






# Atlanta School of Massage


*LifeLong Learning* 

*Fall 2010*

## *August*

- August 6 Indian Head, Face and Foot Massage with Ayurvedic Oils pg. 3
-  August 7- 8 Treating Fibromyalgia, Chronic Fatigue and Depression with Wolfgang's East - West Synergistic Massage pg. 2
-  August 14-15 Scrubs & Wraps pg. 4
- August 13 - 15 The Art of Assessing the Body, Mind and Spirit pg. 3
-  August 14 -15 Tools for Effective Deep Tissue Pt.1 pg. 3
- August 20 Massage Tools to Save Hands pg. 4
-  August 20 Massage Tools to Enhance Your Business p. 4
- August 20 Fijian To Go p.5
- August 21 Chinese Facial Fusion Massage p.5
- August 21 Intro to Fijian Massage pg. 6
- August 22 Indian Head Massage for Chair and Table pg. 6
- August 22 Marketing Strategies for Cultural Massage Offerings pg. 6
- August 23-25 Kat Flynt's: Advance Makeup for Fashion and Photography pg. 7
-  August 23 Greenstone Fusion Massage pg. 7
- August 23 Soft Touch Island Massage pg. 8
- August 24 Fijian Massage pg. 8
- August 25-29 Manual Lymph Drainage: Basic Full Body Course pg. 9
- August 29-30 Two Day Laser Workshop pg. 9
- August 30 National Board Review pg. 13

## *September*

- September 10-12 TMJ Module 1 pg. 17
- September 11 Thai Massage Pt.3 pg. 18
-  September 11-12 Comfort Touch:Nurturing Acupressure for the Elderly and the Ill pg. 10
- September 11-12 Polarity Therapy General Session pg. 10
- September 17-19 Whitney Lowe's Orthopedic Massage I pg. 11
- September 18-19 Massage for Healthier Children pg. 12



Courses have not been offered before in the Atlanta area.


NCBTMB APPROVED PROVIDER




FOR CONTINUING EDUCATION

*See page for description.*

Atlanta School of Massage is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider.

- September 20 Self-Care for the Upper Extremities pg. 13
- September 20 Professional Ethics for Bodyworkers pg. 13
- September 24 Professional Ethics for Bodyworkers pg. 13
- September 24-26 Sexuality Issues in Massage: The Unspoken Energy pg. 14
- September 25 CPR pg. 12
- September 25-26 Clinical Posture Practice: Integrating Posture Exercise and Muscle Therapy pg. 15 
- September 27-29 Kat Flynt's: Advance-Up for Television and Video Production pg. 16

## *October*

- October 2 National Board Review pg. 12
- October 2 Thai Massage Pt.4 pg. 18
- October 2-3 Neuro-Linguistic Programming for Alternative Practitioners pg. 16 
- October 4 CPR pg. 12
- October 4 National Board Review pg. 12
- October 8-10 TMJ Module 2 pg. 17
- October 9 Thai Massage Pt.1 pg. 18
- October 9-10 Burn Scar Massage pg. 18
- October 10 Thai Massage Pt.2 pg. 18
- October 16 CPR pg. 12
- October 16 Creative Stones:Introduction to Using Stones in Massage Therapy pg. 12
- October 16 Thai Massage Pt.3 pg. 18
- October 16-17 Massage for Healthier Children pg. 12
- October 18 Self-Care for Upper Extremities pg. 13
- October 17 Thai Massage Pt.4 pg. 18
- October 23-24 21 Deep Tissue Techniques to Enliven Your Practice pg. 19
- October 23 Subtle Muscle Testing Pt.1 pg. 19
- October 24 Subtle Muscle Testing Pt.2 pg. 19

## *November*

- November 1 CPR pg. 12
- November 8 National Board Review pg. 12
- November 20-21 Burn Scar Massage pg. 20

Now you can register online with your credit card!  
Visit our secure site at:

[www.atlantaschoolofmassage.com](http://www.atlantaschoolofmassage.com)

# Continuing Education

# *Treating Fibromyalgia, Chronic Fatigue and Depression with Wolfgang's East - West Synergistic Massage*

Wolfgang Luckmann

August 7-8

Saturday 8:30 am - 5:30 pm

Sunday 9 am - 6 pm

18 credit hours

Fee: \$260

Go Beyond Conventional Trigger Point Therapy!!!

This therapy is a natural, gentle NON-CONFRONTATIONAL way of healing with the COMBINED use of:

- Chinese Craniosacral Therapy (New!), Chinese Medical Massage
- Energy Touch
- Myofascial Meridian Therapy (New!)
- Muscle Energy Techniques
- Chi Nei Tsang (International Organ Massage) and Homeopathy

We start by treating the opposite and most distal side of the inflammation or dysfunction. This is based on the assumption that our bodies are holographs 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. The focus shall be on:

- How the myofascial-meridian lines cover the body
- Key points
- Direction of the flow of QI
- Why pain is an electrical problem
- Addressing the Sympathetic and Para-Sympathetic nervous systems using Taoist energy touch principles
- Simple pain relieving remedies from homeopathy
- How to apply Visceral Massage therapy for organ dysfunction

The practitioner will be able to:

- Treat Inflammatory Myofascial Pain
- Re-Energize the client's body and rid your own body of fatigue
- De-stress and detoxify the body of excessive fears and anxieties
- Treat and prevent myofascial / muscular tension and pain
- Treat and prevent the pain from the 18 sides of pain Symptomatic of Fibromyalgia patients
- Strengthen and enhance circulation of blood and QI
- Get rid of headaches of all kinds
- Treat Arthritic conditions of all kinds
- Treat Gynecological problems of all kinds
- Treat Mood swings
- Treat Postural distortions
- Treat Sleep disorders
- Relax the digestive system and enhance the transport of nutrients for energizing the patient again

You will learn assessment and determination of connective tissue meridians most affected by Chronic musculoskeletal and other organ related diseases, pain and depression.

## *Indian Head, Face and Foot Massage with Ayurvedic Oils*

Wolfgang Luckmann

August 6 8:30am - 5pm  
8 credit hours  
Fee: \$120

Indian Head Massage (as part of Ayurvedic massage) known as "Champi" has been practiced for many centuries as part of family health care. Indian mothers would massage their babies' hair, head, neck and shoulders to stimulate growth and relaxation. What are the benefits? 1.To Purify 2.To Strengthen or Rejuvenate 4.To maintain Strength 5.Understanding and reinforcing the individuality of the patient.

## *The Art of Assessing the Body, Mind and Spirit*

Ann Pauley

August 13-15 9am - 6pm  
24 credit hours  
Fee: \$285 for LMT's and \$225 for non-LMT's  
(Note: Non-LMT's will not receive credit hours.)

Take your massage practice to the next level!

In this class, you will learn how to assess the physical body in more detail, and will discover the links between the emotions, beliefs, organs, and the physical body. You will learn the importance of chakras and how they lead us to understanding why someone has an injury, chronic pain, or illness.

This information will transform your understanding of yourself and the human body exponentially!

**Ann Pauley**, is co-owner of The Posture Project, a yoga and massage studio located in Woodstock, GA. She graduated from the Academy of Somatic Healing Arts in Norcross, GA in 1998 as a Massage Therapist with certificates in Sports Therapy, Neuromuscular Therapy, and Swedish Massage. She has since studied Postural Balancing in depth as a massage therapist and has worked with several chiropractors during her many years of experience. Her yoga practice and instruction also aid in her understanding of the body, its alignment, and the healing process. Ann has an expert, natural ability of finding the cause of pain due to muscular imbalances and assists many people with her intuitive senses on their journey to health and wholeness. Ann is an experienced Sports Massage Instructor, a former Sports Department Head, and is a certified Lypossage Practitioner.

## *Scrubs and Wraps*

Shaun McCaffrey

August 14-15 9am - 4pm  
Fee: \$300  
12 credit hours

The Scrubs and Wraps will give you the skills and abilities to perform these in-demand treatments. Scrubs and Wraps are no longer just for a "wet room". We will show you how to execute these services in your own treatment room or space without the mess. Learn the common threads to quality products and their benefits. Students will be able to create body treatments that are tailored to their own environments and clients.

**Shaun**, has been working in the massage field for over 7 years. A graduate of Florida College of Natural Health's Associate of Science in Natural Health program, he began his career with the Mandara Spa at the Portofino Bay Hotel in 2003. During his time with Mandara Spa he discovered his passion for teaching while being a trainer. In that role he facilitated training classes on retail and all services on the menu. In 2004 he accepted a position with the Ritz-Carlton Hotel at Orlando Grande Lakes in Florida. There he is the Lead Therapy Supervisor and oversees a 40 therapist massage department. During his time at the Ritz-Carlton he assisted in menu development, product and treatment testing, and still continues to teach and assist with training classes. He has worked for Touch Education for 2 years assisting in instruction and curriculum development.

## *Tools for Effective Deep Tissue Pt. 1*

Matthew Howe  
August 14-15 9am - 4pm  
12 credit hours  
Fee: \$ 240

Tools for Affective Deep Tissue 1, is a workshop designed to give new perspective to the massage therapist. The tools that are taught in this workshop will help the massage therapist begin working deeper with less effort while increasing the effectiveness of the session. The therapist will be able to work in directions that decrease the affects of gravity on the joints. Positioning of the client and application of the tools will be brought together so the student will be able to perform these techniques in almost any situation.

**Matthew Howe**, has been a licensed therapist since 2000. During his time as a massage professional he has worked for the biggest and the best in the Spa World. He has been an instructor at the Central Florida School of Massage Therapy for 5 years. These experiences allow him to bring the best of massage therapy and spa together. His knowledge translates into real world application. Touch Education was created in 2005, to help Mr. Howe educate massage professionals. Touch Education's workshops teach the ins and outs of spa treatments as well as deep tissue tools that will extend the career of massage therapists.

## *Massage Tools to Save Hands*

Lolita Knight

August 20 10am - 1pm

3 credit hours

Fee: \$55 (\$65 after August 1)

If massage tools have never worked for you, it could be you are gripping the tools instead of using an open palm method or it could be you haven't found the type of massage tools that benefit both you and your clients. This is a unique class that helps therapists save their hands and get that deeper pressure without exerting more force with the hands. Excellent to use with chair massage to avoid that harmful wrist position and of course tools can be used with regular table massage. A large variety of tools will be demonstrated and available for students to practice giving and receiving the myriad of tool usage.

A few examples are:

The "Greenstone" curved stone is perfectly shaped to do deep massage on the SCM and scalene muscles as well as other parts of the body. This green stone from Guatemala has a more pointed end for deeper work and a broader base for smoothing out the muscles and removing toxins (the full Greenstone Massage Tools is a 7 CE class, but in this class a demonstration of 20 minutes is offered as an introduction). The "Turtle" is a popular massage tool and enough turtles will be provided for everyone's use. We use the turtles legs (either individually or all 4 at once), shell, bottom edge of shell, head and even the eye to give that deeper massage without injuring your own hands. The "Antler" is also a nicely curved massage tool with a broad base for open palm pressure. It can be used as an alternative to the greenstone or in conjunction. Tools will also be provided for self massage including the "Thumby" which will stick to the wall so you can massage your own back. Students will make one tool themselves. Bring 2 tennis balls (old ones are okay) and duck tape (or other sturdy tape), medium to large jar lids and a bumpy surface bottle (like the old coke bottles) with a lid. Did we mention this was going to be a fun class? Therapists are encouraged to bring their own tools to gain additional strokes and learn how to not "grip" a massage tool as that weakens the therapist's own hands.

**Lolita**, has 35 years massage experience and has been using tools for 20 of those years experimenting with ways to utilize the tools and finding tools that actually help both the therapist and the client. For example, Lolita got a "turtle" at a Dollar Tree and bought all she could find. After they were all gone, it took a 2 year search to find similar turtles. You will see why it was worth the effort when you begin to use the turtle on your clients and even for self massage.

## *Massage Tools to Enhance Your Business*

Lolita Knight

August 20 2pm - 5pm

3 credit hours

Fee: \$ 55 (\$75 after August 1, 2010)

The goal of this class is to add effective and unique massage tools that enable your massage practice to stand out as offering more than the "standard" massage treatments. Not only will this enhance your business, but will often save both hands and wrists of extra stress doing deeper work, plus will aid your clients in faster recovery time. In addition, therapists will be able to offer variety to their clients. Students will be able to experience moving cups massage, jack knobber, the Infinity stone, power massage knuckles, octopus, various rollers and a variety of different massage tools. Practice and demonstration times are provided. Lolita will have some suction cup sets, but it would be great if students could bring their own sets. These can easily be found in Chinese shops. This is suction, not fire cupping. And the moving cups portion is an introduction, not a full class. Students are to bring massage cream or oil, 2 sheets, pillow or bolster and to wear comfortable cotton clothing. Massage tables will be used. To receive moving cups massage, students will need to disrobe. Students are encouraged to bring their own tools to possibly gain additional strokes or learn how to not "grip" a massage tool as that stresses the therapist's own hands. Please check with your massage insurance company to see if they offer no-fire massage cupping coverage.

## *Fijian to Go*

Lolita Knight

August 20

6pm - 10pm

4 credit hours

Fee: \$ 75

Fijian To Go is designed to be a very mobile barefoot technique to have at sporting events, family settings and other massage opportunities such as corporate massage. A minimum of equipment and supplies are needed for this method and most can be offered while sitting in a chair or even a sofa. The focus areas to be massaged are the back and legs.

If possible, bring a Body Support System with face cradle covers or a 3-6 foot foam pad for the client to lie on the floor for support. These add comfort, but are not required. Also bring a large sheet, 2 pillows and water for drinking.

Please wear cotton clothing, but no jeans. T-shirts and light weight sweat shirts are best. No straps or zippers.

If you have taken the Fijian Massage Posterior for 8 CE this will be a good refresher for you as well as a shortened version for first time Fijian massage students. So trim your toenails and let's learn an easy, yet deep tissue technique to help athletes, office workers, friends and family.

Lolita Knight has changed and developed Fijian Massage for the past 13 years. For more details, got to: [www.fijianmassage.com](http://www.fijianmassage.com) or call Lolita at 317-445-557 .

## *Chinese Facial Fusion Massage*

Lolita Knight

August 21

9am - 5pm

7 credit hours

Fee: \$ 140

As taught to Lolita by Dr Lilly Fu, a Chinese Doctor, 25 pressure points (including 2 on the hands) to help tone, uplift, remove tension, reduce facial lines and increase circulation to the face will be learned. Students who have completed the 6 CE Chinese Facial class may take the 7 CE Chinese Facial for full 7 CE NCBTMB hours as a refresher, plus learn additional strokes (22 rejuvenation for the 6 CE is expanded to 40 strokes with the 7 CE to include décolletage strokes). Naturally, new students are welcome with no previous facial massage experience. Facial massage can benefit facial tics, Bells Palsy, eye droop, sinus problems, eyesight (near and far), TMJ problems and reduce scars.

Benefits:

1. To add to a regular massage
2. Gift certificates for Mother's Day, Valentine's Day or Christmas
3. To help improve medical facial conditions.
4. To increase therapist's income
5. To increase the therapist's range of offerings.
6. To be easy on therapist's hands.

Therapists can give clients all 5 facial massages taking 45 minutes to an hour or just choose one for 15 minutes to conclude a massage session.

Students need to wear no make-up (prefer no contact lenses). Class handouts describe all strokes so no necessity to take notes. A music stand or TV tray is handy to place class notes on for easier reading. Therapist is seated during the giving of the facial massages. Clients and you, as students, often notice a tonal difference after just one session. Come and experience a totally fun, stress-free, new and relaxing workshop.

**Lolita Knight**, lived in New Zealand for 25 years. When doctor Lilly Fu gave Lolita a facial massage and everyone noticed a more youthful Lolita, she decided to add this to her teaching curriculum. During the years this has been taught, students with Bells Palsy and TMJ problems have been greatly helped. This is her most popular class with both aestheticians and massage therapists. Last time this was taught at ASM the class filled quickly so book early if this class interests you. For more details, visit: [www.fijianmassage.com](http://www.fijianmassage.com) and click on "other courses".

*Register Early!* 770.454.7167 ext.141 Fax 770.454.7367

## *Intro to Fijian Massage*

Lolita Knight

August 21 5pm - 6pm

1 credit hour

Fee: \$10

Have you thought about massaging with your feet to save your hands? You will be very surprised to see how easy it is to give a deeper, yet gentler massage using your feet. Following a demonstration you will also give and receive a Fijian Massage. Please wear cotton clothing, no jeans. Bring a 3-foot or longer foam pad (if possible) and 4 pillows or cushions.

## *Marketing Strategies for Cultural Massage Offerings*

Lolita Knight

August 22 7pm - 9pm

2 credit hours

Fee: \$30

According to "Massage Today", the number one request by spa users is that they want something "different". Learning techniques from other countries can fill this niche from offerings such as Thai Massage, Fijian Massage, Chinese Facial Massage, Indian Head Massage, Lomi Lomi or even unique courses such as Greenstone Massage, Cranial Sacral, Geriatric and Pregnancy Massage. Besides being "different", massage clients need to understand these unique offerings so they will be tempted to try them.

With over 35 years of massage marketing experience, Lolita will offer marketing tips to increase your business, especially if you are offering massage from another culture or a non-mainstream style of massage. However, the marketing techniques work also for more mainstream massage offerings. Learn the best place to spend your limited marketing dollars.

Let this class bring you thousands of dollars of increased business.

Bring a pen, sense of adventure and clipboard for group assignments.

**Lolita Knight** has been a solo self-employed therapist and owner/therapist of a massage center with 8 staff members, massaging an average of 90-100 clients a week with 126 clients the record high week. Gain from her mistakes in a class that is interactive and fun (i.e. no boring lecture).

## *Indian Head Massage for Chair and Table*

Lolita Knight

August 22 9pm - 6pm

8 credit hours

Fee: \$175

Indian head massage is based on an ancient Indian healing system called Ayurveda. This massage technique has been practiced for over a thousand years. The massage is calming, yet revitalizing working on the upper back, neck, shoulder, face and scalp. Indian Head Massage can help eyestrain, headaches, promote hair growth, improve concentration (by improving blood flow to the scalp), stimulates lymphatic drainage to the head and neck, boost hair health, relieve shoulder tension, increase neck mobility, calm the mind and ease emotional stress.

This massage is given while the client is fully clothed sitting in a chair or may be added to a table massage as strokes have been adapted to the table. As far as Lolita knows, she is the only one who has created Indian Head Massage strokes for the table as the tradition is only for sitting in a chair. She did this as numerous students asked for table adaptations. Pressure points are stimulated during the massage. Oil is optional. Sweet almond and coconut is good for dry hair and scalp. Sesame oil is beneficial for dry flaky scalp. Lolita will give each student a vial of special organic Ayurveda herbal scalp oil from Solavedi.

Learn a method that will totally bliss out your clients while giving them gentle relief from physical ailments. Great to add to a regular chair massage or for geriatric clients confined to a wheelchair and also for extra hand-saving strokes for your table massage. Students who have completed Lolita's Indian Head for the chair only may take this class with a refresher for the chair strokes and new strokes for the table for full NCBTMB CE contact hour credits. Naturally this course is also open to first-time students.

Students may leave on their clothing or remove upper garments if they wish. Oil is optional and students may bring their own or use what Lolita gives each student as part of the class.

**Lolita Knight**, has taught Indian Head Massage for over 7 years and many students asked for an adaptation for the table.

## *Advance Makeup for Fashion and Photography*

Kat Flynt

August 23-25

10am -2pm

Fee: \$595

Private Mentorship Makeup Artist Training - OR – our 3-Day Essentials for the Freelance Makeup Artist Course - OR - hold license as either an Esthetician or Cosmetologist - OR - certificate of course completed that included business ethics, etiquette of makeup artists working together, anatomy of the face, and structure and function of the skin - OR - student currently enrolled in Esthetician or Cosmetology Program. For more information and registration, go to: [www.flyntmakeupacademy.com](http://www.flyntmakeupacademy.com).

Prerequisite: must have completed our Private Mentorship Makeup Artist Training - OR – our a 3-Day Essentials for the Freelance Makeup Artist Course - OR - hold license as either an Esthetician or Cosmetologist - OR - certificate of course completed that included business ethics, etiquette of makeup artists working together, anatomy of the face, and structure and function of the skin - OR - student currently enrolled in Esthetician or Cosmetology Program.

## *Greenstone Fusion Massage*

Lolita Knight

August 23

10am - 6pm

7 credit hours

Fee: \$140

The Greenstone is a Serpentine S Curved stone perfectly shaped to do deep massage on the SCM and scalene muscles as well as other parts of the body. This green stone from Guatemala has a more pointed end for deeper work and a broader base for smoothing out the muscles and removing toxins.

Students are taught how to not “grab or hold” the stone so that no gripping is employed. Instead physics and full hand pressure is utilized so that hands, arms and shoulders have minimal impact. Therefore, hands are saved and clients receive a deeper massage with less energy required from the therapist.

The Green Stone can reach “hard to get” places such as the curved surface of the neck, the deltoids and back areas without twisting your own hands. The stone can be heated in hot water although most prefer the cool texture of the stone as it effortlessly glides over the muscles. Oil or massage cream is required when massaging with the stone. Clients often report how nice the stone feels and love the even deeper pressure where their muscles are tight. This class is highly recommended for therapists who want to give a deeper massage to better benefit their clients while saving their own hands. Students are to bring sheets, bolsters, face cradle covers and massage oil or massage cream. Massage tables are required and students disrobe for this class. Check to see what supplies your massage school can provide. Lolita will have stones available in the class for student use. Students may purchase a stone for \$70 before the class to insure they have one or may buy during the class time. Contact Lolita on 317-445-5557 for details.

**Lolita Knight**, has 35 years experience as a massage therapist and has been using the Green Stone for 15 years and includes it with most of her table massages, especially when doing neck work. Lolita was disabled for 2 ½ years with hand injuries and now only uses techniques that do not strain therapist’s hands.

## *Soft Touch Island Massage*

Lolita Knight

August 23 7pm - 10pm

3 credit hours

Fee: \$55

Lolita Knight, with over 30 years of a full time massage career, has developed a whole new way of providing deep relaxation massage from her experiences with island massage from Fiji and Tonga. Strokes are completed using the hands, finger tips and forearm. As the title suggests, this is a soft touch, not to be confused with mindless fluff massage.

There are 7 different aspects of Soft Touch Island Massage.

First is changing the pressure while adding slight pauses with eye of the hurricane, upward circles and half moon movements. Second is to vary direction and parts of body being touched. Third is to alter the style. Fourth is variation of rhythm- best offered with a flannel sheet covering your client to add sound effects to the strokes. Strokes include chuck and slap, heel grab with pinch and cross over swishing. Rhythms change from ONE two three to -- one TWO three four -- to a variety of rhythms. Fifth is a focus on small areas such as ears, ankles, knees, toes and fingers. Sixth is to move your own body in relation to the movement your hands are making. And lastly the finishing strokes encompass head to toe transitions. Why all the variances to strokes, pressure, direction and style? Quite simply when the client can't use their brain to figure out where your hands are going to next, the brain shuts off and then the client can totally feel the strokes to achieve a higher sense of relaxation. The addition of sound effects brings attention to the strokes and the pauses encourage letting go of stress. So for a totally blissful mind/body relaxation massage -- go to the Islands with Soft Touch Island Massage.

**Lolita Knight**, with 35 years experience has developed a totally relaxing method which client's always ask for by name. Let Soft Touch Island become your best relaxation massage ever.

## *Fijian Massage*

Lolita Knight

August 24 10am - 7pm

8 credit hours

Fee: \$155 (\$175 after August 1)

Fijian Massage is a method where the therapists use 9 parts of their own feet to effectively massage their clients who are lying on padded cushions on the floor. The Fijian Massage does not include walking on client's backs. The main benefits of Fijian Massage are that it saves the therapist's hands, helps clients to recover faster from muscle injuries and many clients prefer being massaged by feet as the deeper work is gentle with the heel of the foot being used instead of the elbow. All strokes can be done standing or sitting in a chair as the weight of your leg gauges the pressure.

Lolita Knight founded this barefoot technique after experiencing this traditional method while in Fiji in 1997. Lolita made several adaptations and additions to fit the needs of American clients. More details on [www.fijianmassage.com](http://www.fijianmassage.com)

## *Manual Lymph Drainage: Basic Full Body Course*

Kathryn Thrift

### **Basic Full Body Course**

August 25-28 8:30am - 6:30pm

August 29 8:30am - 4:30pm

40 credit hours

Fee: \$850 + \$75 supplies is to be purchased from instructor same day

Prerequisite: Healthcare professional license or 500 hours massage training.

MLD Basic Full Body Course Manual Lymph Drainage is a precise technique designed to accelerate the normal functioning of the lymphatic system. Therapeutic application of MLD cleanses the connective tissue of inflammatory materials and toxins, enhances the activity of the immune system, reduces pain, and lowers the activity of the sympathetic nervous system. In this five-day basic course you will learn the basic movements of MLD. You will use these movements in routines effective in treating all parts of the body. A thorough introduction to MLD theory will be presented. This course prepares the student for advanced courses leading to certification by the Dr. Vodder Schools in Austria and North America.

Kathryn Thrift is a nationally certified massage therapist, and is a cofounder and former president of NAVALT. She is on the Medical Advisory Committee of the National Lymphedema Network. Kathryn is also a member of the Lymphology Association of North America, which has instituted a national certification examination for lymphedema therapists. Kathryn is certified as a therapist and teacher in the Dr. Vodder Method of Manual Lymph Drainage in Basic Full Body and Therapy I.

## *Two Day Laser workshop*

David Kurkoski

August 29 - 30 9am - 5pm

Fee: \$1,500

0 credit hours

This is a hands-on laser training workshop. Lasers that will be discussed are: Fractional, Alexandrite, YAG, Q-Switch-Tattoo Removal, CO2, & IPL.

When completed you will: Gain experience for employment,

Understand laser physics, Be able to apply your knowledge to any laser, and gain hands-on experience with industry lasers.

**David Kurkoski**, is the founder and President of Aesthetic Solutions. He has more than 20 years of management, and Sales experience in the aesthetic capital equipment field.

He has been a featured speaker at multiple medical seminars. He has lectured on the subject of, creating, implementing, and maintaining a profitable aesthetic practice throughout the United States. Working in many medical markets has enabled Mr. Kurkoski to gain added insight and knowledge that he has utilized to ensure client success. He is a graduate of the State University of New York at Albany.

## *Polarity Therapy General Session*

Eleanora Lipton

September 11-12

10am - 6pm

Fee: \$ 250 ( \$150 non-refundable deposit )

14 credit hours

In this course you will learn the art and science of combining deep tissue massage with energetic principles for expanding and deepening the breath. Polarity Therapy gives us a comprehensive model for understanding and working with the breath throughout the entire body. Pathways run from the top of the head to the bottom of the feet. You will learn a complete session as outlined in the "Therapeutic Art of Polarity, An Instructional Manual for the Associate Polarity Practitioner." Polarity Therapy is safely and easily interfaced with deep tissue massage. Manipulations, using appropriate pressure in the diaphragm area, may help to release abdominal congestion, gas pains, headaches and cramps. The General Session is an incredible addition to your practice.

Eleanora Lipton, is one of 30 original American Polarity Therapy Association members, APTA honored RPP and RPE; a two term APTA Board Member 1986 and present; APP Course Manager and lead instructor; co-author of the Therapeutic Art of Polarity; yoga instructor at APC and Park Place; and nationally recognized Polarity and Intuitive Yoga instructor; B.A. in Religious Studies, University of Colorado; Spiritual studies and extensive retreats with the School of Spiritual Healing. Extensive community outreach includes supervised practices at the local fire station. Eleanora brings a richness of skill, sensitivity, and experience to the facilitation of the polarity process, releasing deeply held stress. For more information, go to: [www.atlantapolaritycenter.com](http://www.atlantapolaritycenter.com).

## *Comfort Touch: Nurturing Acupressure for the Elderly and the Ill.*

Mary Kathleen Rose

September 11 - 12

8:30am - 5:30pm

16 credit hours

Fee: \$295

Comfort Touch is a nurturing style of acupressure that gives special consideration to the physical and emotional needs of the elderly and/ or ill client. It's primary intention is to provide comfort through techniques that promote deep relaxation and relief from pain. Participants acquire skills in applying the principles and techniques of Comfort Touch in a wide variety of settings and circumstances, including hospitals, hospices, home-care and long-term care facilities. In this workshop participants will: (1) Gain an understanding of the physical and psychosocial needs of the elderly and /or the ill, learning the benefits of touch, and precautions in the use of touch. (2) Learn the guiding principles (SCRIBE) and specific techniques of Comfort Touch and how to apply them safely and effectively to people in a wide variety of circumstances. (3) Work with clients in the seated, supine and side-lying positions, making adaptations for working with someone in a wheelchair, hospital bed or a regular bed in the home. (4) Learn efficient body patterning and self-care awareness to maintain physical and emotional well-being. (5) Learn the basics of the CARE Note method of narrative charting for use in medical settings.

**Mary Kathleen Rose**, is a certified massage therapist with over twenty-five years of experience in the holistic health field. She graduated from the Boulder College of Massage Therapy in 1985 and has a B.A. in Integrative Healing from Metropolitan State College of Denver. She has taught massage, career development, and wellness education at a number of different massage schools, and supervises the massage therapy program at HospiceCare of Boulder & Broomfield Counties. She has a private practice in Comfort Touch(R), Integrative Massage, and Barefoot Shiatsu/Acupressure. She has served as a research consultant/trainer for a number of projects including an NIH-funded study on the effects of massage for people with spinal cord injuries; an NIH-funded study on massage for children, adolescents, and young adults with cancer; and a study teaching massage (Comfort Touch) to parents of children with sickle cell anemia. She is a member of the American Organization for Bodywork Therapies of Asia and the Associated Bodywork and Massage Professionals.

# *Whitney Lowe's Orthopedic Massage I*

Whitney Lowe

September 17-19

Friday 6-9 PM,

Saturday & Sunday 9am - 5:30 pm

Fee: \$290 (\$340 after September 3)

18 credit hours

To Register, go to: [www.omeri.com](http://www.omeri.com) or call 888-340-1614.

(Note: There is no registration at ASM)

## Orthopedic Massage Techniques with Whitney Lowe

Train with the founder of Lowe's Orthopedic Massage system. Learn Whitney's secrets to high quality clinical work and stimulate your practice with the skills that keep your clients coming back. Today's clients expect a lot more from their therapists and seek massage for a host of complaints, from sports activities to work related pain. Meet their needs with proven and cutting-edge treatments and simple evaluation tests designed to create effective treatments.

You will learn these key elements of Lowe's system:

- 5 critical components of Orthopedic Massage
- Essential massage techniques for Orthopedic Massage
- Essential assessment techniques

Explore exciting new concepts for low back pain and lower extremity disorders. Learn to think on your feet, dramatically expanding your skills with innovative hands-on strategies and creative new ways to think about treatment. Explore low back pain, piriformis syndrome and other lower extremity nerve impingement conditions, iliotibial band friction syndrome, knee injuries, shin splints, plantar fasciitis, and much more. Whitney Lowe is the founder of the Orthopedic Massage Education & Research Institute (OMERI) and the author of *Orthopedic Assessment for Massage Therapy* and *Orthopedic Massage: Theory and Technique*. His career spans 20 years, and he is a highly respected educator and clinician. He has published extensively, has been a featured author in *Massage Today*, *Massage Magazine*, *Massage & Bodywork*, *Massage Therapy Journal*, *The Journal of Soft-tissue Manipulation* and sits on the Editorial Advisory Board of the *Journal of Bodywork and Movement Therapies*.

Orthopedic Massage Techniques II (Upper Body) Spring, 2011 These courses will help you qualify for certification; go to [www.omeri.com](http://www.omeri.com) for more information.

## *Massage for Healthier Children*

Marybetts Sinclair

September 18-19      9am-5pm  
October 16-17      9am-5pm  
Fee: \$260  
14 credit hours

Many massage practitioners who are comfortable massaging adults would also like to attain that same level of comfort with children. This class enables them to do just that: by making massage fun and relaxing for children, they learn early that the massage therapist is their friend! In this pediatric massage class, we discuss the growth and development of children, how childhood events such as birth and injuries can affect the child's body, and how these events can initiate musculoskeletal pain and restriction later in life. Students then learn how to engage and hold children's interest during massage sessions, how to perform a basic pediatric massage routine and finally, how to tailor it to individual children. Pediatric Massage Therapy by Marybetts Sinclair is the required text for this class, and students will use it during class and later as a resource for massaging children who are stressed, injured, have aches and pains, or have disabilities. Students need to bring one or more children (ages 3-14) to class on both Saturday and Sunday afternoons from 2-4PM, however, they do not have to be the same children both afternoons. Sunday morning (10:30-1PM) we open the class to children from the community, especially children with disabilities, and their parents. (Students should be aware that this is not an infant massage class, and does not equip them to practice infant massage.)

Marybetts Sinclair, LMT, has been practicing massage in Corvallis, Oregon, since 1975. She currently teaches at the Oregon School of Massage and at massage schools nationwide. She is the author of *Massage for Healthier Children*, *Pediatric Massage Therapy*, and *Modern Hydrotherapy for the Massage Therapist*. Marybetts is especially interested in adding simple, effective, non-toxic natural remedies to everyone's life as they care for their family, friends, and clients.

### *CPR*

4 credit hours (Extra \$5)  
Fee: \$40

September 25      10am - 1pm  
October 4      7pm - 10pm  
October 16      10am - 1pm  
November 1      5pm - 8pm

In this class, the American Heart Association will certify you in CPR. You may pay a \$5 processing fee and receive massage CEUs for the class if you are a professional massage therapist. Open to friends and family members.

### *National Certification Board Review*

Fee: \$95 (Includes newly updated book)  
This class does not offer ceus.

August 30	10 am - 5 pm
October 2	9 am - 4 pm
October 4	10 am - 5 pm
November 8	10am - 5pm
December 18	9am - 4pm

## *Creative Stones: Introduction to Using Stones in Massage Therapy*

Carol Venclik

October 16      9am-5pm  
7 credit hours  
Fee: \$ 175

For thousands of years, stones have been used to assist in the body's natural healing process. This workshop is an introduction to the benefits of using hot/cold stones. It will include hands-on stone placement and its effects on energy balancing, with emphasis on indications and contraindications, allowing time for the participant to receive and experience a creative stone treatment. There will also be a discussion on ways to include stones in your daily massage practice.

**Carol Venclik, CMT, LMT**, is Spa Therapies Department Head at Atlanta School of Massage, and is a graduate of the Clinical Massage program. Carol received her formal training in reflexology and aromatherapy at the Heal Center in Atlanta. She is also a licensed master cosmetologist and skin care specialist.

## *Self-Care for the Upper Extremities*

Marybetts Sinclair

September 20

October 18

9am-5pm

Fee: \$160

7 credit hours

Learning objectives:

1. To teach students self-care techniques for the joints and muscles of the upper extremities.
2. To teach students how to integrate these techniques into their practice of massage therapy.

This class is specifically for body workers who use their upper extremities intensively every day and may not do any regular self care. Massage is not done with just the upper-extremities; rather proper body mechanics involve moving from the center of the body. However, because practicing massage may cause aches and pains to rest in the shoulder, arms, and hands, those areas are the focuses of this Self Care class. Many massage therapists learn parts of this material throughout their training but don't always apply that knowledge to their own bodies. It is vital for LMT's to know not only specific strategies to avoid injury but methods for incorporating self-care into a massage practice. Students will learn strengthening, stretching and range of motion exercises to keep muscles strong and flexible and joints mobile in those hardworking hands, wrists, elbows and shoulders. They will learn how to identify and self-treat trigger points in the muscles of the upper extremities. Finally, students will also learn specific hydrotherapy treatments such as local salt glows, contrast baths, herbal applications, paraffin dips and castor oil packs for the upper extremities.

## *Professional Ethics for Body Workers*

Pripo Teplitsky

September 20

10am - 5pm

6 credit hours

Fee: \$110

September 24

9am -12pm

3 credit hours

Fee: \$55

This class is designed to fulfill the continuing education requirements for the NCTMB Ethics (Standard V). Referencing the NCTMB code of ethics, participants will learn the basics of client-practitioner dynamics and why professional boundaries are so important to protect both our clients and ourselves. They will learn how to create safe relationships with clients. Subjects include: common dilemmas and how to solve them, dealing with sexual issues, boundaries, confidentiality, fees, draping, scope of practice and dual relationships, to name a few.

**Pripo Teplitsky**, MA, LPC, LMBT, NCTMB offers a diverse practice that balances the connection between mind, body and spirit. He is a licensed massage and bodywork therapist, as well as holding a national certification. He also holds a master's degree in psychology & counseling (graduate coursework in human sexuality, sexual identity, sex therapy) and is a Licensed Professional Counselor in North Carolina. He lived, studied and worked at the Esalen Institute, a renowned human potential learning center in Big Sur, CA. He is a certified Esalen massage practitioner. Pripo has a private practice in Asheville, NC in massage as well as a counseling practice specializing in relationship issues. His main goal is to help support people to live in their truth and authenticity.

# *Sexuality Issues in Massage: The Unspoken Energy*

Pripo Tiplitsky

September 24 -26

Friday 1pm - 7pm

Saturday and Sunday 9am - 6pm

Fee: \$395

22 credit hours

As the profession of massage therapy continues to gain respect and grow as a profession, one of the greatest obstacles continues to be the confusion between sexual touch and other therapeutic healing forms of human touch. Massage therapists are well aware of the extraordinary close connection between touch, intimacy and sexuality. The massage therapy session may however, occasionally evoke sexual feelings for the client, therapist or both. We owe it to ourselves, our clients and our profession to deeply explore and focus on a topic of this importance and magnitude for it is in this knowledge, understanding and appropriate use that will continually make massage therapy a deep transformational force in our society. This Workshop will explore and distinguish the role of massage therapists as it concerns sexuality issues in massage by understanding and building clear boundaries between ones personal and sexual needs as well as the understand of these issues for our clients. NOTE: This course is taught by a licensed massage and bodywork therapist, a certified Esalen massage practitioner, and a practicing psychotherapist with a Masters Degree in Psychology and Counseling. Students please bring a set of sheets, blanket, massage lotion, pillow/bolster and notebook.

**Pripo Teplitsky**, MA, LPC, LMFT, NCTMB offers a diverse practice that balances the connection between mind, body and spirit. He is a licensed massage and bodywork therapist, as well as holding a national certification. He also holds a master's degree in psychology & counseling (graduate coursework in human sexuality, sexual identity, sex therapy) and is a Licensed Professional Counselor in North Carolina. He lived, studied and worked at the Esalen Institute, a renowned human potential learning center in Big Sur, CA. He is a certified Esalen massage practitioner. Pripo has a private practice in Asheville, NC in massage as well as a counseling practice specializing in relationship issues. His main goal is to help support people to live in their truth and authenticity.

# *Clinical Posture Practice: Integrating Posture Exercise and Muscle Therapy : StrongPosture™ exercise for rehab, sports performance, anti-aging & wellness.*

Steven Weiniger

September 25-26

Saturday 12pm - 6pm

Sunday 9am - 3pm

Fee: \$299

12 credit hours

(Chiropractors will receive credit hours through Body Zone.)

Learn practical, progressive exercise protocols using exercise balls, bands and other low-tech tools to engage, empower and excite your clients. Health professionals including massage therapists, chiropractors and PTs nationwide teach StrongPosture™ exercises for rehab, injury prevention, sports performance, and promoting wellness. Dr. Steven Weiniger, author of Stand Taller~Live Longer, An Anti-aging Strategy, teaches posture assessment with a digital photo to create posture awareness and then StrongPosture™ exercise to strengthen posture. Participants to assesses common posture distortions and then involve people in focused motion StrongPosture™ exercise progressions to strengthen posture, balance and motion. Poor posture means motion is adaptive, which is why efforts to “strengthen the core” are often ineffective without retraining posture and motion patterns. Besides the bio-mechanic benefits, studies show in addition to affecting attitude and happiness, poor posture can diminish respiratory capacity and cardio-pulmonary function to actually affect longevity. Progressive core stabilization exercises engage and empower people to strengthen postural stability, balance and control, relieving biomechanical body stress and pain as well as increasing body awareness so they’re aware of tightness and muscle asymmetry. The seminar integrates lecture and hands on lab to create awareness of your posture and learn to StrongPosture™ exercise for your body. In addition, participants learn current, research documented concepts of posture, motion and exercise which align with Five Posture Principles to teach bio-mechanics as an anti-aging idea, and encourage people to do their daily posture exercises so they can Move Well to Age Well.

**Dr. Steven Weiniger**, is the author of Stand Taller~Live Longer- An Anti-Aging Strategy, the self help guide to posture exercise. A recognized expert on strengthening posture and aging well, he lectures nationally on exercise & posture rehab to chiropractors, trainers and therapists. Dr. Weiniger serves as Managing Partner of BodyZone.com which provides posture, chiropractic and wellness information and referrals. A delegate to the 2005 White House Conference on Aging, he authored the Posture Assessment chapter in the Photographic Manual of Orthopedic Tests, as well as numerous articles on posture, anti-aging, exercise, and practice management which have been published by journals, newspapers and magazines from professional to mainstream national media including FOX News, Oprah’s Oxygen network, Natural Health Magazine, American Fitness and Bottom Line Health.

## *Advance Makeup for Television and Video Production*

Kat Flynt

September 27-29

10am -2pm

Fee: \$595

This makeup course is great for the makeup artist who already has a solid foundation of the basics and wants to take their skills to the next level. The focus of this class is on the artistic and technical skills necessary to become a working media makeup artist. Whether you want to do makeup on television commercials, or video productions, this makeup class will prepare you with the skills needed for makeup applications for HDTV as well as regular TV makeup. This course includes both airbrushed foundation and also traditionally applied foundation demonstrations. Hands-on Student practice will be based on the kit(s) the student chooses to purchase. Our kits are sold separately and each student will need at least a mini practice kit for hands-on practice. Student will also need an additional airbrush starter kit (any brand) if wanting to practice airbrushed makeup as well. For more information and registration, go to: [www.flyntmakeupacademy.com](http://www.flyntmakeupacademy.com).

Prerequisite: Must have completed our Private Mentorship Makeup Artist Training - OR - our 3-Day Essentials for the Freelance Makeup Artist Course - OR - hold license as either an Esthetician or Cosmetologist - OR - certificate of course completed that included business ethics, etiquette of makeup artists working together, anatomy of the face, and structure and function of the skin - OR - student currently enrolled in Esthetician or Cosmetology Program.

## *Neuro-Linguistic Programming (NLP) for Alternative Practitioners; Base Training in the Structures of Intuition - Level A*

Stephanie Shipper

October 2 - 3

8:00m -5pm

14credit hours

Fee: \$280

NLP is based on the complementary strategies of thousands of genius communicators. It is taught in a practical and dynamic fashion and offers the skill sets to precisely identify another's internal thought process through interpreting language patterns and observable nonverbal indicators. Derived from the core strategies of some of the greatest therapists of our century (Virginia Satir, Milton Erickson, Fritz Perls to name a few.) NLP provides conscious choice and ability in rapidly arranging elements of the clients thought patterns to facilitate ease and positive changes in feelings, thoughts, and behaviors.

**Stephanie Shipper**, has successfully taught and worked with Mediators, Health Care Professionals, Therapists, and Managers in both a non-profit, corporate, and governmental agency level for 25 years in Canada, the US, and the United Kingdom. She is one of 139 persons internationally Certified as a Trainer of Neuro-Linguistic Programming (NLP). Please visit Stephanie at [www.stephanieshipper.com](http://www.stephanieshipper.com).

Stephanie additionally holds certification in Ericksonian Hypnosis, Applied Control Theory, and Mediation. Her background also includes indepth training in Gestalt Therapy, and Energy Kinesiology.

# *TMJ Dysfunction*

Mary Atkinson

## *Module 1*

September 10-12

Friday: 7 pm - 10 pm

Saturday & Sunday: 9:30 am - 5:30 pm

17 credit hours

Fee: \$275

\$137.50 for repeaters

**Specials!** - Save \$100 by enrolling in Module 1 and Module 2 at the same time for a total of \$450

Repeaters that bring a new full paying participant to the course may enroll for just \$60.

The Friday night class is free and open to therapists, students and the general public alike. For any therapist that attends on Friday, they will receive 3 CE credits whether or not they take the entire weekend.

Dysfunction of the temporomandibular joint is common and causes symptoms such as headaches, hearing problems, balance difficulties, and chronic tension and pain throughout the body. This seminar is designed to give you the skills you need to recognize this problem, understand it, help prevent it, and work with those who have it.

This action packed informative seminar will provide you with:

- A thorough understanding of TMJ anatomy and biomechanics.
- A working TMJ examination format.
- Methods of alleviating pain and restoring muscular balance to the joint.
- A mastery of TMJ phraseology enabling easeful communication with clients and other health professionals.
- An understanding of current dental treatment modalities and when to refer clients for additional help.

## *Module 2*

October 8-10

Friday: 7 pm - 10 pm

Saturday & Sunday: 9:30 am - 5:30 pm

17 credit hours

Fee: \$275

\$137.50 for repeaters

For those of you who wish to further your education and skills in assisting your clients with temporomandibular joint dysfunction (TMD), this course offers a more in depth study of factors influencing and contributing to TMD as well as additional manipulative techniques that provide physiological relief and preventive maintenance for your clients.

In this seminar you will learn the following, and more:

- A powerful Kinesic Compress Method that alleviates pain and improves range of motion
- Cranial Decompressive Techniques specific to TMD
- How to assess postural alignment and its resulting impact on the TM joints
- Exercises specific to the TMD client that support structural alignment and TMJ health
- Advanced TMJ theory and how occlusion affects the TM joints

It will be a special privilege to have Dr. Solomon Cohen, an expert in TMJ dentistry, once again join us to co-teach part of this informative and practical event.

**Mary Atkinson**, a graduate of Atlanta School of Massage, has worked extensively with TMD clients and has provided lectures and training for dentists, patients and therapists for over 22 years. In addition to offering continuing education seminars, she has been an instructor for the Neuromuscular Training Center, teaching advanced TMJ theory and practice techniques. She is currently the director of The Neuromuscular Institute of Temporomandibular Studies. Mary is known for her for her “nuts and bolts” trainings that provide effective tools that can be put to use immediately.

## *Burn Scar Massage Therapy*

Jen Hartley

October 9 - 10

November 20-21

Saturday 9am - 6pm

Sunday 9am - 1pm

12 credit hours

Fee:\$350 (\$100 non-refundable deposit)

Burn Scar Massage Therapy is a hands on experience with actual burn survivors. Be inspired while learning a new modality that will benefit those you “touch”. Learn not only to have confidence in your ability to work in a more medical based massage but also heighten your compassion for those that society may deem untouchable.

This class offers the following learning criteria: Learn to identify the varying degrees of burns and the body systems they affect. Learn various psychological and emotional issues faced by burn survivors that can potentially lead to an “emotional release” during massage. Learn the positive indications as well as the negative contraindications posed by massaging burn survivors. Learn the proper burn scar massage protocol to treat the various degrees of burns in the different stages of recovery.

**Jen Hartley** is a Nationally Certified Massage Therapist and a burn survivor herself. Jen has been a burn survivor for over 36 years and is one of only two instructors in the country that teach this modality. Jen was scalded by hot water at 15 months old and has third degree burns over the lower 56% of her body.

## *Assisted Yoga Postures From Thai Massage*

Dr. Camden Clay, DC

Part 1 October 9

Part 2 October 10

Part 3 September 11 or October 16

Part 4 October 2 or October 17

9 am - 4 pm

6 credit hours per part

Fee: \$125 per day

Attend Parts 1, 2 or 3 in any order. Parts 1 + 2 are prerequisites for attending Part 4. This 4 Day Series covers over 80 carefully chosen Assisted Yoga Postures from Thai Massage.

**Dr. Camden Clay**, graduated from Life Chiropractic College in 1983. He has studied Thai massage for over 19 years, including 4 trips to Thailand studying one on one with extraordinary Thai Massage Master. Dr. Clay has taught 200 One-Day Thai Massage Workshops to Massage Therapists over the past 16 years. For information regarding the classes, please feel welcome to contact Dr. Camden Clay personally at 404.808.4280. See photo galleries of Parts 1 through 4 at [www.camdenclay.com](http://www.camdenclay.com).

## *21 Deep Tissue Techniques to Enliven Your Practice*

Eric Stephenson

October 23-24

9:30am-5:30pm

14 credit hours

Fee: \$ 295

A dynamic package of NEW techniques your client's will love! These are all of our favorites combined into one hands-on workshop. Therapists will learn a variety of myofascial release, trigger point, and joint mobilization techniques to all regions of the body. These can be immediately integrated into a massage practice.

Students will learn:

1. Fresh approaches for addressing common complaints.
2. To address the fascial system safely and effectively.
3. How adjusting key variables improves therapeutic results.
4. Body mechanics to optimize pressure levels while avoiding injury.
5. Creative methods to save the therapist's wrists and thumbs from overuse.

**Eric Stephenson**, LMT, NCTMB. As the Director of Education for imassage, Inc., Eric is a national presenter passionate about providing continuing education focused on career longevity. A graduate of the Body Therapy Institute of NC, he has additional training in Kinesis Myofascial Integration, Myoskeletal Alignment Techniques, and is a graduate of The Spirit of Learning, a massage educator training. He strives to create a positive, creative class environment honoring each student's learning style. Please visit [www.imassageinc.com](http://www.imassageinc.com) to learn more.

## *Subtle Muscle Testing Part 1 & 2*

Dr. Camden Clay, DC

October 23 - October 24

9 am - 4 pm

Part 1 and 2 are required to be taken together

12 credit hours

Fee: \$ 250 for Part 1 and 2 together

Enhance your position as a muscle expert! Learn how to find weak muscles and make them strong within your scope of practice! Subtle Muscle Testing is a muscle palpation technique which quickly discovers subtle variations in muscle tone, between strong and weak parts of muscles. This skill allows the Massage Therapist to focus his or her massage techniques where clients need them most, on weak parts of muscles! Most people, even athletes have significant weaknesses in their muscles. These muscles are not weak because the person needs more exercise. These muscles are weak most often because of disruptions in the movement of blood, lymph, cerebral spinal fluid, nerve and/or acupuncture meridian energy flow. Making weak muscles strong clinically validates your Massage Therapy procedures. Your clients will be amazed! This course also focuses on teaching clients how to maintain improvement of muscle strength with self-help stretching and self-help massage techniques.

Dr. Camden Clay graduated from Life Chiropractic College in 1983. Dr. Clay is a master at finding weak muscles and making them strong. He has been consistently studying the art and science of muscle testing for over 30 years. Dr. Clay has taught muscle testing regularly over the past 25 years.

## *Essentials for the Freelance Makeup Artist*

Kat Flynt

October 25-27

10am -2pm

Fee: \$795

This makeup course includes the essentials needed to work as a Freelance Makeup Artist from starting your business to marketing; from basic beauty makeup to contouring and highlighting; from building your makeup kit to building your portfolio. You will learn about career opportunities working as a professional freelance makeup artist in Atlanta, basic business principles, etc...The course is great for cosmetologists and aestheticians that just need a refresher on makeup as well as brand new makeup artists looking to get their business as a freelance makeup artist started without spending the nine months in the Cosmetology or Aesthetics programs. The course covers the entire makeup chapter from those programs (chapter 19 in Milday's standard Esthetics or chapter 23 in Milday's standard Cosmetology text books) PLUS so much more!! For more information and registration, go to: [www.flyntmakeupacademy.com](http://www.flyntmakeupacademy.com).

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# Atlanta School of Massage

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Telephone(H) \_\_\_\_\_  
(W) \_\_\_\_\_

I have moved. My new address and phone # are listed above.

E-mail address: \_\_\_\_\_

Please register me for:  
Name and date of class \_\_\_\_\_

Name and date of class \_\_\_\_\_

Total amount enclosed \$ \_\_\_\_\_ Check  Money Order

MC  Visa  Discover  Amount to be charged \$ \_\_\_\_\_

Name on Credit Card \_\_\_\_\_

Account # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

## How can I register?

**By Mail:** Atlanta School of Massage,  
2 Dunwoody Park, Atlanta, GA 30338

**By Fax:** 770.454.7367 (credit card payments only)

**By Phone:** 770.454.7167 ext. 141

**Online:** [www.atlantaschoolofmassage.com](http://www.atlantaschoolofmassage.com)

**In person:** Our office hours are 9 am to 5 pm

**Monday through Friday. No cash, please.**

**Please note:** Your tuition must be paid in full or must be current as stated in the payment plan for admission to a class. Please remember to include your completed registration form with your payment.

## Refunds and Withdrawals:

Of course we hope this information will be unnecessary, but here are the rules: If a class is canceled due to low enrollment, you will receive a full refund within 2 weeks of the cancellation. If you withdraw with a 2-week notice, you will receive a full refund, less a \$35 processing fee unless otherwise stated.

**Failure to attend or missing portions of a class do not constitute official withdrawal - no refunds or credits will be issued.**