundaries, therapists need to understand what their own personal boundaries are. A personal boundary helps the therapist feel safe and in control of their surroundings and is a nonnegotiable limit that must be established.

Zero Balancing 1

July 17-20

Learn tools to apply to your professional practice *and* everyday life. Zero Balancing is used by acupuncturists, massage therapists, physical therapists, occupational therapists, chiropractors and nurses among others. It provides gentle and effective care, relieves structural pain, increases energy, reduces stress and supports personal transformation.

Learn touch, techniques and principles that will enhance your healing work

Zero Balancing is taught as a stand-alone system of body mind therapy. However, it is easy to incorporate into other modalities, allowing you to work on multiple levels in one session.

Learn a treatment protocol that is effective for clients of all ages Zero Balancing addresses physical, emotional and mental issues simultaneously. ZB offers your clients bone-deep relaxation similar to meditation allowing old tensions & patterns to release.

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Advanced Sports Massage: Stretch Assisted Massage and Rehabilitation Therapy, Lower Body with Emphasis on Injuries

July 25

Advanced Stretch Assisted Massage (SAM) focuses on evaluation and treatment of the complete muscle, including attachments and joints of the lower body. It's a hands-on approach to improve soft tissue manipulation to achieve healing results quickly and efficiently. SAM lower body techniques are used to lengthen tight muscles to relieve pain, increase strength and optimize sports and activity performance. We will address the difference tight contracted weak muscles and lengthened weak muscle and what SAM lower body techniques to use to address this. We will address muscle strains (groin, hamstring), tight hips, patellar tendinitis, turf toe, etc. You'll discover how 5-10 minutes of SAM techniques can be used with athletes and other physically active individuals to evaluate symptoms and cause, provide treatment, improve recovery time and promote injury prevention.

Advanced Sports Massage: Stretch Assisted Massage and Rehabilitation Therapy, Upper Body with Emphasis on Injuries

July 26

Advanced Stretch Assisted Massage (SAM) focuses on evaluation and treatment of the complete muscle, including attachments and joints of the upper body. It's a hands-on approach to improve soft tissue manipulation to achieve healing results quickly and efficiently. SAM upper body techniques are used to lengthen tight muscles to relieve pain, increase strength and optimize sports and activity performance. We will address the difference tight contracted weak muscles and lengthened weak muscle and what SAM upper body techniques to use to address this. We will address muscle strains (triceps, deltoid), tight traps, medial and lateral epicondylitis, jammed fingers, etc. You'll discover how 5-10 minutes of SAM techniques can be used with athletes and other physically active individuals to evaluate symptoms and cause, provide treatment, improve recovery time and promote injury prevention.

Qi Gong: Self Healing for Bodyworkers

August 7

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](#)

Sports Rehab Massage for Triathletes

August 7-8

This hands-on class is based on decades of scientific research in the former Soviet Union, where Sports Rehab Massage was an integral part of the training process of the Russian elite athletes, allowing them to train harder and to rehabilitate faster. This class offers a practical way to connect the science of sports

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rehab massage with the specific needs of triathletes, as well as runners, swimmers and cyclists. During this class you will learn both general principles of sports rehabilitation and some specific techniques of sports rehab massage; grades of soft tissue injuries and phases of treatment; risk factors for the most common injuries in triathlon; general treatment strategies for tendonitis, bursitis and ligament injuries; secondary syndromes associated with the most common injuries and pain patterns.

Joint Mobilization and Stretching

August 9

This class is designed to give you the edge in working on restoring both normal anatomical length of skeletal muscles and surrounding connective tissue, while restoring a normal range of motion in major joints in the human body.

You will learn how soft tissue dysfunction can contribute to specific joint imbalances. This hands-on class will cover specific manual techniques combining acu-points with emphasis on locating joint blockages, followed by joint rebalancing. In addition, some scientifically developed protocols of passive, passive with resistance and active with resistance stretching will be presented and practiced.

Tuina: Chinese Massage and Bodywork

August 14

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](#)

Thai Techniques for the Shoulder, Neck, Head and Face

September 11-12

This workshop presents advanced concepts and techniques for working the upper torso, including the shoulder blades, clavicle, shoulders, neck, head and face. Working in all four body positions, we explore a wide variety of techniques using feet, palms, forearms, elbows, thumbs and fingers. Participants explore many new and interesting techniques to release stored tension through stretches, compressions, fascia release, and opening techniques. We also review and refine traditional Thai techniques for the shoulders, upper back, and neck. Finally, a wide variety of manual techniques and pressure points for the head and face are presented, many of which are not usually taught in general Thai massage classes. Herbal balms, essential oils and herbal compresses are used for some of the face and neck techniques. Participants have

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ample time to give and receive each day. This is always an enjoyable workshop because the mood is meditative, and everyone loves to receive work on their shoulders, neck, head and face.

Tips and Tricks for the New Massage Therapist September 18

Fascial Conduction I September 19-20

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

Myofascial Therapy Torso September 25

This 6 hour mini course will explore fundamental skills for myofascial therapy with a focus on the torso area. 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 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 its relationship to the fascial system

Indian Head, Face and Foot Massage with Ayurvedic Oils September 25

Did you know? Indian Head Massage has been practiced for many centuries as part of the family health care. Indian mothers would massage their children's hair, head, neck and shoulders to stimulate growth. And relaxation.

WHAT ARE THE BENEFITS?

- To eliminate Excess
- To purify

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- To Strengthen or Rejuvenate
- To maintain Strength
- Understanding and reinforcing the individuality of the patient.

IN ADDITION

- Ayurvedic massage goes beyond the purely aesthetic and superficial
- Ayurvedic massage also stimulates nerve function (e.g. Bells Palsy)
- Improves relaxation, creating calmness and emotional well-being
- Concentration and alertness are optimized
- Myofascial pain, fibromyalgia and chronic internal disorders are addressed through stretches, opening up of the meridians and Ayurvedic acupressure points
- Other benefits include: Relief from tension headaches, eye-strain, ear problems, neck shoulder stiffness, sinusitis, scalp tension and mental fatigue.

PURPOSE OF WORKSHOP

- How to incorporate massage, oils and pressure point technique in 45 minutes.
- Explanation of the Ayurvedic understanding of the life force Prana, Ayurvedic massage and medicine
- How to evaluate, analyze and treat the client as an individual.
- The three different types of massage suited for each individual
- An explanation of the functions of and locations of the marmas (pressure points) and nadis (meridian system)
- The purpose of appropriate essential oils, carrier oils, herbs and energetic qualities for each individual client.
- How to match the personality type (Dosha) to the massage stroke and oils

Chinese Craniosacral Therapy with Visceral Manipulation (Chi Nei Tsang – Internal Organ) Massage and Medical QiGong

September 26-27

CHALLENGED BY THE MANY HEALTH PROBLEMS OF CLIENTS? MAKING LITTLE OR NO HEADWAY WITH DIFFICULT CASES? INTERESTED IN ENERGY WORK THAT IS “PROFOUND”?

“The greatest undeveloped territory, lies under your hat” – Anonymous

Chinese Craniosacral Therapy is a NON-CONFRONTATIONAL, SAFE AND INDIRECT APPROACH to the body’s physical and psychological imbalances. We use a subtle blend of *Chinese Acupressure meridian therapy* and *psycho physiologic craniosacral therapy*. Together we get a self-regulated and self-regulating system of energy medicine. The body is guided and taught to harness its own bio-electric immune system or “Inner Intelligence”. By working on the mind and para - and sympathetic nervous systems first, we turn inflammation and blockages around and lay the groundwork for further myofascial release as well.

In Chinese Craniosacral Therapy the body is a HOLOGRAPH! We learn how to treat problems on the left or right side with the contra lateral side first. The issues on the top or bottom of the body with the opposite side. Organ-related issues that are inflammatory with internal organ massage, because all chronic diseases in T.C.M. start in the Digestive system. You will not simply be taught a protocol but how to treat specific dysfunctions!!!

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IN THIS COURSE YOU WILL BE TAUGHT

- The craniosacral system and its connection to the Acupuncture Meridian System
- The location of important Gate acupressure points and meridians and how to identify tender and “still points “
- The use of certain essential oils to open up these gate points
- Palpatory skills for evaluation and therapeutic use of manipulation and stretching the fascia.
- How to identify congestions and “sick “energy that affects the organs and fascia.
- How to treat imbalances by addressing the contra lateral side of the body
- The release of toxic viscera through visceral manipulation and their subsequent tonification self-treatment for the therapist and patient

CHINESE CRANIOSACRAL THERAPY AND VISCERAL MANIPULATION SUCCESSFULLY TREATS:

- Chronic Fatigue / Fibromyalgia and inflammatory viral conditions
- Migraines / tension headaches
- Emotional imbalances: ANGER, FRUSTRATION, RESENTMENT, ANXIETY, NERVOUSNESS
- Chronic back pain
- Cervical pain
- Post-traumatic stress disorders
- Depression
- Gastrointestinal problems
- Sinusitis
- ADD/ADHD/hyperactivity
- Autism
- ALL FORMS OF ARTHRITIS

READ MY ARTICLE: “DAOIST PAIN MANAGEMENT” WHICH EXPLAINS ALL! SEE

WWW.WOLFGANGLUCKMANN.COM

NeuroMuscular Connections

September 26-27, October 10-11, October 24-25

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 technique 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.

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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.

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](#)

Vodder Bachelor Level MLD Certification October 5-9

VODDER-STYLE MLD 5-DAY CERTIFICATION (Physician Approved)

COURSE DESCRIPTIONS 2013

NCBTMB #450512-08 & FL CE Broker Approved #50-5201

*Courses may be taken individually. Completion of all 6 is required within 2 years for certification.

<u>Course Title</u>	<u>Description</u>	<u># CE's</u>	<u>Pre-Req</u>
Hollywood Med-Spa Style Body Lymphlift (Cosmetic & Plastic)	From the elite Med Spas of Europe to America's Cosmetic Surgery offices, Vodder-style MLD has become the 4 th most requested modality. For health and beauty, MLD is a natural approach to	7	None

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Surgery)	shedding excess fluid weight, cellulite minimization and optimum immune health. Experience a full body pre-op lymphlift and discover the benefits of MLD for reducing edema, bruises, pain & scar tissue for cosmetic surgery clients. Then, learn about America's contribution to compressionwear that changed the industry forever for fashionable post-op recovery.		
Boca Lymphlift of the Head, Neck & Face Also called: <i>Fountain of Youth Lift</i>	Celebrated in Europe and now a global sensation, Vodder MLD of the head, neck & face releases the Fountain of Youth Within for health & beauty. MLD offers a gentle approach for delicate clients suffering with rosacea, acne, eczema and allergies and compliments facials, surgery and procedures performed without by utilizing the fountain within. Attendees learn both the add on and full Lymphlift on the menu of high end Med-Spa's today. <i>*Research article included.</i>	7	None
Mommy & Me MLD	This upper level course explores the lymphodynamics of pregnancy. Learn how and why MLD offers edema mgt. for "barefoot & pregnant" while addressing mother's stress, stretch marks and constipation. In addition, discover the benefits of MLD to shed excess fluid weight and promote healing for both vaginal and C-section's post-delivery. Then learn why physicians have recommend MLD's conservative approach for common childhood illnesses, conditions and autoimmune issues in Europe for a century. Begin learning how to document your pt./client's progress with assessments used in our LTS clinic. <i>*Pregnancy protocol is also used on obese, joint replacements and clients unable to lie in the prone position.</i>	7	Beg.
MLD Lymphosize: Sports, Surgery & Scars	European athletes have known the benefits of MLD for peak performance and optimum recovery from. Sports, not only requires MLD delivery, but excellent documentation, standardized measuring skills for compression garments, precision bandaging and knowledge of post-recovery lymphosize covered in the Advanced Level Course. <i>*Assessment form from LTS Clinic included.</i>	7	Beg.
Sensory Integrated MLD for Pain Mgt., Palliative Care (Hospice) *Hands on & Written Exam For Certification Administered	It is recommended, MLD be performed in a "spa-like" setting, especially when working in pain mgt., palliative care & hospice. Understand why this approach best serves these populations utilizing research from foremost leaders in color, sound and aromatherapy (Deborah Sharpe, PhD, Mitchell Gaynor, M.D.). Learn the budget friendly sensory integrated approach used at the LTS clinic that was complimented by the insurance companies and Department of Health to customize every session and your office for a complete package Dr. Vodder would be proud of.	7	Beg
Holistic MLD 5-Day Certification	Taking all 6 days in consecutive order in a one week format.	41	None

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Myofascial Therapy Lower Extremities

October 9

This 6 hour mini course will explore fundamental skills for myofascial therapy with focus on the sacrum & lower extremity. 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 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
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- Students will be able to describe piezoelectric effect and how it relates to myofascia
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- Students will be able to define “tensegrity” and its relationship to the fascial system

Acupressure Theory & Application

October 16

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.

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](#)

Headaches, the Clinical Approach

October 23

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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 24

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 25

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 Sacroilitis. [Back to Top](#)

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Ear Reflexology

October 30

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
- 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](#)

Assessment & Release of the Psoas

October 31

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 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](#)