

| | |
|---|---|
| <p>Cupping Massage (21 CE's) By Randy Heaps, President of Massage Cupping Therapy Association</p> <p>Sunday - Tuesday, May 2 – 4 9am – 5pm \$350/per person \$329 “Early Bird” Special before April 15</p> <ul style="list-style-type: none"> • Learn this modified version of Traditional Chinese Cupping! • Learn how Massage Cupping can have a wide array of positive and healing effects for the body • It's non-invasive, effective, clients love it and it's FUN! <p>Prerequisite: Massage therapist or Massage therapy student or Health care provider</p> | <p>Simply Swedish/Couples Massage (6 CE's) By Amanda Hegel, LMT, instructor at Hands-on Medical Massage School, therapist specializing in Swedish, Deep Tissue, and Hot Rocks</p> <p>Sunday, May 16 1pm – 7pm \$50/per person or \$90/per couple</p> <ul style="list-style-type: none"> • Learn to give a basic Swedish massage • Study the basic benefits and contraindications of massage • Practice on each other in class • Experience a relaxing atmosphere as you learn <p>Prerequisite: 18 years of age</p> |
| <p>Canine Massage (6 CE's) (Massage for Man's Best Friend) By Michael Lang, LMT, graduate of Utah School of Massage Massage Instructor and Dog Trainer Taught canine massage for the American Massage Therapy Association</p> <p>Sunday, June 6 11am – 5pm \$99/per per person \$85 “Early Bird” Special before May 20</p> <ul style="list-style-type: none"> • Discuss basic anatomy and physiology of canines • Demonstrate to massage 'man's best friend' for relaxation and post injury • Discuss and experience pet aromatherapy • Learn and demonstrate canine reflexology • Bring your pet to the outdoor classroom (Park in Redlands) <i>Please bring leash</i> • Booklet and doggy goodies provided <p>Prerequisite: Health care provider and dog lover</p> | <p>Thai-Style Foot Massage Mini-Workshop (6 CE's) By Leilani Delacruz, LMT</p> <p>Sunday, July 18 1pm – 7pm \$110/per person \$99 “Early Bird” Special before July 8 (Above cost includes Thai bowl, Thai stick, and booklet)</p> <ul style="list-style-type: none"> • Learn/experience basic Thai-style techniques for the lower legs and feet • Learn to use special Thai sticks to work more effectively work the feet and toes • Experience the wonderful feeling of this fascinating lower leg and foot massage <p>Prerequisite: 18 years of age</p> |
| <p>Introduction to Structural Integration (21 CE's) By Mary Bond, LMT. Certified Rolfer® and a gifted movement educator, who has helped thousands of people experience the ease and grace that accompanies good posture</p> <p>Sunday – Tuesday, Sept 26 – 28 9am – 5pm \$350/per person \$329 “Early Bird” Special before Sept 16</p> <ul style="list-style-type: none"> • Learn how posture impacts overall health and well-being • Learn how to apply the information and tools, gleaned over 30 years of experience, that will allow you to stand and move with ease and elegance • Experience the relief from pain that results from poor postural habits <p>Prerequisite: 18 years of age</p> | <p>Pregnancy Massage (24 CE's) by Tanya Frederick, LMT, specializes in pregnancy and infant massage, instructor at Hands-on Medical Massage School</p> <p>Sunday – Tuesday, Oct 24 – 26 9am – 6pm \$350/per person \$329 Early bird Special before Oct 14</p> <ul style="list-style-type: none"> • Build your confidence and knowledge of pregnancy massage • Learn/experience many new techniques specific for your pregnant client • Study the contraindications specific to pregnant clients <p>Prerequisite: Massage therapist with deep tissue experience</p> |

Lymph Massage (14 CE's)

by Lorrie Humpel, LMT, specializes in lymph, deep tissue, and hydrotherapy, instructor at Hands-on Medical Massage School, therapist at Hands-On Clinic in Yucaipa

Nov 7 – 8 9am – 5pm

\$250/per person

\$229 “Early bird” Special before Oct 28

- Learn and experience gentle, yet effective techniques to decrease swelling/edema
- Learn the basic structure/function of the lymph system
- Study the benefits/contraindications of lymph massage
- Great for detoxification and weight -loss

Prerequisite: Swedish massage or healthcare provider

WORKSHOPS Coming Soon!

Sports Massage (14 CE's)

by Troy, LMT, specializes in lymph, deep tissue, and hydrotherapy, instructor at Hands-on Medical Massage School, a therapist at Hands-on Clinic in Yucaipa

- Learn basic massage techniques specific to athletes
- Great class for athletes to learn self sports massage or help those on their team
- Learn techniques to recover quickly from basic sports injuries

Prerequisite: Massage therapist, athlete, or healthcare provider

Medical Ministry Training Course (21 CE's)

by a variety of staff members and guest speakers with years of experience in medical ministry

- Learn/ experience basic massage techniques and trigger point massage to relax and ease pain
- Learn basic theory, benefits and contraindications of massage, hydrotherapy, herbs, and other natural remedies
- Learn/experience various hydrotherapy techniques
- Learn how to apply medical ministry in your church and community

Prerequisite: 18 years of age

Foot note:

Participants for our workshops are from a variety of professional backgrounds We do our very best to provide continuing education hours for health care professions most interested in contact hours of continuing education Hands-on Medical Massage School is (PROVIDER # CEP 13836) (Massage therapists should go to your state board website to verify CE credits).