



# Professional Continuing Education Center for Natural Wellness

## Spring/Summer 2018 Continuing Education Calendar

### May

---

5-6 Introduction to Traditional Thai Massage (2 day course) with Ananda Kathryn Sutliff, LMT, CYT

### June

---

8 Therapeutic Anti-Aging Face and Neck Massage  
Using Hot and Cold Stones with Dale Montelione Grust, LMT

19 Energy Mastery for Massage Therapists (8 day course)  
(Classes held: 6/19, 6/26, 7/10, 7/24, 8/7, 8/21, 9/4, 9/18) with Joy Adler, Laura Iacovone, LMT, Betsy  
Soares, LMT and Dan Zavadil, LMT

24 Advanced Chair Massage with Brian Kavanaugh, LMT

29 A Therapeutic Approach to Stone Massage:  
Back, Legs, Feet and Abdomen with Dale Montelione Grust, LMT

### July

---

15 Pin and Stretch for the Non-Athlete Client with Brian Kavanaugh, LMT

22 Sports Massage for Elite Athletes: Ironman 2018 with Jen Hathaway, LMT

### August

---

12 Prolonging Your Career:  
Body Mechanics for Massage Therapists with Brian Kavanaugh, LMT

# *Integration Week 2018!!*

August 27<sup>th</sup>-30<sup>th</sup>

- ❖ Classes focused on combining modalities
- ❖ Create a more comprehensive approach
  - ❖ Put every tool to use
- ❖ Special Weekday Classes
  - ❖ Reduced pricing

**August 27, 2018**

*Deeper Emotional Intelligence, Dynamics & Boundaries for Massage Therapists*

With Instructor: Laura Harrison

**August 27, 2018**

*The World is At Your Feet: Incorporating Foot Reflexology into Your Massage Session*

With Instructor: Holly Papa, LMT

**August 28, 2018**

*Create, Communicate & Deliver Value to Your Massage Clients*

With Instructor: Michelle Przedwiecki, MPH, CFTP

**August 29, 2018**

*Yoga for Bodyworkers*

With Instructor: Suzy Sherer Arenos, LMT, MS, RYT

**August 29, 2018**

*Cupping 101*

With Instructor: Everett Ramos, LMT

**August 30, 2018**

*Incorporating Pin & Stretch into Your Chair Massage*

With Instructor: Brian Kavanaugh, LMT

**August 30, 2018**

*Integrating Shiatsu into Swedish for Therapeutic Results*

With Instructor: Lindsay Harvey, LMT

## **A word about Continuing Education Hours**

The Center for Natural Wellness School of Massage Therapy (CNWSMT) offers professional Continuing Education. New York State now requires all Licensed Massage Therapists to receive 36 hours of continuing education every three years. Please visit the NYS Office of Professions website for further information on these regulations. <http://www.op.nysed.gov/>

The Center for Natural Wellness School of Massage Therapy is approved as a sponsor of continuing education for Massage Therapists by the New York State Education Department, Office of Professions. Unless otherwise noted, all of our current Continuing Education classes satisfy CE Hours for New York State Licensed LMT's.

The Center for Natural Wellness School of Massage Therapy is approved as a sponsor of continuing education for Physical Therapists and Physical Therapy Assistants by the New York State Education Department, Office of Professions. Unless otherwise noted, all of our current Continuing Education classes satisfy CE Hours for PT's.

The Center for Natural Wellness School of Massage Therapy is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education approved provider. Unless otherwise noted, all of our current Continuing Education classes satisfy CE Hours for LMT's with National Licensure.

Beginning in January 2016, CNW School of Massage will no longer be participating in the BOC (Board of Certification) Approved Provider program for Athletic Trainers. However, Athletic Trainers may still receive CE hours for Category D programs and the Athletic Trainer is responsible for ensuring the program is eligible for Category D credit by contacting the Board of Certification.

CEU's not recognized by ACCSC.

## **Upcoming Workshops**

### **May**

---

### **Introduction to Traditional Thai Massage**

**Date:** May 5-6, 2018

**Time:** 8:45am-4:15pm

**Cost:** Early Bird Fee:\$245  
Fee After 4/27/18:\$265

**CE:** 12 Hours

#### **Course Description:**

In this course, you will learn how to perform a full body, 60 minute Thai massage routine that you can immediately add to your practice. You will learn to use hands, knees, legs and feet to move the client into a series of yoga-like postures. This class will cover energy lines, poses, sequences, body mechanics and techniques.

NOTE: This bodywork is done on a mat on the floor. Therapists will spend several hours on the floor during the course of the class. Feel free to bring a pillow or cushion to make your self more

comfortable. Please wear stretchy clothing. Please contact the instructor prior to class if you have any special needs.

### **Learning Outcomes/Objectives:**

1. Students will list the benefits and contraindications of Thai Massage, and demonstrate proper body mechanics needed to perform this type of bodywork.
2. Students will identify and perform proper acupressure on the Thai energy lines (Sen) of the feet and legs.
3. Students will identify and perform supine lower body postures of Thai massage.
4. Students will identify and perform proper acupressure on the Thai energy lines (Sen) of the hands and arms.
5. Students will identify and perform supine upper body postures of Thai massage.
6. Students will demonstrate their knowledge of a full supine body sequence, and recognize how it feels to be a receiver of this sequence.
7. Students will identify and perform prone lower body postures of Thai Massage.
8. Students will identify and perform the energy lines on the back and the prone upper body postures.
9. Students will identify and perform seated postures.
10. Students will visually compare and recognize the flow of a full body Traditional Thai Massage.
11. Students will compare and recognize the flow of a full body Traditional Thai Massage as a receiver.
12. Students will implement knowledge from course, assess client intake form and demonstrate how to execute a full body Traditional Thai Massage.

### **Instructor Bio:**

Ananda Kathryn Sutliff, LMT, CYT has always been a healer by nature. She is very passionate about all healing modalities and has been studying healing modalities since her yoga teacher training and Thai-yoga level I at the Kripalu Center in 2007, where she was then named “Ananda” by her teachers. Ananda is Sanskrit for the ultimate state of bliss. From there she decided to travel to Thailand and deepen her training and learning from the masters. Upon her return she decided she wanted to know more ways to heal through touch, so she started studying Swedish and Therapeutic Massage techniques at the Center For Natural Wellness in 2010, trying to build her “Healing Tool Box”.

She is a NYS Licensed Massage Therapist, Certified Kripalu Yoga Instructor, Certified Yoga Trance Dance Instructor, Certified Positional Therapist, Certified Traditional Thai-Yoga Massage Therapist, Certified Reiki Practitioner & Certified Hot Stone Therapist. Ananda Kathryn is a member of the America Massage Therapy Association, and the owner of Om Shanti Healing Arts wellness center in Castleton, NY. She has also done various volunteer programs at Kripalu – School of Yoga and Health, many festivals and even hospice at Albany Med.

Her style of teaching is very detail oriented and hands- on. She aims to leave her students craving more knowledge in the field of healing arts because she herself, never wants to stop learning, knowing the well of knowledge is endless and ever fulfilling. Coming from a dark past, she understands the

---

magnitude of alternative healing modalities for body, mind, and spirit.

---

## June

---

### **Therapeutic Anti-Aging Face and Neck Massage Using Hot and Cold Stones**

**Dates:** June 8, 2018

**Time:** 10:00am-3:00pm

**Cost:** Early Bird Fee:\$90  
Fee After 6/1/18:\$110

**CE:** 4.5 Hours

**Course Description:**

This comprehensive training combines the best of both worlds – anti-aging facial massage plus therapeutic massage of the neck and face. Our technique combines the use of hot and cold stones and hands using acupressure to stimulate the nerves in the face with a series of vertical and horizontal moves to relax facial muscles and connective tissue, increase blood flow and stimulate lymph drainage. We will work specifically with the muscles of the jaw, face, and neck to address tension in the jaw, headaches, and tension held in the neck.

Students will learn how to heat or cool stones to the proper temperature to achieve our desired therapeutic outcome: deep muscle relief without causing tissue trauma. And they will learn how to clean their stones for client safety.

The contraindications of hot stone massage will be reviewed and we will discuss ways to alter sessions to accommodate certain conditions. Participants should bring linens and oil/lotion.

**Learning Outcomes/Objectives:**

- Students will demonstrate how to properly hold and use a stone without compromising their wrists or hands.
- Describe the benefits of using stones hot or cold.
- Explain how to regulate stone temperature
- Demonstrate how to use acupressure points to stimulate the nerves of the face.
- Perform a massage of the face and neck using stones hot and cold.

---

## **Instructor Bio:**

Dale Montelione Grust is a NY Licensed Massage Therapist with more than 30 years' experience. She is the founder and director of the Center for Therapeutic Massage in New Paltz, NY and founder of CoreStones, LLC. – developers of a uniquely designed soapstone tool that effectively facilitates deep muscle release.

Over the years her pursuit of education has led to diversified expertise in many modalities. She has studied Orthopedic Massage, advanced myofascial training, and CranioSacral Therapy. In her practice Dale specializes in medical massage and pain relief. She strives to find the imbalance in the body that is the cause of pain. She has taken the knowledge she has gained through her years of study and used that to create a modality using stones – hot or cold – to achieve therapeutic results.

Dale teaches stone massage with an emphasis on the therapeutic value of using the stones as a tool for myofascial and trigger point release without compromising your wrists and hand. The focus of her work is to help therapists deliver deep relief for their clients while minimizing the effort exerted to achieve this therapeutic result.

## **Spa Facelift Massage**

**Date:** June 16, 2018

**Time:** 9:00am- 5:00pm

**Cost:** Early Bird Fee:\$185  
Fee After 6/8/18:\$205

**CE:** 7 Hours

### **Course Description:**

If you're interested in adding a new exciting service, stand alone or adjunct; to expand your practice and increase your income then this class is for you. The lecture portion of the class will explore the anatomy and physiology of the Integumentary, lymphatic, connective tissue and nervous systems. We will integrate this information in the application of techniques for improvement of skin and muscle tone as well as detoxification of the face. The clinical practicum focus is on application of several techniques to address muscle tone, connective tissue balance, engaging the Para sympathetic nervous system and detoxification of the fascial tissues. This class is a must for those therapists desiring to develop a "full service" practice and increase revenues.

---

**Instructor Bio:**

Dale Perry, LMT, CLT, NCSMT

---

Practicing since 1991, Dale practices in Albany, NY and Charlotte NC. He is Adjunct Faculty at South Piedmont CC in Monroe NC where he teaches Therapeutic massage and runs the outreach clinics. He owns Dale Perry seminars and is a member of the High performance team of USA swimming.

Microfascial facilitation and lymphatic facilitation are two techniques he developed based on years of clinical application and advanced study of fascia and the lymph system. He is one of the only instructors of Bindegewebsmassage in North America. For the past 25 years he has taught advanced massage around the US and Internationally.

He has contributed to several text books; Theory and Practice of Therapeutic Massage, Mark f. Beck and wrote the Lymphatic Facilitation chapter for Tappen's Therapeutic Massage, 5<sup>th</sup> edition, Patricia Benjamin.

## **Introduction to Loku Lomi**

**Date:** June 17, 2018

**Time:** 9:00am- 6:00pm

**Cost:** Early Bird Fee:\$220  
Fee After 6/8/18:\$240

**CE:** 8 Hours

### **Course Description:**

This class is intended to introduce the therapist to the Hawaiian massage techniques used in Loku Lomi as well as the practice of the mindfulness and presencing of the ancient Hawaiian kahunas. Loku Lomi is the equivalent of Medical massage as practiced by the ancient Hawaiians.

The lecture portion of the class will explore the history of Loku Lomi and discussion of the importance of the energy and spiritual nature of the powerful and restorative type of bodywork. The clinical practicum focus is on application of Loku Lomi and practice of techniques to improve and restore function for your clients.

This class is a basic introduction to the amazing practice of Ancient Hawaiian Loku Lomi and is a lot of fun as well as gaining insight into massage from a different culture.

### **Instructor Bio:**

Dale Perry, LMT, CLT, NCSMT

---

Practicing since 1991, Dale practices in Albany, NY and Charlotte NC. He is Adjunct Faculty at South Piedmont CC in Monroe NC where he teaches Therapeutic massage and runs the outreach clinics. He owns Dale Perry seminars and is a member of the High performance team of USA swimming.

---

Microfascial facilitation and lymphatic facilitation are two techniques he developed based on years of clinical application and advanced study of fascia and the lymph system. He is one of the only instructors of Bindegewebsmassage in North America. For the past 25 years he has taught advanced massage around the US and Internationally.

He has contributed to several text books; Theory and Practice of Therapeutic Massage, Mark f. Beck and wrote the Lymphatic Facilitation chapter for Tappen's Therapeutic Massage, 5<sup>th</sup> edition, Patricia Benjamin.

## **Energy Mastery for Massage Therapists (8 day course)**

**Date:** June 19, June 26, July 10, July 24, August 7, August 21, September 4, September 18 , 2018

**Time:** 5:00pm-9:00pm (on 6/19 & 9/18); 5:30pm-9:00pm (all other dates)

**Cost:** Early Bird Fee:\$685  
Fee After 6/12/18:\$705

**CE:** 29 Hours

### **Course Description:**

**\*Registrants are required to attend all 8 days of course- 6/19, 6/26, 7/10, 7/24, 8/7, 8/21, 9/4, 9/18**

This program is designed for anyone who has a strong interest in learning energy healing techniques. These skills are designed to help minimize the physical demands of the body and are an excellent adjunct for massage therapists. Through meditation, sound healing, lecture, experientials, demos and masterful healing techniques, licensed practitioners dedicated to self-transformation & knowledge will become profoundly adept at understanding and, assessing-diagnosing energy imbalances, and utilizing new skills to bring optimal health, wellness and fulfillment. This can bring your work to a new level of effectiveness, and create lasting transformation for you and your clients.

\*Please wear loose clothing for movement, a journal and a yoga mat, which is optional.

### **Learning Outcomes/Objectives:**

1. Registrant will learn how to use sound and meditation to open and align the human energy field and chakra system.
2. Registrant will learn the anatomy and physiology of the energy field and chakra system.
3. Registrant will learn an energy chelation sequence that can be used to assist balancing a client's.

4. Registrant will demonstrate an energy chelation sequence on a classmate.
  5. Registrant will participate in exercises to open the root chakra of the energy system to optimize immune system health.
  6. 6.Registrant will learn the importance of grounding and being present through the root chakra in relation to how that impacts their energy field and that of a client.
- 7.Registrant will learn how to use movement and sound to recharge the second chakra.
8. Registrant will demonstrate through a creative exercise their understanding of their own second chakra.
  9. Registrant will be able to identify the characteristics of both an open (healthy) or closed (unhealthy) chakra and its impact on the physical, mental and emotional levels.
  10. Registrant will recognize the importance to balance giving and receiving in relation to self-care and being ready to treat clients.
  11. Registrant will identify the connection between family of origin dynamics and self-esteem, and ability to take risks.
  12. Registrant will learn methods of self-help and wellness to promote career longevity.
  13. Registrant will improve his/her intuitive awareness and information gathering techniques with the goal of aiding assessment and interview skills.
  14. Registrant will have an improved understanding of how spiritual, mental and emotional connections have an effect on stress, pain and disease.
  15. Registrant will explore methods to enhance the therapeutic relationship between client and therapist.
  16. Registrant will be able to identify how energy medicine can induce relaxation and impact the following: Stress reduction, depression, anxiety, negative behavioral patterns.
  17. Registrant will learn to assess one's immune system health, connection to the physical world and ancestral connections.
  18. Registrant will learn energy healing skills to integrate in massage therapy or as an agent of change for dealing with people with strong defensive reactions, and integrate into your own therapy, work and life.
  19. Registrant will gain insights into physical, psychological, spiritual and emotional dimensions in life via the energy system.
  20. Registrant will learn self-healing techniques
  21. Registrant will learn through lecture, PowerPoint and experientials, what high sense perception is and how each chakra is a doorway to a specific sixth sense/intuition.
  22. Registrant will learn advanced meditation techniques each week which can lead to opening to receive, and the ability to have integrity of word, speak one's truth, channel, and utilize guidance to assist in helping a client release what blocks them from their greatest fulfillment.
  23. Registrant will learn how to open to Divine inspiration, for the ability to bring to fruition the inspiration from the spiritual realms, into the physical world using both energy and massage as combined modalities.
  24. Registrant Create matrix for healing chakra imbalances that can bring transformation and optimal health, through advanced energy techniques and holds.
  25. Registrant will learn to set a matrix for healing chakra imbalances that can bring transformation and optimal health, through advanced energy techniques and holds.
  26. Registrant will learn how still-handed holds as an adjunct to massage results in impact to reduce stress, depression, anxiety, negative patterns of behavior and induce relaxation.

27. Registrant will discover how assisting in these ways may help they and their clients with increased energy levels, better sleep, and a capacity for greater fulfillment.
28. Registrant will learn counseling tips within their scope of practice to encourage clients to release old patterns of behavior.
29. Registrant will discover how childhood wounds compel a person to begin protecting and thus block energy, and movement through the defense/s they develop, which leads to body armoring. Discussion on how to integrate treatment of energy with traditional massage techniques as dynamic, two-fold strategy for healing the whole person.

### **Instructor Bios:**

**Joy Adler** is a Brennan Healing Science Practitioner, Holistic & Pastoral Counselor and Certified Hypnotherapist. She obtained a degree in Mass Media Communications from The Sage Colleges, and is a graduate and faculty member of the 4-Year University, The Barbara Brennan School of Healing. Brennan Healers are trained in Self-transformation, through their own therapy, hands-on-healing techniques, body-centered psychotherapy, high sense perception, meditation, creative arts, channeling, ethics and professional practice development. Additionally, Joy trained in Swedish massage in 1994-95 and loves the integration of bodywork and energy. She combines her training in communications, massage and healing science, as an educator and ongoing guest host on WRPI radio and is a former television host of Holistic Health programs in Southern NJ.

Joy trained and worked at The Core Center in NYC for 8 years, in body-centered psychotherapeutic techniques and has been enrolled in The NY Open Center in NYC for advanced training in utilizing sound, music and counseling techniques for working with trauma survivors. Adler completed her studies of Ayurveda in NYC, in 2012 with Dr. Naina Marballi, and is a Certified Ayurvedic Nutritional Counselor. In the Spring of 2014, Joy received her certification as a Yoga Teacher of the Natural Yoga Method. She received her Masters of Divinity in Pastoral Counseling in 2008 from the former Moriah Institute. Since 2004, Joy has been teaching Wellness and Emotional Growth at the Center for Natural Wellness School of Massage Therapy in Albany, NY, She has trained Laura, Betsy and Dan for the Wellness Program, and is now mentor of the expanded Wellness team as well as being on the CNW staff as their Student, faculty and administrative advisor. Currently Joy leads their Professional Supervision Support Circle for Graduates, with both Betsy and Dan. She continues to be a workshop leader/trainer for The Barbara Brennan School of Healing, and leads her own workshop series, master classes, programs in advanced energy healing, process work and teacher training entitled, “Energy Diagnostics, Ancient Skills for our Modern World”. She developed and wrote the manual for this program, based on her many years of experience in the field of holistic health, as counselor and having integrated bodywork and energy healing. Additionally she has taught “Advanced Apprenticeship, Master Healing Class, Psychology of the Body, ” to train LMT’s in the study of the 5 Childhood Wounds, for their clients, including one-on-one process skills, group facilitation and teacher training. In the Fall of 2016 Joy returned to the Brennan Institute in Fl. as the Department Head of the 2-year Advanced Studies program. She is a member of: The American Association of Pastoral Counselors and Associated Massage and Bodywork Professionals. She is the recipient of the 2018 Albert Nelson Marquis Lifetime Achievement Award: Who’s Who in America.

**Laura Iacovone, LMT** holds a Bachelor of Science degree in Animal Studies from Cornell University. She was trained as an animal nurse when she lived in London, England and managed Fultonville Animal Hospital for two years when she came back to New York State. Laura then worked for several years as a farm products commodities inspector with both the NYS and US Dept of Agriculture. She is a graduate of

the New York Institute of Massage in Buffalo, NY, class of 1997. Laura began working at CNWSMT in January, 2000 and is both the Dean of Students and the Bookstore Manager. Since 2007, Laura has also been an assistant in the Wellness Course for full time students, and has assisted Joy Adler, Wellness Course instructor, in several Continuing Education classes including Mastery in Healing: Psychology of the Body Apprenticeship Training as well as Energy Diagnostics. She also has a private practice in the Capital District area.

**Betsy Soares, LMT** is a graduate of CNWSMT and a NYS Licensed Massage Therapist. She also is a certified Reiki Master and Chakra Therapy Practitioner who has been working in the field of Massage Therapy, Chakra Balancing and Energy Clearing for over 14 years. She has been in private practice as a Massage Therapist and Energy Healing since 2004. Betsy is a course instructor at the CNWSchool of MassageTherapy in both Professional Development and Wellness and Emotional Growth. In addition, she is a Certified Teacher of Energy Diagnostics(c) to body workers, healers and therapists and has assisted Anodea Judith,Phd. in teaching Chakra Therapy at the Kripalu Institute in Great Barrington, Ma.. Betsy is a passionate and studied teacher who brings the connection of body, mind and spirit to the forefront for Massage Therapist, to deepen the connection of healing and releasing long held chronic body tension, pain and dis-ease in their clients.

**Dan Zavadil, LMT** graduated from CNWSMT in 2013 and has been practicing massage since receiving his NYS licensure that year. He has been a CNW classroom assistant since 2016 in the Wellness & Emotional Growth program and Applied Techniques classes. Beginning in 2014, Dan began studying with Joy Adler, Wellness Director as well as assisting her in continuing education classes including Energy Diagnostics© and Characterology Master Class. Dan is a certified Energy Diagnostics© Teacher and Practitioner. Being a life-long musician, Dan brings the understanding of harmony, listening and the importance of a well-placed rest to his massage practice.

## Advanced Chair Massage

|              |   |
|--------------|---|
| <b>Date:</b> | June 24, 2018                                   |
| <b>Time:</b> | 9:00am-4:00pm                                   |
| <b>Cost:</b> | Early Bird Fee:\$150<br>Fee After 6/15/18:\$170 |
| <b>CE:</b>   | 6 Hours   |

---

### Course Description:

This course will focus on advanced techniques for the office worker with particular attention to problems associated with repetitive computer work such as carpal tunnel syndrome and thoracic outlet syndrome. This course will consist of part lecture and bodywork where you will learn a variety of techniques to work on Pecs, scalenes, subclavius, SCM and others. Some time in class will also be spent focusing on proper body mechanics for the Chair Massage worker. This class is a must for those who wish to build their

---

private practice through Corporate Chair Massage.

**Learning Outcomes/Objectives:**

1. Therapist will be able to identify muscles involved with carpal tunnel syndrome, thoracic outlet syndrome and be able to do a postural analysis designed for the office worker.
2. Therapist will be able to instruct their clients in how to do “homework”. Stretches and muscle strengthening focused on their clients problem areas.
3. Therapist will be able to do chair massage using body mechanics specific to chair massage.
4. Therapist will know how to do pin & stretch and muscle energy techniques.
5. Therapist will be able to do pin & stretch and muscles energy techniques for scalenes, lavator, SCM and subclavious.
6. Therapist will be able to do pin & stretch and muscles energy techniques for pec major and minor
7. Therapist will be able to do pin & stretch and muscles energy techniques for romboids, upper traps and lower traps.

**Instructor Bio:**

Brian Kavanaugh, LMT graduated from CNW in 2005 and since has been practicing Integrative Therapeutic Massage at The Bodyworks Wellness Center. Brian worked at CNW from 2006 to December of 2017 and has instructed in a variety of classes including Foundations of Massage, A&P, Myology, Applied Techniques, Sports Massage, Chair Massage, NMT and Assessment Skills in addition to working his last 3 years as the Director of Career Development and Alumni Services. Brian hopes his students find massage as life transforming as he has.

Brian has been practicing the art of Bonsai trees for over 5 years. He finds the time spent working on his trees to be beautifully therapeutic and feels it is essential to his mental wellbeing. It is his way to “keep his well full” to better his work for his clients and to keep connected to his loved ones.

**A Therapeutic Approach to Stone Massage: Back, Legs, Feet and Abdomen**

**Date:** June 29, 2018  
**Time:** 10:00am-6:00pm  
**Cost:** Early Bird Fee:\$145  
Fee After 6/22/18:\$165

---

**CE:** 7 Hours

**Course Description:**

In this comprehensive training you will learn techniques using stones that will enhance your massage therapy sessions and extend your career. This course will focus on the back, the front and back of the legs, the feet, and the abdomen. Proper body mechanics are an integral part of this course and you will learn how to incorporate stones into your massage without harming your wrists and hands.

The contraindications/considerations of hot stone massage will be reviewed and we will discuss ways to alter sessions to accommodate certain conditions. You will learn how to heat or cool stones to the proper temperature to achieve our desired therapeutic outcome: deep muscle relief without causing tissue trauma and learn how to sanitize your stones for client safety.

Participants should bring linens and oil/lotion.

**Learning Outcomes/Objectives:**

- Students will demonstrate how to properly hold and use a stone without compromising their wrists or hands.
- Describe the benefits of using stones hot or cold.
- Explain how to regulate stone temperature
- Demonstrate proper body mechanics during massage.
- Manipulate the muscles of the back and legs using stones hot or cold.
- Recognize when it is contraindicated to use hot stones during a massage session.
- Demonstrate how to work with stones as a tool that can assist in a therapeutic outcome

**Instructor Bio:**

Dale Montelione Grust is a NY Licensed Massage Therapist with more than 30 years' experience. She is the founder and director of the Center for Therapeutic Massage in New Paltz, NY and founder of CoreStones, LLC. – developers of a uniquely designed soapstone tool that effectively facilitates deep muscle release.

Over the years her pursuit of education has led to diversified expertise in many modalities. She has studied Orthopedic Massage, advanced myofascial training, and CranioSacral Therapy. In her practice Dale specializes in medical massage and pain relief. She strives to find the imbalance in the body that is the cause of pain. She has taken the knowledge she has gained through her years of study and used that to create a modality using stones – hot or cold – to achieve therapeutic results.

Dale teaches stone massage with an emphasis on the therapeutic value of using the stones as a tool for myofascial and trigger point release without compromising your wrists and hand. The focus of her work is

---

to help therapists deliver deep relief for their clients while minimizing the effort exerted to achieve this therapeutic result.

## July

---

### Pin and Stretch for the Non-Athlete Client

**Date:** July 15, 2018  
**Time:** 9:00am-4:00pm  
**Cost:** Early Bird Fee:\$150  
Fee After 7/6/17: \$170  
**CE:** 6 Hours

---

#### Course Description:

This class will teach bodyworkers a more complete approach to the technique of Pin and Stretch such as how to incorporate muscle energy techniques with Pin & Stretch. Specific muscles that will be addressed are levator, scalenes, SCM, splenius capitis and cervicis, subscapularis, pec major and minor, QL and iliopsoas and more if time permits. Therapist first learn what the physiological effect of pin & stretch are and then how to identify attachment sites and muscle belly of each muscle. Therapist will be able to show clients progress in range of motion and decrease in pain. Therapist should wear loose, comfortable clothing.

#### Learning Outcomes/Objectives:

1. The therapist will be able to identify protocol and physiological effects of pin & Stretch
2. Therapist will be able to identify location of muscle attachment sites for levator, scalenes SCM, splenius capitis and cervicis, subscapularis, pec major and minor, QL and iliopsoas
3. The therapist will be able to do muscle energy techniques for levator, scalenes SCM, splenius capitis and cervicis, subscapularis, pec major and minor, QL and iliopsoas
4. The therapist will be able to assess and locate target areas for Pin & Stretch within the muscle belly
5. The therapist will be able to perform Pin & Stretch on levator, scalenes SCM, splenius capitis and cervicis
6. The therapist will be able to perform Pin & Stretch on subscapularis, pec major and minor, QL and iliopsoas
7. Therapist will be able to show clients progress in range of motion and decrease in pain

---

---

### **Instructor Bio:**

Brian Kavanaugh, LMT graduated from CNW in 2005 and since has been practicing Integrative Therapeutic Massage at The Bodyworks Wellness Center. Brian worked at CNW from 2006 to December of 2017 and has instructed in a variety of classes including Foundations of Massage, A&P, Myology, Applied Techniques, Sports Massage, Chair Massage, NMT and Assessment Skills in addition to working his last 3 years as the Director of Career Development and Alumni Services. Brian hopes his students find massage as life transforming as he has.

Brian has been practicing the art of Bonsai trees for over 5 years. He finds the time spent working on his trees to be beautifully therapeutic and feels it is essential to his mental wellbeing. It is his way to “keep his well full” to better his work for his clients and to keep connected to his loved ones.

## **Pelvic Floor Pain, Visceral and Menstrual Dysfunction: The Connective Tissue Approach**

**Date:** July 21, 2018

**Time:** 9:00am- 6:00pm

**Cost:** Early Bird Fee:\$220  
Fee After 7/13/18:\$240

**CE:** 8 Hours

---

### **Course Description:**

This class consists of lecture and clinical practicum. We will review nervous system A&P, Connective tissue mechanics and assessment/evaluation for determining appropriate application of this technique. The practicum is focused on learning the basic protocol and application for several pathologies including PMS, menstrual dysfunction, Pelvic floor pain and Low back pain. The student will have a complete understanding of the technique and basic protocols and be able to use connective tissue massage (bindegewebsmassage) after the end of the class.

### **Instructor Bio:**

Dale Perry, LMT, CLT, NCSMT

Practicing since 1991, Dale practices in Albany, NY and Charlotte NC. He is Adjunct Faculty at South Piedmont CC in Monroe NC where he teaches Therapeutic massage and runs the outreach clinics. He owns Dale Perry seminars and is a member of the High performance team of USA swimming. Microfascial facilitation and lymphatic facilitation are two techniques he developed based on years of

---

clinical application and advanced study of fascia and the lymph system. He is one of the only instructors of Bindegewebsmassage in North America. For the past 25 years he has taught advanced massage around the US and Internationally.

He has contributed to several text books; Theory and Practice of Therapeutic Massage, Mark f. Beck and wrote the Lymphatic Facilitation chapter for Tappen's Therapeutic Massage, 5<sup>th</sup> edition, Patricia Benjamin.

## **Medical/Functional Massage: Hip/Thigh**

**Date:** July 22, 2018

**Time:** 9am-5pm

**Cost:** Early Bird Fee:\$185  
Fee After 7/13/18:\$205

**CE:** 7 Hours

### **Course Description:**

Anatomy of the Hip/Thigh will be reviewed and we will learn application of orthopedic medical evaluation tests for nerve involvement. Various massage modalities will be explored for this pathology. If you have clients with hip and thigh pain or dysfunction, this is the class for you.

### **Instructor Bio:**

Dale Perry, LMT, CLT, NCSMT

Practicing since 1991, Dale practices in Albany, NY and Charlotte NC. He is Adjunct Faculty at South Piedmont CC in Monroe NC where he teaches Therapeutic massage and runs the outreach clinics. He owns Dale Perry seminars and is a member of the High performance team of USA swimming.

Microfascial facilitation and lymphatic facilitation are two techniques he developed based on years of clinical application and advanced study of fascia and the lymph system. He is one of the only instructors of Bindegewebsmassage in North America. For the past 25 years he has taught advanced massage around the US and Internationally.

He has contributed to several text books; Theory and Practice of Therapeutic Massage, Mark f. Beck and wrote the Lymphatic Facilitation chapter for Tappen's Therapeutic Massage, 5<sup>th</sup> edition, Patricia Benjamin.

## **Sports Massage for Elite Athletes: Ironman 2018**

**Date:** July 22, 2018

**Time:** 1:30pm-3:00pm, then 5:30pm-10:00pm

---

**Cost:** Early Bird Fee:\$35  
Fee After 7/13/18 \$55

**CE:** 6 Hours

---

### **Course Description:**

This course teaches skills needed to work with elite and professional athletes at sporting events. You will be learning hands on & assessment skills for post event sports massage. You will be able to identify signs and symptoms of common sports related injuries and medical conditions. Participants will apply these skills to world class athletes participating in the Ironman USA Triathlon in Lake Placid, NY in the beautiful Adirondacks. **This course is located at the Massage Tent in Lake Placid, NY.** We will meet from 1:30 to 3:00pm to go over conditions, assessment skills and hands on techniques. **You will be providing post event massages from 5:30-10pm.** You will be supervised during this time should you have any questions. Please dress for the elements. Comfortable clothes suggested and **bring your massage table.**

### **Learning Outcomes/Objectives:**

- Students will be able to identify signs and symptoms of common sports related injuries and medical conditions.
- Students will be demonstrate proficiency in Post Event Sports Massage.
- Students will learn indications/contraindications for Event Sports Massage
- Students will assess an athlete for prior to Post Event Massage
- Students will properly give a Post Event Massage Session
- Students will provide cramp management techniques to athletes with cramps

### **Instructor Bio:**

Jen Hathaway, BS, LMT,CKTP (Massage Tent Captain)

Jen received a Bachelor of Science degree in Athletic Training from Russell Sage College, Troy, NY. She received her massage training from Bancroft School of Massage Therapy in Worcester, MA. She holds advanced certifications in Clinical Sport Massage, Myofascial Release, Active Isolated Stretching and flexibility training and Kinesio Taping. Her areas of specialty include clinical sport massage, injury recovery, Myofascial release and chronic pain management. She has been Captain of the Massage Tent for 19 years at the Ironman USA Triathlon in Lake Placid, NY. She has provided sports massage at numerous events including The Ironman Triathlon in Lake Placid, NY, the Boston Marathon and the Freihofer's Run for Women in Albany, NY. She works for the University at Albany, Division I Athletic Program providing sports massage to the athletes. Jen also teaches Sports Massage at the Center for Natural Wellness School of Massage in Albany and is the one of the Sporting Event Coordinators for the school.

---

---

# August

---

---

## **Prolonging Your Career: Body Mechanics for Massage Therapists**

**Date:** August 12, 2018  
**Time:** 9:00am-4:00pm  
**Cost:** Early Bird Fee:\$150  
Fee After 8/3/18:\$170  
**CE:** 6 Hours

---

### **Course Description:**

This class will teach massage therapist the importance of proper body mechanics to prevent repetitive use injuries. Therapist will learn how to recognize the signs of body fatigue and how it relates to repetitive use injuries. How table height, breathing, speed of movement and position at the table can decrease chances of massage related injury. Therapist will also learn alterative tools to the hands, how to create counter pressure, uphill force and to increase pressure without increasing effort. At the course conclusion students will have the skills to be able to prolong their careers through proper body mechanics. Therapist should wear comfortable clothing and bring any tools they use now in their practice.

### **Learning Outcomes/Objectives:**

1. Students will be able to recognizing fatigue and be able to identify early signs of body fatigue and repetitive use injuries
2. Students will be able to properly set table height for different client body types be able to use alternative tools to hands
3. Students will be able to properly position themselves to prevent injury, use bolsters to create uphill force, create counter pressure and increase pressure without increasing effort.
4. Students will put to practical work the techniques learned from lecture and demo and how to

---

---

identify weaknesses in their body mechanics by observing themselves camera

5. Students will know how to put to practical work the techniques learned from lecture and demo and how to identify weaknesses in their body mechanics by observing themselves camera

6. Students will put to practical work the techniques learned from lecture and demo and how to identify weaknesses in their body mechanics by observing themselves camera

7. Students will be able to explain the importance of proper body mechanics, the use of alternative tools and practically demonstrate proper body mechanics

### **Instructor Bio:**

Brian Kavanaugh, LMT graduated from CNW in 2005 and since has been practicing Integrative Therapeutic Massage at The Bodyworks Wellness Center. Brian worked at CNW from 2006 to December of 2017 and has instructed in a variety of classes including Foundations of Massage, A&P, Myology, Applied Techniques, Sports Massage, Chair Massage, NMT and Assessment Skills in addition to working his last 3 years as the Director of Career Development and Alumni Services. Brian hopes his students find massage as life transforming as he has.

Brian has been practicing the art of Bonsai trees for over 5 years. He finds the time spent working on his trees to be beautifully therapeutic and feels it is essential to his mental wellbeing. It is his way to “keep his well full” to better his work for his clients and to keep connected to his loved ones.

---



## **Integration Week 2018 classes**

**August 27, 2018**

*Deeper Emotional Intelligence, Dynamics & Boundaries for Massage Therapists*

10am-4:30pm

CE hours 6

\$145 early bird, \$165 after 8/20

With Instructor: Laura Harrison

### **Course Description:**

This course will take a deeper look into mental-emotional health dynamics for massage therapists, helping them to be prepared for not only the emotional content that their clients may share, but the interpersonal dynamics they will enact with them. We will investigate how humans develop their interpersonal strategies, what truths

these dynamics reflect, how to supportively work with them within the scope of practice, as well as how to avoid countertransference. Students should bring a notebook and pen, (as well as snacks and a lunch for one-day format), and wear comfortable clothing to sit and learn throughout the day.

### **Learning Outcomes/Objectives:**

1. 1. Increase emotional intelligence in theory and functional practice.
2. Develop deeper understanding of the implications of attachment theory and how interpersonal patterns/personalities develop in order to better serve clients.
3. Understand what a corrective emotional experience is, and how to offer it in client interactions.
4. Develop deeper understanding of healthy relationships, and be able to implement that template for healthier communication personally and professionally.
5. Detail specific ways to avoid doing inadvertent harm (not encouraging unhealthy patterns, causing/deepening wounds, or overstepping boundaries).
6. Recognize and address countertransference/further their own psychological health.

### **Instructor Bio:**

Laura Harrison began in 2002 as a certified fitness instructor and personal trainer, and in 2005 earned her yoga and mindfulness instructor certification. She found incredible healing through practicing yoga, mindfulness meditation, diaphragmatic breathing, biofeedback, and intentional living, and shares this with her clients. Her bachelor's degree in fine art from SUNY Albany (completed in 2003) laid a foundation of sensitivity to detail that enhanced her empathy and emotional intelligence. She is the founder of the Natural Yoga Method, and owned her own yoga studio in Amsterdam, NY for 8 years before diving more fully into life coaching and yoga therapy with individuals. She led a yoga teacher training course for six consecutive years, and has authored two books, as well as producing meditation albums and numerous videos online. She specializes in emotional intelligence, coping skills, and social-emotional health, working with adults and children, including those healing from trauma, who are extraordinarily sensitive, or with special needs. Laura teaches others how to heal/improve their emotional and interpersonal patterns and communication style to both deepen connections with others and live as a more authentic version of themselves. She is an advocate for emotional intelligence and empathy, for the right for people to be healthfully unique, and to remove the stigma associated with strong emotions, Laura is currently is earning her PhD in clinical psychology in pursuit of her license as a psychologist in order to bring all of these modalities to one biopsychosocial therapy.



**August 27, 2018**

The World is At Your Feet: Incorporating Foot Reflexology into Your Massage Session

*10am-7pm*

CE hours 8

\$170 early bird, \$190 after 8/20

With Instructor: Holly Papa, LMT

### **Course Description:**

Foot reflexology is the perfect modality to integrate with your massage service! Especially for the extended 90 minute sessions, Your clients will leave feeling deeply relaxed and balanced.

In a fun and informal atmosphere you will learn how to give a complete and flowing foot massage which will set the foundation for key reflexology points. We will discuss the basic information and learn why the feet are indeed a microcosm of the body.

Learn how to apply this information to facilitate deep relaxation and balance for your clients. This day will incorporate both book and hands on work. The very best part is when you receive and understand for yourself the magic of the feet!

Please bring:

1 flat sheet, 2 towels, 1 light blanket, 1 regular bed pillow, 1 king size bed pillow, colored pencils or markers, nails will need to be filed short for this modality, wear comfortable clothing

### **Learning Outcomes/Objectives:**

1. Clear definition of foot reflexology
2. Understand the benefits of foot reflexology
3. Discuss how to incorporate foot reflexology into a spa session
4. Understand why reflexology is applied to the feet
5. Learn the definition of the solar plexus
6. Demonstrate how to correctly contact the solar plexus
7. Learn location of the spinal reflex
8. Perform relaxation techniques

### **Instructor Bios:**

Holly Papa is a NYS licensed massage therapist and aesthetician as well as a holistic health care educator. Not just a three decade career but a lifestyle, she has studied modalities and has certifications in bach flower remedies, aromatherapy, la stone therapy, reiki, trager work, canine massage and other holistic modalities. Studying over many decades with experts in the field of health and healing. She has developed and has been teaching for over twenty years the science, art and heart of foot reflexology as well as running the massage department in one of the finest health clubs in New York City. Combining intention, attention, joy and love to into all her work. Holly's greatest passion is to teach others the different spokes in the wheel of wellness and the various natural tools to put in their wellness tool belt.

Denise Halley, LMT, graduated from CNW in June 2011. Prior to attending CNW, she taught middle school math in public school for 35 years. Denise now owns her own studio "Time to Relax" in Malone, New York. In

addition to offering Swedish massage she has expanded her practice to include hot stone massage and reiki healing and of course foot reflexology. Since taking Foot Reflexology Training Level 1 with Holly Papa she has become a strong believer in the power of foot reflexology and plans to continue her study of foot reflexology. She is very excited to have the opportunity to assist with this class.



August 28, 2018

***Create, Communicate & Deliver Value to Your Massage Clients***

9am-5pm

CE hours 7

\$155 early bird, \$175 after 8/21

With Instructor: Michelle Przedwiecki, MPH, CFTP

**Course Description:**

In this didactic workshop you will create a Unique Value Proposition so that you can more efficiently and effectively be of service to your ideal client. Management, Marketing, and Entrepreneurship principles will be applied directly to your massage business with a focus on ways to communicate your unique combination of skills through your offerings. You will also practice techniques to avoid burnout so that you can thrive in your practice. This workshop will be of value to massage therapists that are launching their business or that are looking to redefine their offerings to be more aligned with their purpose.

**Learning Outcomes/Objectives:**

1. Learners will be able to create a map of their offerings and how they can connect with potential clients and share their expertise. This includes working on your Elevator Pitch, Call to Action, Marketing Funnel, Menu of Services and Growth Plan.
2. Learners will be able to give examples of ways in which they can communicate their unique value proposition in a manner that is honest, dignified, accurate and representative of services provided.
3. Learners will understand the importance of communication skills to their massage practice and will practice techniques for transforming their messages into more empowering language. Both written and verbal communication skills are vital to business success and are the number one thing that employers list as essential career skills.
4. Learners will understand the difference between efficiency and effectiveness and how to create balance between the two to reach their professional goals. Time-management techniques including how to plan, organize and prioritize work will be covered.
5. Learners will be able to define stress and understand the health effects of short and long term stress as well as develop skills for increasing resilience and adaptability. Learners will identify ways in which to create boundaries in their professional practice to reduce stress and prevent burnout.
6. Learners will be able to map out a plan for raising awareness of the health benefits of massage and educating their clients both during and in between sessions.

7. Learners will create a clear vision of how to move towards their goals for their massage practice and will be confident in their ability to take steps towards implementing their plan.

**Instructor Bio:**

Michelle B. Przedwiecki, MPH, CFTP has been studying the science of Health and Wellness for over twenty years. She has a Bachelor's in Biology from Rensselaer Polytechnic Institute and a Masters of Public Health in Epidemiology from the University at Albany School of Public Health. Michelle earned her New York State Permanent Teacher's Certification in Secondary Science Education. She created the Scientific Research and World Health program at the SUNY Albany East Campus which is a yearlong program for young adults interested in careers in the Health and Research Sciences. While raising her 4 children she became an accredited La Leche League Leader and a Professionally Trained Birth and Postpartum Doula as well as a licensed Real Estate Salesperson. She is the founder of Sustainable Solutions for Healthy Homes, and is a Professor of Health and Business. She is a Girl Scout Troop Leader and the Event Coordinator for the Saratoga-Schuylerville Area Girl Scout Service Unit. Michelle also volunteers her time in her community to mentor both children and adults to be more empowered to make healthier choices for themselves and she writes and teaches about health and healing. She is a victim advocate for survivors of abuse and trauma and shares her own healing journey through her writing and her workshops. She recently completed the IATP Certified Family Trauma Professional Intensive Training. She brings to her classes and workshops a combination of her experiences as a scientist, a teacher and an entrepreneur. Michelle also holds classes and support groups monthly and is available for private sessions. Read more at [www.myhealthyhomesolutions.com](http://www.myhealthyhomesolutions.com)



August 29, 2018

***Yoga for Bodyworkers***

9am-12pm

CE hours 3

\$70 early bird, \$90 after 8/22

With Instructor: Suzy Sherer Arenos, LMT, MS, RYT

**Course Description:**

This course is suitable for all Massage Therapists & Yoga practitioners. Come experience & apply Yoga in a whole new way to help prepare the therapist for delivering a dynamic therapeutic massage session. Yoga stretches & poses can help maintain the therapist's sense of stability both mentally & physically. Yogic Breathwork or Pranayam help charge up & calm a therapist's energy & stamina required for delivering massage therapy. Good Body Mechanics are imperative for our profession. Learn to use Yoga poses around the massage table & massage chair to save your back, hands, arms & spirit.

Please bring a Yoga Mat, Yoga tie, a set of sheets, pillow, lotion/oil, water bottle, wear comfortable clothes & eat lightly before session.

**Learning Outcomes/Objectives:**

-Students will be able to demonstrate the use of incorporating Yoga poses while delivering a therapeutic Massage in both table & chair treatments to enhance their body mechanics.

-Students will learn a daily Yoga/Pranayam sequence to enhance self-care in maintaining the strength, stability & perseverance required for delivering a therapeutic massage session.

-Students will learn about the “Stress-Cycle” (Parasympathetic/Sympathetic Nervous System) & subsequent common ailments clients present with. Students will learn why/how Yoga practices benefit both the therapists’ self-care & the receiver’s session towards healing in the fullest sense.

### **Instructor Bio:**

Suzy Sherer, MS, LMT has been teaching Kripalu style Yoga for over 22 years.

Before that, she was incorporating Yoga practice into her Sp.Ed. Pre-school classes (having taught for more than 15 years) & was innovative in bringing Yoga to schools, special needs’ groups, Girl Scouts, whether through after-school Yoga activities, family-oriented Yoga programs, & Workshops training teachers ( & medical students in the healthy benefits of Yoga as part of AMC’s Complimentary/Integrative Medicine program ) incorporating Yoga into the classrooms & wellness programs....some of her previous ‘little’ students have gone on to become Yoga teachers themselves !

Suzy is also a licensed NY State Massage Therapist, Nationally Board Certified, & certified in Kripalu Body & Energy Work. You can find Suzy each Saturday from May – December at the Delmar Farmers’ Market offering Chair Massage to a wide range of recipients, & during the week, at the Bethlehem YMCA teaching various Yoga classes, as well as providing table massages to her regular clients at her Studio. Suzy also works backstage at concert venues providing massage therapy to performers & support staff. She also teaches parttime at CNW in the area of Pregnancy/Infant Massage Therapy.

Her credentials list her unique background;

\*Certified in Kripalu Yoga Instruction & Energy / Bodywork – 1995, 1996,

(Advanced level Yoga – 2006) served on their KYTA Board 1998-2002 & assisted a variety of Yoga & Massage Therapy programs

\*New York State Licensed & Nationally Board -Certified Massage Therapist – 1999 (Bancroft School)

\*Fertility, Pregnancy & Infant Massage – 1999

\*Reiki levels 1 & 2 – 1996, 2000

\*Owner / Manager of SuzyYoga Studio 2001 – 2008

\*M.S. in Special Education – 1984

\*B.S. in Anthropology / Psychology – 1980

\*Mother of 3



August 29, 2018

### ***Cupping 101***

12:30pm-3:30pm

CE hours 3

\$70 early bird, \$90 after 8/22

With Instructor: Everett Ramos, LMT

## **Course Description:**

Students will learn cupping techniques they can use in their Massage practice. Specific cupping treatments for a variety of conditions will be demonstrated and practiced. Students will need to bring cupping sets if possible, cream or lotion, anti-bacterial wipes, two flat sheets and a pillow, and wear loose comfortable clothing.

## **Learning Outcomes/Objectives:**

- Students will demonstrate a broader understanding of Cupping techniques used for such conditions as muscle pain, lower back pain, headaches, or pathologies related to organ functions via Five Element Acupressure Points.
- Students will work in pairs and perform an assessment to determine where the cupping techniques should be applied.
- Students will observe and perform advanced Cupping techniques.
- Students will practice Cupping techniques with their classmates.

## **Instructor Bio:**

Through the practice of Yoga, Meditation, and Shiatsu Everett has developed an understanding and creative approach to working with the meridian structure and flow of energy in the body. Everett is committed to creating a safe, nurturing, and intimate learning experience which honors the unique gifts that each student/client possesses. Everett graduated from the Center for Natural Wellness School of Massage Therapy in 2008, and served as a Clinic Supervisor, and has taught Shiatsu since 2009 – 2017

Everett's study of Shiatsu and Classical Chinese Medicine (5-Element Theory) started in 2008. Everett has studied with Lonny Jarrett in a 2-year Clinical Integration Program, learning in depth 5-element assessment skills, Ohashi "Oriental diagnosis", Mantak Chia "Chi Nei Tsang" (Chi Massage for the Vital Organs) and with yoga masters Eric Schiffmann, and Victor VanKooten.

In 2011, Everett started traveling to Haiti volunteering his services as a bodywork practitioner to those affected by the earthquake working in a Naturopathic Relief Clinic, and continues practicing Shiatsu with the Haitian people. Everett practices Shiatsu massage therapy at his Studio in Stony Creek NY.



August 30, 2018

***Incorporating Pin & Stretch into Your Chair Massage***

9am-1pm

CE hours 4

\$90 early bird, \$110 after 8/23

With Instructor: Brian Kavanaugh, LMT

### **Course Description:**

This course will focus on using the technique of Pin & Stretch specifically for clients in a massage chair. As Massage Therapist we are all aware of the perceived limitations of doing advanced techniques like Pin & Stretch in a massage chair. In this class we will learn how to do Pin & Stretch on muscles most Massage Therapist would typically avoid altogether while working on a client in a massage chair.

### **Learning Outcomes/Objectives:**

1. Therapist will be able to do chair massage using body mechanics specific to chair massage.
2. Therapist will know how to do pin & stretch and muscle energy techniques specifically in a massage chair.
3. The therapist will be able to identify protocol and physiological effects of Pin & Stretch
4. The therapist will be able to assess and locate target areas for Pin & Stretch within the muscle belly.

### **Instructor Bio:**

Brian Kavanaugh, LMT graduated from CNW in 2005 and since has been practicing Integrative Therapeutic Massage. Brian worked at CNW from 2006 to Dec of 2017 and instructed in a variety of classes including Foundations of Massage, A&P, Myology, Applied Techniques, Sports Massage, Chair Massage, NMT and Assessment Skills in addition to being appointed Director of Career Development and Alumni Services in January of 2015. Brian hopes his previous students find massage as life transforming as he has.

Brian has been practicing the art of Bonsai trees for over 7 years. He finds the time spent working on his trees to be beautifully therapeutic and feels it is essential to his mental wellbeing. It is his way to “keep his well full” to better his work for his clients and to keep connected to his loved ones.



August 30, 2018

### ***Integrating Shiatsu into Swedish for Therapeutic Results***

3pm-8pm

CE hours 5

\$115 early bird, \$135 after 8/23

With Instructor: Lindsay Harvey, LMT

### **Course Description:**

This course is perfect for LMTs who want to incorporate Shiatsu pressure points into their regular Swedish, Deep Tissue, or other modality of massage. Please note this is NOT “Shiatsu on the table” per se, as in doing a full length Shiatsu session on the table. This course is about how to add in therapeutic and effective, results-

based pressure points to help alleviate your client's presenting issues. Students should wear loose fitting clothing, no jeans please, and bring lotion and a set of sheets and blanket.

### **Learning Outcomes/Objectives:**

1. Students will be able to perform a Swedish massage while incorporating Shiatsu pressure points to alleviate sinus, allergy, and headache issues
2. Students will be able to implement Shiatsu pressure points to reduce menstrual cramping and/or lower back pain
3. Students will be able to include Shiatsu pressure points that address shoulder and neck pain
4. Student will be able to assess which Shiatsu approach is best suited for their client, and apply the techniques to achieve beneficial results
5. Student will be able to incorporate the pressure point technique into each massage while maintaining the rhythm and flow expected in a table massage

### **Instructor Bio:**

Lindsay Harvey,BA, LMT graduated from Smith College (1999)\_and CNW (2005) With a background in athletics and pre-medical studies, her massage practice focuses on sports massage and pain relief, specializing in neck and shoulder issues. After spending several years gaining experience in multiple different spa settings, she then branched out in a new direction: Founder and Owner of Massage: Delivered, Senior Staff Therapist at Bodywork Professionals, and more recently, AirBnB host.

She integrates her own propensity for people-pleasing, perfectionism, and professionalism into the desire to create an amazing massage experience for her clients. She also creates staff training programs to promote high levels of customer service and client retention. Lindsay loves to share knowledge and experience, and is a true cheerleader that wants to help others succeed!

In her (rare) spare time, Lindsay loves to anything that involves outdoors and connection to nature.. She is training for her second Olympic triathlon, manages a large garden, cooks, and enjoys classical events at SPAC.



**Online Registration:**

All Continuing Education Registrations will now take place online, at a safe and secure website. To register for classes, please go to <http://cnwsmt.com/redpines.php>. When you register online, you must pay by Credit Card. Class tuition must be paid in full during registration. We do not accept deposits or partial payments. Online, you will be able to create an account that will store your contact information, so when you come back to register in the future your information will be saved. You also have the ability to log in to your account to view your registration history and make any necessary changes to your account.

**Cancellation Policy:**

Continuing Education Instructors have the right to cancel a class at their discretion. One reason for a class cancellation might be if there is a low number of registrants in the class at the time of the Registration Deadline. Another reason might be if the instructor is not feeling well or has a personal matter to tend to. In any of these cases, the registered students will be notified with a phone call ASAP, and will receive a FULL REFUND (minus any late fees if applicable).

Should you need to cancel your registration and withdraw from the class, our policy is that if you notify us prior to the Registration Deadline you will receive a FULL REFUND minus a \$20 processing fee.

If you notify us that you will not be attending a class after the Registration deadline and up to 72 hours before the class you will be refunded 50% minus any late fee registration if applicable.

If you give less than 72 hours notice or don't show up to the class at all, you will receive NO REFUND.

Payments cannot be transferred to future classes. Completion of the workshop in its entirety is required to receive Continuing Education credit. No partial credit given.

**Injury/Illness:**

We do not issue refunds for classes missed due to illness or injury. However, the instructor may be willing to allow you to participate on the next class date. No guarantee. In order to be allowed entrance into the next class date you must submit a doctor's note excusing you from the original class within 1 week of the missed date. Re-admittance will only be allowed for the exact same class that was missed and is non transferrable to a different class.

**Weather:**

If the weather looks bad we will use our best judgment to determine if a class needs to be cancelled. This decision will be based on the safety of travel in and around the capital district. In some cases, cancelled classes can be rescheduled, otherwise registrants will be refunded for classes cancelled due to poor weather.

If we do decide to cancel a class, a voicemail will be left on the main line at the Center for Natural Wellness by 6:30am the day of the class. In the event of poor weather, please call the school the day of your class and listen for a cancellation message. If you do not hear a cancellation message, you can assume classes will be held.

For more information regarding online registration, policies and/or procedures please visit <http://cnwsmt.com/redpines.php>.

If you have any questions, comments, or concerns, please do not hesitate to contact Grayce Ray at: (518) 489-4026 or [RedPines@cnwsmt.com](mailto:RedPines@cnwsmt.com).

Online Registration Powered by Active.com 