

**Summer 2008  
Continuing Education Schedule  
And Public Offerings**



**Enroll at least one week prior to class to insure your place and to give the instructor time to copy hand-outs prior to class dates.**

**CE = Continuing Education hours will be awarded for massage therapists and bodyworkers.  
P = Classes open to public (no prerequisites apply). No CE credit is given for these classes.**

**Active Isolated Stretching, the Mattes Method (CE)**

**(16 CE hours)**

*Prerequisite: 1104 Kinesiology*

*Book: Active Isolated Stretching by Aaron Matte \$38.00*

Students will learn to assist their clients in one of the most cutting edge myofascial techniques available. The use of seat belt straps, bolsters, specific body positioning of the client, and physical assistance combine to safely isolate, and release even the deepest layers of myofascial restriction and joint limitation.

There is a comprehensive self care portion of the class to aid therapists to better maintain their own physical well being, correct postural distortions, and conserve energy to better cope with busy schedules. This class is very clinical, and teaches participants to assist a client or patient with his or her own stretching protocols. The stretches are specific due to the straps and body positioning, and deep due to the assistance provided by the therapist. Students will also receive instruction on how to best work with specific injuries, and acute and chronic problems of the cervical, shoulder, low back, hip, lower extremities, arm and hand.

7/19 & 7/20 (Sat & Sun) 8:00am – 5:00pm

**Cost:** \$250.00     **Instructor:** Al Meo

**American Red Cross CPR/First Aid (CE, P)**

**(8 CE hrs)**

*Prerequisite: None*

*Book: included in cost*

Learn the basic fundamentals of first aid through video and practical skill training. Participants perform rescue breathing for a victim in respiratory distress and CPR upon someone whose heart has stopped beating. Learn to be the most important communicator between the victim and EMT. Identify the signs of an emergency and react properly. Also learn to identify and treat the symptoms of burns, cold extremes, bleeding, etc. Become certified through the American Red Cross in Adult CPR and First Aid.

Sec. 1: 5/18 (Sun) 9:00am–5:00pm

Sec. 2: 8/3 (Sun) 9:00am–5:00pm

**Cost:** \$95.00     **Instructor:** Terry Garvey

**Aromatherapy – Balancing with Essential Oils (CE, P)**

**(6 CE hrs)**

*Prerequisite: None*

Among the factors that keep us from achieving our highest potential in life are emotional blocks. A myriad of feelings such as fear, envy, hate and inadequacy can choke our ability to move forward and live life to it's fullest. This course gives instruction and practice in using therapeutic grade essential oils along with meditation and visualization to clear old patterns ingrained in the DNA of our cells and allow for the establishment of new patterns that will serve us better.

5/18 (Sun) 10:00am -4:00pm

**Cost:** \$140.00     **Instructor:** Ray Miller

**Note: Bring sheets and towel**

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## **Aromatherapy – Raindrop Therapy (CE, P)**

**(8 CE hrs)**

*Prerequisite: None*

Raindrop Technique is based on the theory that viruses or bacteria lie dormant along the spine. These pathogens create inflammation, which, in turn, may contort and disfigure the spinal column. Raindrop Technique uses a sequence of essential oils designed to simultaneously reduce inflammation and attack the viral agents responsible for it. Although the entire process takes about 45 minutes to complete, the oils will continue to work in the body for 5 to 7 days following treatment.

5/17 (Sat) 10:00am -6:00pm

**Cost:** \$150.00     **Instructor:** Ray Miller

**Note: Bring sheets and towel**

## **Boundary Issues for Bodyworkers (CE)**

**(6 CE hrs)**

*Prerequisite: 1102 Swedish Massage*

*Book: (optional) Ethics of Touch by Benjamin & Cherie Sohlen-Moe \$28.00*

This course is about the practical side of client interactions: maintaining professional boundaries with clients, recognizing potential problem areas and providing guidelines for use in unclear and/or unsafe situations. A variety of concerns will be discussed including ethical, sexual and emotional boundaries.

6/28 (Sat) 10:00am-4:30pm

**Cost:** \$100.00     **Instructor:** Debbie Lane

**Note: Meets ethics requirement.**

## **Carpal Tunnel/Thoracic Outlet**

**(8 clock hrs)**

*Prerequisite: 1112 Myofascial Massage Techniques or 2109 Deep Tissue*

Carpal tunnel and thoracic outlet syndromes are often suspected when clients suffer from arm, hand or wrist pain. This course is designed to inform the massage professional about the anatomy and physiology of the carpal tunnel and thoracic outlet. Instruction is appropriate client management and supervised practice in application of soft tissue techniques to impact these areas emphasized in this course.

6/22 (Sun) 10am – 6pm

**Cost:** \$150.00     **Instructor:** Ray Miller

**Note: Bring sheets & oil**

## **Chakra Balancing (P)**

**(7 clock hours)**

This Chakra Balancing class has been developed to introduce you to your energetic body and take you directly into that energy field through meditation and self exploration. Descriptions and symbolic meaning of the energy center and how it relates to you and your personal growth will be discussed. Come explore, in a safe environment, your 7 Centers of Power and begin to see the magnificent human being you are!

6/8 (Sun) 10-5pm

**Cost:** \$90     **Instructor:** Dawn Larson

## **Channeling I (CE, P)**

**(8 CE hrs)**

*Prerequisite: None     Book: Opening to Channel by Sanaya Roman & Duane Packer     \$12.95*

Channeling involves achieving an expanded state of consciousness that allows you to connect with a high-level guide. Channeling is a skill that can be learned; the only requirements are your desire and intent to do so. Learn how to hold a focused trance state and bring a high-level guide through verbally to access new levels of knowledge, ideas and wisdom. Guides help you achieve higher levels of personal power and spiritual growth.

6/4, 11 & 18 (Wed) 7:00pm–9:30pm (class may run overtime)

**Cost:** \$125.00     **Instructor:** Linda Miller

## **Chapman’s Neurolymphatic Reflexes**

**(8 clock hrs)**

*Prerequisite: 1102 Swedish Massage*

This class will emphasize the importance of using Chapman’s Neurolymphatic Reflexes for organ balancing and lymphatic drainage, as well as their influence on the endocrine system and emotional balance. Identification of points and techniques for stimulation of these points will be presented.

6/21 (Sat) 10am – 6pm

**Cost:** \$150.00     **Instructor:** Ray Miller

**Bring twin size sheet to class**

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## **Common Runners' Conditions: Leg & Foot**

(8 clock hrs)

*Prerequisite: 1112 Myofascial Massage*

This class focuses on addressing three areas of physical stress common to runners and joggers: Knee pain, shin splints, and plantar fasciitis

Participants will review pertinent anatomy and discuss predisposing factors that may lead to the development of each condition. The instructor will demonstrate massage therapy techniques which will be followed by supervised practice.

6/7 (Sat) 10am – 6pm

**Cost:** \$150.00

**Instructor:** Ray Miller

**Bring athletic shorts, sheets & cream to class**

## **Cranial Sacral I (CE)**

(21 CE hrs)

*Prerequisite: 1103 Anatomy & Physiology*

Cranial Sacral work is a potent tool using the functions of the Cranio Sacral system (cranial bones, vertebral column, sacrum and associated membranes). Dr. William Sutherland, an Osteopath, who discovered that the skull bones are designed for movement, first developed this work in the early 1900's. The components of this system can be balanced to change the way one functions in and relates to the environment. The training combines lectures and slides on the functional anatomy with a variety of hands-on methods and sequences that are demonstrated and followed by closely supervised practice.

5/30, 5/31 & 6/1 (Fri, Sat, Sun) 9:00am–6:30pm

**Cost:** \$325.00

**Instructor:** Laura Hepburn

## **Creating Success through Productive Thinking (CE, P)**

(6 CE hours)

*Prerequisite: None*

The human mind is a powerful tool, yet few people ever receive training on how to use it effectively. A major key to success is learning to harness the power of your mind to produce more of what you want in your work and your life. Your level of success is greatly influenced by how you think and by what you believe. This course teaches you how to think productively.

7/20 (Sun) 10:00am-4:30pm

**Cost:** \$100.00

**Instructor:** Sarah Q. Hargrave

## **Deep Tissue Massage- Series of 6 Weekend Courses (CE)**

(85 CE hrs total for all six sessions)

(13.5 CE hrs for each session)

*Prerequisite: completion of a 500 hour Massage Therapy program Book: Kinetic Anatomy by Robert S. Behnke \$55.00*

*\*Massage Therapists must take the Friday Prerequisite class only once before beginning the series.*

*Massage Therapists may take the full series of six classes or take the classes on an individual basis.*

**Cost:** \$1110.00 (\$185.00 per class)

**Instructor:** Lauren Abele

**Note: Bring sheets & oil or cream**

## **\*Friday Deep Tissue Prerequisite Class (CE)**

(4 CE hrs)

*Prerequisite: completion of a 500 hour Massage Therapy program Book: Kinetic Anatomy by Robert S. Behnke \$55.00*

This course will provide students the necessary understanding and skills to study the continuing education classes focusing on various areas of the body with deep tissue protocol addressing individual muscles and ligaments. Massage Therapists will learn the foundational theory and specific strokes to perform therapeutic massage. This class is only taken once. WMTI students who have completed the deep tissue class and want to repeat sections do not need to take this prerequisite class.

Offered each Friday before the weekend section begins: (Fri.) 1:00 – 5:00pm

**Cost:** \$55.00

**Instructor:** Lauren Abele

**Note: Bring sheets & oil or cream**

## **Deep Tissue: Neck Techniques (CE)**

(13.5 CE hrs)

This course is designed to take students to the next level in working therapeutically with clients. Massage Therapists will learn to identify, palpate and address the musculature and ligaments of the neck. Therapists will learn to work each muscle and ligament in the neck area individually, addressing trigger points, myofascial adhesions, and scar tissue using deep tissue protocol. This work will significantly increase the therapist's effectiveness in working with clients who have neck problems.

5/3 & 5/4 (Sat) 9:00am-5:00pm & (Sun) 9:00am-4:30pm

**Cost:** \$185.00

**Note: Bring sheets & oil or cream**

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### **Deep Tissue: Thigh, Hip & Knee Techniques (CE)**

(13.5 CE hrs)

This course is designed to take students to the next level in working therapeutically with clients. Massage Therapists will learn to identify, palpate and address the musculature and ligaments of the thigh, hip & knee. Therapists will learn to work each muscle and ligament in the thigh, hip and knee area individually, addressing trigger points, myofascial adhesions, and scar tissue using deep tissue protocol. This work will significantly increase the therapists' effectiveness in working with clients who have hip, thigh and knee problems.

6/7 & 6/8 (Sat) 9:00am-5:00pm & (Sun) 9:00am-4:30pm

Cost: \$185.00

**Note: Bring sheets & oil or cream**

### **Deep Tissue: Lower Leg, Ankle & Foot Techniques (CE)**

(13.5 CE hrs)

This course is designed to take students to the next level in working therapeutically with clients. Massage Therapists will learn to identify, palpate and address the musculature and ligaments of lower leg, ankle and foot. Therapists will learn to work each muscle and ligament in the lower leg, ankle & foot area individually, addressing trigger points, myofascial adhesions, and scar tissue using deep tissue protocol. This work will significantly increase the therapist's effectiveness in working with clients who have low leg, ankle and foot problems.

Date: 7/12 & 7/13 (Sat) 9:00am-5:00pm & (Sun) 9:00am-4:30pm

Cost: \$185.00

**Note: Bring sheets & oil or cream**

### **Deep Tissue: Arm & Abdomen Techniques (CE)**

(13.5 CE hrs)

This course is designed to take students to the next level in working therapeutically with clients. Massage Therapists will learn to identify, palpate and address the musculature and ligaments of the arm & abdomen. Therapists will learn to work each muscle and ligament in the arm & abdomen area individually, addressing trigger points, myofascial adhesions, and scar tissue using deep tissue protocol. This work will significantly increase the therapists effectiveness in working with clients who have either abdominal or arm, elbow, wrist and hand problems.

Date: 8/2 & 8/3 (Sat) 9:00am-5:00pm & (Sun) 9:00am-4:30pm

Cost: \$185.00

**Note: Bring sheets & oil or cream**

### **Deep Tissue: Shoulder Techniques (CE)**

(13.5 CE hrs)

This course is designed to take Massage Therapists to the next level in working therapeutically with clients. Students will learn to identify, palpate and address the musculature and ligaments of the shoulder girdle. Therapists will learn to work each muscle and ligament in the shoulder area individually, addressing trigger points, myofascial adhesions, and scar tissue using deep tissue protocol. This work will significantly increase the therapist's effectiveness in working with clients who have shoulder problems.

9/13 & 9/14 (Sat) 9:00am-5:00pm & (Sun) 9:00am-4:30pm

Cost: \$185.00

**Note: Bring sheets & oil or cream**

### **Deep Tissue: Back & Gluteal Techniques (CE)**

(13.5 CE hrs)

This course is designed to take students to the next level in working therapeutically with clients. Massage Therapists will learn to identify, palpate and address the musculature and ligaments of the back & gluteal areas. Therapists will learn to work each muscle and ligament in the back & gluteal area individually, addressing trigger points, myofascial adhesions, and scar tissue using deep tissue protocol. This work will significantly increase the therapist's effectiveness in working with clients who have back problems.

10/11 & 10/12 (Sat) 9:00am-5:00pm & (Sun) 9:00am-4:30pm

Cost: \$185.00

**Note: Bring sheets & oil or cream**

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## **EFT (Emotional Freedom Technique) (P)**

**(2 clock hours)**

This unique art teaches you to take control of your emotional state in any situation. Learn how to release repressed emotions by tapping on Acupressure points while repeating specific affirmations. Feel the energy move through you as you begin to release these lower vibrational energies that are unconsciously holding you in negative patterns. Releasing these old emotions allows you to feel happy, uplifted and free on a deep level. The technique is easy and immediately you will feel a physical, emotional and spiritual difference in your life.

8/1 (Fri) 6:30pm – 8:30 pm

**Cost:** \$20 **Instructor:** Dawn Larson

## **Ethical Considerations in Bodywork (CE)**

**(6 CE hrs)**

*Prerequisite: 1102 Swedish Massage*

The subject of ethical behavior is important to all massage and bodywork professionals and students. However, there are times when the actual practice of ethical behavior presents a dilemma, those times when something occurs that isn't exactly spelled out in books or articles on ethics. In this course participants will compare personal and professional codes of ethics. To further our understanding of the nature of ethical behavior this course focuses on the concrete aspects of ethics. Students will also examine codes of ethics used by professional massage associations. We will discuss actual case examples to illustrate concepts covered.

7/20 (Sun) 9:30am-4:30pm

**Cost:** \$100.00 **Instructor:** Shannon Burns

**Note: Meets ethics requirement.**

## **Geriatric Massage (CE)**

**(8 CE hrs)**

*Prerequisite: 1102 Swedish Massage*

Geriatric refers to an elderly person recovering from or living with disease and/or disability. This course explores the physiological, psychological and sociological issues particular to the geriatric client. Specifics of common geriatric ailments, including strokes, hip replacements, Alzheimer's and Parkinson's disease will be discussed. Modifications of Swedish Massage techniques are taught as well as development of special methods and client assessment to suit each client's particular needs.

5/17 (Sat) 9:00am- 5:00pm

**Cost:** \$150.00 **Instructor:** Lauren Abele

**Note: Wear loose, comfortable clothing. Bring sheets and 2 pillows.**

## **Hot Rock Massage (CE)**

**(32 CE hrs)**

*Prerequisite: 1107Range of Motion in Massage or Graduate of Massage Program*

This class is designed to introduce participants to the analytical and intuitive understanding of hot and cold stones. Participants will bring their awareness into their hands and work from their hearts as they develop their sensitivity to enhance their massage experience.

8/7 thru 8/10 (Thurs, Fri, Sat & Sun) 8:30am-5:00pm

**Cost:** \$650.00 **Instructor:** Peg Johnson, RN

**Vegetarian lunch included & information on purchasing Stone Sets.**

**Note: Bring 2 flip top bottles with oil, sheets, beach towel, 5 small hand towels (all of light or pastel color).**

## **Integrative Shiatsu (CE, P)**

**(24 clock hours)**

*Prerequisite: None*

Come explore the Art of Shiatsu, modified! This course is designed for you to be able to integrate what you learn immediately into your practice. Traditional shiatsu is performed on the floor; however, Integrative Shiatsu has modified table techniques that are similar and just as effective. This class includes a brief introduction to Eastern Philosophy, energy and the meridian system.

You will learn joint rotations and stretching of your client for easier access to the meridians and musculature. Shiatsu is effective in helping increase range of motion, decrease pain associated with TMJ, headaches, migraines, neck and back pain, sciatica, and joint pain. Integrative Shiatsu is very balancing for the energetic and emotional body. It feels relaxing during and energizing afterwards for both the client as well as the practitioner.

6/14, 15, 21 & 22 (Sat & Sun 10am – 5:30pm)

**Cost:** \$550.00 **Instructor:** Dawn Larson

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## **Introduction to Integrative Shiatsu (CE, P)**

**(8 CE hours)**

*Prerequisite: None*

Attend a one day introduction to Integrative Shiatsu and learn techniques that you will be able to add to your routine immediately. This class is designed to give you and introduction to the meridian system and some critical Acupoints that if stimulated can promote healing. If you enjoy this class you will thoroughly enjoy the 30 hour Integrative Shiatsu Class that teaches an entire table sequence!

5/18 (Sun) 10:00am – 6:00pm

**Cost:** \$145.00     **Instructor:** Dawn Larson

## **Massage for Individuals Impacted by Cancer (CE)**

**(12 CE hrs)**

*Prerequisite: 1102 Swedish massage & 1103 Anatomy & Physiology*

More than one third of American women and almost 50% of men are diagnosed with cancer. As the survival rate has increased to 65%, chances are that one of these men or women will come to you for massage. This introductory course explores the physical and emotional impact of a cancer diagnosis, treatment and survival. Massage is explored as a safe and potentially powerful therapeutic intervention. Participants will learn to evaluate risks and identify specific contraindications associated with common cancer treatments of surgery, chemotherapy and radiation. Safe and effective adaptations to massage will be demonstrated and practiced. Participants will be given the opportunity to consider personal attitudes, emotional and psychological preparation necessary for this type of work.

6/7 & 6/8 (Sat & Sun) 10:00am-5:00pm

**Cost:** \$200.00     **Instructor:** Cosette Kosiba

**Note: Bring sheets and oil**

## **Meditation (CE, P)**

**(6 CE hrs)**

*Prerequisite: None*

This class consists of discussion and meditation. We will explore the meditative state of normal reality and the use of the breath as the object of meditation. We will discuss various forms of meditation and the psychological and physiological benefits of meditation such as stress relief, reduction of pain levels, reduction of blood pressure, increasing a sense of peace and relaxation. The goal of this class is to develop mindfulness and awareness in everything that we do. If you can breathe, you can meditate. Handouts and a bibliography will be furnished.

5/7, 5/14 & 5/21 (Wed) 1:00pm-3:00pm

**Cost:** \$100.00     **Instructor:** Terry Moro

## **Money, Beliefs and You (CE, P)**

**(6 CE hours)**

*Prerequisite: None*

This powerful course reveals the essential link between what happens in your head and what happens in your wallet. Through a combination of lecture, exercises and guided meditations you will explore the relationship between your conscious mind and unconscious beliefs and your level of financial freedom. You will work with tools to uncover and release mental and emotional blocks.

7/19 (Sat) 10:00am-4:30pm

**Cost:** \$100.00     **Instructor:** Sarah Q. Hargrave

## **Prenatal Massage Techniques (CE)**

**(16 CE hrs)**

*Prerequisite: 1102 Swedish Massage & 1103 Anatomy & Physiology*

Increasing numbers of expectant mothers are seeking the relief from muscular pain and aches that massage therapy can offer. This course focuses on the physiology of pregnancy, the structural changes that occur throughout the 9 months of full term pregnancy, and massage techniques that can impact on the muscular tensions that develop during this time. Precautions to performing massage techniques are also discussed.

5/3 & 5/4 (Sat & Sun) 9:00am-5:30pm

**Cost:** \$325.00     **Instructor:** Peg Johnson, RN

**Note: Bring sheets and wear loose comfortable clothes. In addition bring 3 pillows the second day.**

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## **Presence, Energy and Intention (CE)**

**(8 clock hrs)**

*Prerequisite: 1102 Swedish Massage*

This lecture class will first examine presence, the idea and practice of being here and now during a massage and with a client. We will facilitate this with the imaginative and experiential elements of our lives, dreams, aspirations compassion and empathy. The way in which both the light and dark sides of personalities and experiences can support presence, energy and intentions will be explored.

6/3, 6/10, 6/17 & 6/24 (Tue) 7:00pm—9:00pm

**Cost:** \$125.00 **Instructor:** Chuck LaFrano

## **Pressure Sensitivity Techniques (CE)**

**(8 clock hrs)**

*Prerequisite: 1102 Swedish Massage*

Appropriate pressure is probably the most determining factor in the effectiveness of a Swedish massage. This hands-on course focuses on getting information from the client's body tissue and skeletal frame to interpret appropriate pressure and movement to achieve optimum desired results. Each student will work on all students in class to experience a variety of tissue conditions.

5/6, 5/13, 5/20 & 5/27 (Tue) 7:00pm-9:00pm

**Cost:** \$125.00 **Instructor:** Chuck LaFrano **Note:** Bring sheets/wear loose T-shirt and shorts.

## **Introduction to Reflexology (CE, P)**

**(16 CE hrs)**

*Prerequisite: None*

Reflexology is the skillful and purposeful manipulation of the soft tissue of the feet and hands. The goals are to improve circulation, normalize body function and reduce stress by stimulating nerve reflex activity throughout the body from sensory receptors located in specific areas of the feet and hands.

7/18, 7/19 & 7/20 Fri (5:30pm-9:00pm), Sat (10:00am-6:00pm); & Sun (1:00pm-5:30pm)

**Cost:** \$250.00 **Instructor:** Jeri O'Brien

## **Reiki Level One (CE, P)**

**(6 CE hrs)**

*Prerequisite: None*

*Book: Manual provided in cost*

Reiki is a popular style of energy bodywork that comes to us from Master Mikao Usui of Japan. Reiki is one of the greatest gifts you can share with others as it is all about love, balance and empowerment. Reiki is defined as spiritually guided life force energy. In Reiki I we will learn the history of Reiki, the five principles of Reiki and hand positions for working on others and self. Students receive the Reiki I initiation of energy transfer.

6/21 (Sat) 11:00am - 6:00pm

**Cost:** \$150.00 **Instructor:** Linda Miller, Reiki Master/Teacher

## **Reiki Level Two (CE, P)**

**(6 CE hrs)**

*Prerequisite: Reiki Level One*

*Book: Manual provided in cost*

Students will learn symbols or keys to enable them to focus Reiki energy more strongly. The symbols are used for distance or absentee healing, to work with past-life issues, mental and emotional healing. The energy transfer in Reiki II enhances and further opens students to a higher level of Reiki energy. The Chakra system, related colors, conditions and gemstones will be discussed. Students receive the Reiki Level Two initiation energy transfer and a certificate of completion.

7/12 (Sat) 11:00 - 6:00pm

**Cost:** \$150.00 **Instructor:** Linda Miller, Reiki Master/Teacher

## **Reiki Master/Teacher (CE, P)**

**(6 CE hrs)**

*Prerequisite: Reiki Level Two*

*Book: Manual provided in cost*

Being attuned to the third or master level of Reiki is a very powerful experience. Level three enhances levels one and two and further accesses the spiritual body. There is an increase in spiritual awareness and communication with your higher self. Additional symbols to enhance your work are learned, taking your work with clients to a higher and new level. Students will learn how to attune and teach others to work with Reiki energy. Teaching Reiki is not required, however many students find

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that along their own road of growth others may inquire as to how they may learn Reiki. Students receive the Reiki Master/Teacher initiation energy transfer and a certificate of completion.

5/31 (Sat) 11:00 - 6:00pm

**Cost:** \$300.00     **Instructor:** Linda Miller, Reiki Master/Teacher

### **Seated Massage Techniques (CE)**

**(8 CE hrs)**

*Prerequisite: 1102 Swedish Massage & 1103 Anatomy & Physiology    Book: None*

Seated massage provides many of the same benefits for clients as traditional massage, including relief of tension, improved circulation, physical and mental relaxation and increased sense of well being. This course focuses on adapting different bodywork techniques to seated massage including proper body mechanics, individualizing your skills for each client, and marketing for business success.

6/21 (Sat) 9:00am-5:00pm

**Cost:** \$150.00     **Instructor:** Lauren Abele

**Note:** Wear loose, comfortable clothing

### **Skin Disease (CE)**

**(8 CE hrs)**

*Prerequisite: 1102 Swedish Massage & 1103 Anatomy & Physiology    Book: None*

This course introduces students to basic skin conditions such as rashes, warts, moles, pustules, and plaques. Discussion of skin cancers and other contraindications related to the integumentary system is included. Students will learn to identify skin conditions they are likely to encounter in a massage practice.

5/17 & 5/18 (Sat & Sun) 10:00am-2:00pm

**Cost:** \$150.00     **Instructor:** Cosette Kosiba

### **Spa Massage Techniques (CE)**

**(32 CE hours)**

*Prerequisite: 1102 Fundamental Massage Techniques*

Learn Therapeutic spa/body treatments using organic materials and medicinal quality essential oils. Information may be used for Massage Therapists to incorporate into their practice without being an Esthetician. This 4 day course includes Anatomy & Physiology of the Skin and an introduction to Essential Oils for detoxifying the body and skin. Student's will give and receive 2 treatments along with energy work, massage techniques and will custom blend their own formulas for different types of body tissue and emotional issues. The objective is to understand that spa treatments are not only to rejuvenate and relax, but are essential for detoxing in today's world.

6/26, 6/27, 6/28 & 6/29 (Thurs, Fri, Sat & Sun) 8:30am – 6:00pm

**Cost:** \$600.00     **Instructor:** Lynn Bartzak & Loren Green

**Note:** Bring 2 flat sheets, 2 bath towels, 8-12 hand towels,

blanket and optional pillow

### **Spiral Synergy I – Establishing the Healing Conversation**

**(32 CE hours)**

*Prerequisite: None*

This course is an introduction to the basic principles, skills and techniques that are the foundation of Spiral Synergy. Students develop their listening skills on physical, emotional and energetic levels. They learn to work with their client rather than on them; to provide a supportive, affirming environment in which to explore past and current patterns. Students learn how to begin a session, flow through the session listening to their intuitive inner voice, and bring their session to a close. Participants exchange full sessions of Spiral Synergy incorporating the skills learned during the course.

5/3, 5/4, 5/10 & 5/11 (Sat & Sun) 10:00am – 6:00pm

**Cost:** \$550.00

**Instructor:** Ray Miller     **Note:** Wear loose, comfortable clothing. Bring sheets to class

### **Stress Management (CE, P)**

**(6 CE hrs)**

*Prerequisite: None*

Stress reduction is one of the main benefits of bodywork. This course discusses how to recognize stress and the physiological and psychological effects of stress. A variety of stress intervention techniques and the development of stress management plans are also introduced.

5/31 (Sun) 12:00pm–5:30pm

**Cost:** \$100.00     **Instructor:** Debbie Lane

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## **Whiplash**

**(8 credit hrs)**

*Prerequisite: 1112 Myofascial Massage or 2109 Deep Tissue*

Encountering clients who have sustained cervical whiplash injuries is a situation that professional massage therapists will often face in their practice. This course will present an anatomical review of the cervical region, explain the mechanisms of whiplash injury, discuss secondary symptoms and dysfunctions associated with the condition, and provide a protocol for adapting soft tissue manipulations to positively impact the area. Students will leave with a better understanding of their role in working with clients with whiplash injuries in their health history.

6/8 (Sun) 10am – 6pm

**Cost:** \$125.00 **Instructor:** Ray Miller **Note:** Bring sheets & oil.

## ***EVENTS at WMTI***

### **Come & Enjoy Teachings Channeled by**

**The Council through Linda Miller**

**May 14<sup>th</sup> Wednesday 7-9'ish  
July 17<sup>th</sup> Thursday 7-9'ish  
September 17<sup>th</sup> Wednesday 7-9'ish**

**The Guides generally have a question and answer time for questions of general interest.**

The public is welcome. \$10 donation collected at door. Please be prompt

## **YOGA AT WMTI**

**Our mission is to create a special place for everybody to practice the joy of Yoga.**

Tue July 8<sup>th</sup> through August 5<sup>th</sup> from 8:00 to 9:15 am  
Thurs July 10<sup>th</sup> through August 7<sup>th</sup> from 5:15 to 6:30pm

Classes will be taught for all levels by David Miller, a Graduate of WMTI and Southwest Institute of Healing Arts.

Each class may stress the use of asana, pranayama, bandha, mudra and guided relaxation to stabilize, balance and harmonize your *Body, Mind & Spirit*. **We teach according to the students presented before us, to both challenge, strengthen and renew.**

**Anusara inspired yoga** is a uniquely integrated approach to hatha yoga developed by John Friend in which the art of the human spirit powerfully blends with the science of biomechanics. It is an exceptional yoga system that integrates the celebration of the heart, universal principles of alignment, and balanced energetic action in the performance of asana.

**Alignment Yoga** will teach the students how to create proper balance through the spine by stacking the body correctly from root to crown. Will help to strengthen, ease pain and create more flexibility. Good posture is the outcome. Great class for all levels, beginner through advanced.

**What to Wear:** Comfortable clothing that breathes and moves with you. Make sure tops don't fly over head when inverted (upside down). Classes are taught in bare feet (for grounding purposes). Some classes may be taught outside weather permitted.

**BRING YOGA MAT!!!!** FEW mats will be available to use

Yoga classes are:                   5 class packages are: \$65(current students of WMTI \$55)  
                                                  10 class packages are: \$135 (current students of WMTI \$115)

**CE = Continuing Education hours will be awarded for massage therapists and bodyworkers**

**P = Classes open to public (no prerequisites apply). No CE credit is given for these classes.**

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**To register call 630-739-9684 ext. 324**

**www.wmti.com**

## Reflexology Program Beginning in September 2008

In the Integrated Courses Format, 6 integrated “core” courses, which comprise 80 hours of this comprehensive 142-hour program, have been blended into two 14-week trimesters for a gradual assimilation of the material and a smooth progression through the hands on techniques. Students must also complete 30 hours of required course work at their own pace in the individual course format with the courses being offered various days and times. Students then utilize the knowledge gained in fulfilling 32 hours of supervised clinic in their third trimester working on clients provided at the Institute.

**Thursdays 6:30pm- 9:30pm**

Instructor: Jeri O’Brien

**Call the Institute for more information, cost and open house dates 630-739-9684 [www.wmti.com](http://www.wmti.com)**



1051 Internationale Pkwy.  
Woodridge, IL 60517

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