Dear Colleagues,

Spirituality. Does it have anything to do with the profession of massage and bodywork therapy? Or, like separation of church and state, are we obligated to keep spirituality out of our work? And what exactly do we mean by spirituality? Do we mean God? Religion? New Age philosophy? What about energy work—is it possible to cut spirituality out of that? Or disallow energy work during massage? Is the concept of presence during hands-on work related to spirituality? And if the body holds and reflects mind and emotion, would that constitute spirituality or something else?

Of course it's ancient history now, but at one point in time massage was called a “rub-down” and you went to the YMCA to get one; bodywork meant repairing the frame of a car. Or you were rich and famous and had your own “masseuse.” That was it outside of massage parlors, where you did not go to get a massage. Then the era of the 60’s and the 70’s championed mind-altering drugs and free love and the search for enlightenment. This passionate search to experience more, both sensually and spiritually, created an historical culture clash with government, religion, and tradition.

From this chaotic soup greats like Ida Rolf, Milton Trager, Moshe Feldenkrais, John Barnes, and others, supported by places like Esalen and later, New York University and the New York Open Center, were revamping the “rub-down” into something new. At the same time Ram-Das, Fritz Perls, and others led a spiritual, psychological and metaphysical movement that contributed to a migration away from the traditional religious structure of America. Hippies, and all those tag-along sort-of hippies, hungry for awakening on every level, were the womb from which the massage and bodywork profession as we know it today was birthed.

Massage and bodywork brought self-discovery, self-understanding, and self-awareness to the individual. These were young people, and the healing they sought was not of the body, but of the psyche and of the spirit. It was only later as the profession developed, as these young people who had found themselves through massage and bodywork became massage and bodywork therapists and worked with others, that the full physical health benefits began to be publically acknowledged.

Who among us has not undertaken the journey of self-discovery that comes with massage and bodywork? And what journey of self-discovery is not of the spirit? We need to be careful that in our desire for acceptance into the medical community we do not deny our heritage, and even more so, that we do not deny our own direct experience of what massage and bodywork have to offer. Let’s share our thoughts on this important topic in the forum group, Spirituality at www.massageprofessionals.com. I’ll see you there—

Sincerely,

Nancy Toner Weinberger
Nancy Toner Weinberger, Publisher

Receive monthly reminder E-Mails about upcoming classes advertised in the PERG! Send an email to Perg.CEMassage@gmail.com with your name, email address, and the state you are licensed in and we will keep you up to date with less than 12 E-Mails a year!
# Table of Contents

## CONTINUING EDUCATION PROVIDER

<table>
<thead>
<tr>
<th>Provider</th>
<th>Page #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shirley Knapp Intuitive Energy Healing</td>
<td>2</td>
</tr>
<tr>
<td>Center for Aromatherapy Research and Education</td>
<td>2</td>
</tr>
<tr>
<td>Kneaded Energy® School of Massage</td>
<td>2</td>
</tr>
<tr>
<td>Center for Massage Therapy Continuing Education</td>
<td>3</td>
</tr>
<tr>
<td>ACE Massage Cupping™</td>
<td>3</td>
</tr>
<tr>
<td>Washington DC Centre of Indian Champissage™</td>
<td>3</td>
</tr>
<tr>
<td>Miller-Motte College</td>
<td>4</td>
</tr>
<tr>
<td>Massage@work</td>
<td>5</td>
</tr>
<tr>
<td>Tim Winecoff Massage &amp; Body Movement Therapy</td>
<td>5</td>
</tr>
<tr>
<td>Claire Marie Miller Seminars, Inc.</td>
<td>5</td>
</tr>
<tr>
<td>Educating Hands School of Massage</td>
<td>6</td>
</tr>
<tr>
<td>Esalen® Massage with Robin Fann-Costanzo</td>
<td>6, 9</td>
</tr>
<tr>
<td>Dynamic Equilibrium</td>
<td>6</td>
</tr>
<tr>
<td>Asheville School of Massage &amp; Yoga</td>
<td>7</td>
</tr>
<tr>
<td>The Healing Arts and Massage School</td>
<td>7</td>
</tr>
<tr>
<td>The Medical Arts School</td>
<td>8</td>
</tr>
<tr>
<td>One Body Touch Works</td>
<td>9</td>
</tr>
<tr>
<td>Thai Bodywork with Robert Wootton</td>
<td>9</td>
</tr>
<tr>
<td>Thera-ssage</td>
<td>9</td>
</tr>
<tr>
<td>Bodhi Tree Learning Center</td>
<td>10</td>
</tr>
<tr>
<td>North Pointe Body Therapies</td>
<td>10</td>
</tr>
<tr>
<td>Center for Holistic Instruction</td>
<td>11</td>
</tr>
<tr>
<td>Sacred Lomi®</td>
<td>11</td>
</tr>
<tr>
<td>BodyTalk</td>
<td>12</td>
</tr>
<tr>
<td>Dynamic Energy Balancing®</td>
<td>12</td>
</tr>
<tr>
<td>Tree of Life Center</td>
<td>13</td>
</tr>
<tr>
<td>Lotus Blossom Wellness</td>
<td>13</td>
</tr>
<tr>
<td>Reiki Education Alliance</td>
<td>13</td>
</tr>
<tr>
<td>ThermaStretch™</td>
<td>14</td>
</tr>
<tr>
<td>Valentin Popov</td>
<td>14</td>
</tr>
<tr>
<td>Hands On Health Integrative Bodywork Seminars</td>
<td>14</td>
</tr>
<tr>
<td>imassage</td>
<td>15</td>
</tr>
<tr>
<td>Deane Juhan</td>
<td>15</td>
</tr>
<tr>
<td>Johnson Community College with Nicolette Lee</td>
<td>15</td>
</tr>
</tbody>
</table>
Intuitive Energy Healing CE Classes
with Shirley Knapp

In these classes you will learn to tune into your intuition, introducing you to the world of healing. Special techniques will provide the ability to expedite healing for self and clients to create a more holistic lifestyle.

To register visit
www.shirleyknapp.com/classes.html
Sylva Acupuncture & Wellness Center • Sylva NC
(828)736-7100 • Shirley@shirleyknapp.com

~ CONTINUING ED CLASSES 2011 ~

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CARE AROMATHERAPY IN TENSIVE SCHEDULE:
Raleigh, NC
July 28-31
October 20-23
December 2-4
Charlotte, NC
November 9-12

To register for the Full Intensive or Individual Classes, contact 919.623.6940 or www.CAREessentialoilEducation.com

336-273-1260
kneadedenergy.com

Approved Provider # 450524-07
presents the original Indian Head Massage training course

INDIAN CHAMPISSAGE™ (HEAD MASSAGE) and KANSA VATKI FOOT MASSAGE™ are ancient treatments steeped in centuries of Ayurvedic ceremony. These unique therapies combine physical and subtle massage with energy balancing to produce feelings of perfect peace. Indian Champissage™ is a wonderful alternative to seated chair massage, and Kansa Vatki Foot Massage™ is a refreshing addition to Reflexology and other bodywork.

Instructor: M. Susan Walsh, CMT, NCTMB, LCICI
NCBTMB Approved Provider #450489-07
Florida Provider #50-10661

Champissage 21 CE hrs/$395    KV 7 CE hrs/$195

CHAMPISSAGE  KV
INDIANAPOLIS IN  AUG 5-7  AUG 8
MORMOEVILLE PA  SEP 9-11  SEP 12
NEW ORLEANS LA  SEP 16-18  SEP 19
HOT SPRINGS AR  SEP 23-25  SEP 26
NEWARK DE  SEP 30-OCT 2  OCT 3
MADISON WI  OCT 21-23  OCT 24
COLUMBIA SC  NOV 4-6  NOV 7
METRO DC (BURKE)  FEB 17-19  FEB 20
CHICAGO IL  MAR 3-5  MAR 6
NASHVILLE TN  MAR 17-19  MAR 20
ATLANTA GA  APR 14-16  APR 17
RALEIGH NC  MAY 12-14  MAY 15

For more information or to register, visit mychampissage.com or call (703) 425-3331

More Than 60 Home Study Courses Available Including:

<table>
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<td>18</td>
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<td>Shiatsu Therapy $135</td>
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<td>Medical Errors $25</td>
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<td>Treating Low Back Pain $125</td>
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<td>Ethics (Standard V) $25</td>
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</table>

The Center for Massage Therapy CE is approved by the NCBTMB (400296-00) and the boards of FL, LA, NE, MS. Courses are accepted by the AMTA, ABMP and most state boards. All courses come with a satisfaction guarantee.
The Manifest Mind (Front of the Body)
Psychomotor Reprogramming for Relaxation. In this hands-on experiential class you will learn to unlock and utilize the body-mind relationship in your own body and in your tableau with clients. Through an exploration of rhythmic movement, you will discover a light, free way of working that is also deeply effective.  *NCTMB Approved Provider # 410519-00

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Hours</th>
<th>Date</th>
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<tr>
<td>Nancy Toner-Weinberger</td>
<td>21 CE hrs</td>
<td>July 22-24, 2011</td>
</tr>
</tbody>
</table>

Neuro-Structural Integration Technique-Introductory Course
NST is the fast track method available to professional health practitioners to learn one of the most effective and efficient methods of structural integration, based upon the work of famous Australian bodyworker, Thomas Bowen. Known for its ease of application, effectiveness and lowering of stress on the practitioner, NST provides resolution of many difficult situations both in acute to chronic situations.  *NCTMB Approved Provider # 410296-00

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Hours</th>
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<tr>
<td>Ron Phelan</td>
<td>14 CE hrs</td>
<td>August 27-28, 2011</td>
</tr>
<tr>
<td>Vickie Penninger</td>
<td>12 CE hrs</td>
<td>September 10-11, 2011</td>
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</table>

Reiki I
Reiki is a healing method using the universal life force, which is present in all living things, to effect change physically, emotionally, mentally and spiritually. Reiki can energize, revitalize, balance and harmonize the body, mind and spirit. It is very powerful and effective, yet subtle and non invasive.  *NCTMB Approved Provider # 450417-07

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Hours</th>
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<tr>
<td>Nancy Toner-Weinberger</td>
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<td>September 24-25, 2011</td>
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<tr>
<td>Dr. Kimberly Miller</td>
<td>16 CE hrs</td>
<td>September 10-11, 2011</td>
</tr>
</tbody>
</table>

Fibromyalgia & Chronic Myofascial Pain
This course is designed to provide students with a good working knowledge of Fibromyalgia and Chronic Myofascial Pain Syndrome. All aspects of these syndromes will be explored and the student will have a specific treatment protocol for working on patients that present with either syndrome.  *NCTMB Approved Provider # 450927-09

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Hours</th>
<th>Date</th>
</tr>
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<tr>
<td>Nancy Toner-Weinberger</td>
<td>16 CE hrs</td>
<td>October 21, 22, 28 &amp; 29, 2011</td>
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</table>

Bindegewebsmassage
A reflexive therapy of the connective tissue, this structured medical massage protocol from Germany is particularly useful for difficult to treat conditions, including most inflammatory conditions, adhesions, digestive issues, menstrual problems, blood pressure, migraines, sinus conditions, et. al. Treatments engage the reflexes of the connective tissue and the autonomic nervous system to bring powerful healing responses in the body.  *NCTMB Approved Provider # 410519-00

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<tr>
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<tbody>
<tr>
<td>Nancy Toner-Weinberger</td>
<td>16 CE hrs</td>
<td>October 21, 22, 28 &amp; 29, 2011</td>
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</table>

Ethics-Being on the Board
Overstepping boundaries is the number one complaint filed against LMBTs. Role play thorny scenarios of fictional Board hearings for LMBTs who are facing the complaint/disciplinary process. Play-act the therapist, Board Member, or the Client who has complained. Learn dynamically!  *NCTMB Approved Provider # 410519-00

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Hours</th>
<th>Date</th>
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<tr>
<td>Nancy Toner-Weinberger</td>
<td>3 CE hrs</td>
<td>October 22, 2011</td>
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<tr>
<td>Vickie Penninger</td>
<td>12 CE hrs</td>
<td>December 3-4, 2011</td>
</tr>
</tbody>
</table>

Miller-Motte College – Cary, NC
is located just minutes from downtown Raleigh and Cary. It is easily accessible from the major interstates (I-40, I-85 & I-95). The school is also surrounded by numerous restaurants, shopping, and is only 3/10th of a mile from the nearest hotel.
Become a Certified Medical Massage practitioner

Oct 7 Insurance Billing 4 CE hours, $175
Oct 8 Day of the Back 8 CE hours, $195
Oct 9 Day of the Neck 8 CE hours, $195

2012
Mar 16 Postural Distortion 4 CE hours, $175
Mar 17 Treatment of the Upper Extremeties 8 CE hours, $195
Mar 18 Treatment of the Lower Extremeties 8 CE hours, $195

Instructor: Shamaya Chah, LMT, CKTP  NCBTMB CE Provider 037776-00
For more information visit us online at: www.massageducators.com
For registration call: 352-383-0004

Sports Massage Training - Introductory and Advance
Sep 8-9 Myofascial Sports Massage 16 CE hours, $299/$339
Oct 21 Pre & Post Event workshop 8 CE hours, $149/$199

Become a Certified Kinesio Taping practitioner
Sep 10-11 KT1 & KT2 Fundamentals & Advance 16 CE hours, $500/$550
Oct 22 KT3 Advance Kinesio Taping 8 CE hours, $149/$199
Oct 23 KT3 expanded 8 CE hours, $149/$199
Instructor: Pete Pfannerstill, PhD, LMT, CKTI  NCBTMB CE Provider 386130-00
For more information or to register visit us online at: www.ultrasportsmassage.com

Fall 2011 classes in Boone, NC:
July 30, August 13, 27, September 10, 24,
October 1, 22, 29, November 5
Workshop fee: $75.00     6 Continuing Education Hours
Tim Winecoff, LMBT, NCBTMB, is a graduate of the Center for Massage and Natural Health and continuing student and instructor of Chen HunYuan Taiji and Tai Zu Chuan Chuan.
NCBTMB PROVIDER # 411641
Tim Winecoff Massage and Body Movement Therapy
Presents
An Introduction to Dr. Yang’s Evidence Based Taiji and Qigong
For Health Care Professionals

This 6 hour course, geared towards the health care professional, presents time tested exercises and routines which help to cultivate deeper reserves of self nurturance. The methods taught are key components of Dr. Yang’s Evidence Based traditional Chen taiji training. While the course is focused on the well being and development of the practitioner, applications and benefits for your clients may be recognized. It is my intention to provide fine tools that travel well, enhance personal awareness, and stimulate life-long curiosity of self development and the art of nurturing, rather than to offer mere coping mechanisms.

For in depth details of course description, questions, registration, and inquiry on hosting CEU events; contact Tim by email: winecoff@skybest.com or by phone: 828-406-1918

Claire Marie Miller Seminars

Nurturing the Mother Certification (24CEs)
Safe, effective therapeutic massage for pregnancy, labor and postpartum. Infant massage included.
July 25-31 – Institute of Massage Therapies  •  Richmond, VA
Sept 16-18 – Plantation Resort  •  Myrtle Beach, SC  w/ Ellen Brady
Oct 21-23 – Therapeutic Massage Training Institute  •  Charlotte, NC
Dec 2-4 – Beach House  •  Topsail Beach, NC

Fertility Massage Specialist Certification (16CEs)
Create a healthy environment to support the most precious journey for your clients.
Aug 27, 28 – Myrtle Beach, SC  w/ Ellen Brady
Aug 27, 28 – Therapeutic Massage Training Institute  •  Charlotte, NC
Sept 23, 24 – Institute of Massage Therapies  •  Richmond, VA
Dec 5, 6 – Beach House  •  Topsail Beach, NC

Integrative Reflexology Certification (24CEs)
The most innovative approach to reflexology that is easy on the hands. Become certified by the end of the weekend.
Aug 11-13 – Body Therapy Institute  •  Siler City, NC
Oct 14-16 – Shenandoah Valley School  •  Edinburg, VA
Oct 21-23 – Plantation Resort  •  Myrtle Beach, SC  w/ Ellen Brady
Oct 27-29 – Beach House  •  Topsail Beach, NC

Hot Rockin’ Reflexology & Sweet Feet Aromatherapy (7CEs)
Aromatherapy and heated basalt rocks create a highly therapeutic reflexology session.
Sept 22 – Body Therapy Institute  •  Siler City, NC
Sept 25 – Institute of Massage Therapies  •  Richmond, VA

Information & Registration: 877-319-5772  •  info@clairemariemiller.com  •  www.clairemariemiller.com
National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) approved continuing education provider # 49538-00

Claire Marie Miller is a 2010 Massage Hall of Fame inductee, innovator in the field and educator for over 32 years. Students are drawn to Claire’s ability to create a nurturing environment, integrating sacredness with skill.
All classes are taught by Claire unless otherwise noted
Instructor: Nancy Toner Weinberger, bodyworker of 35 years, is an accomplished Trager® practitioner who trained directly with Dr. Milton Trager. She has a strong and varied background in massage, energy work, and mind-body health concepts. She has been teaching adult learners since 1980 and is known for her down-to-earth, easy going, practical teaching style.

Bring your practice into the medical arena with Bindegewebsmassage

A reflexive therapy of the connective tissue, this structured medical massage protocol from Germany is particularly useful for difficult to treat conditions, including most inflammatory conditions, adhesions, digestive issues, menstrual problems, blood pressure, migraines, sinus conditions, et al. Treatments engage the reflexes of the connective tissue and the autonomic nervous system to bring on powerful healing responses in the body. Given in a seated position, the client wears underwear and a hospital gown.

Bindegewebsmassage: Basic – Class Schedule
Each course is 2 consecutive weekends, Fri evening (4-8PM) and Sat morning (9AM-1PM) for 16 CE hrs; Tuition $275:
- **Rutherfordton**- starts August 19
- **Wilmington**- starts September 30
- **Cary**- starts October 21

Esalen® Massage
with Robin Fann-Costanzo

Bringing Esalen Massage to the East Coast

Esalen massage, created at the Esalen Institute in the mid 60’s, grew out of the work of many of the great 21st century masters of bodywork. It offers a unique approach that gives each practitioner the ability to use all the great skills they have accumulated and infuse their massage with awareness, connection and meaning. Esalen massage is characterized by long flowing integrative strokes, passive joint mobilization, and attention to breath and connection. Giving the massage feels just as enjoyable as receiving.

- **Beyond the Basics: Intermediate & Advanced Esalen Massage**
  June 17-19, 2011 · (21 CE hrs)
  Asheville School of Massage & Yoga, Asheville, NC

- **Introduction to Esalen Massage**
  July 17, 2011 · (2 CE hrs)
  World Massage Festival, Cullowhee, NC

- **Fundamentals of Esalen Massage**
  August 26-28, 2011 · (10 CE hrs)
  Esalen Institute, Big Sur, CA

- **Esalen Massage Weekend** · (21 CE hrs)
  September 23-25, 2011
  Center for Massage, Asheville, NC

Visit [www.esaleninstructor.com](http://www.esaleninstructor.com) for a full listing of all classes.

828-484-9793 · fannrobin@gmail.com

**DYNAMIC EQUILIBRIUM**

**Experience. Insight. Compassion. Competence.**

309 Oakwood Court, Youngsville, NC 27596
Call 919-562-1548
for an information and registration packet.

or visit [www.dynamicequilibrium.com](http://www.dynamicequilibrium.com)

**Ethics: Being on the Board**
Role play thorny scenarios of fictional Board hearings for LMBTs who are facing the complaint/disciplinary process. Play-act the therapist, board member, or the client who has complained. Learn dynamically!
Saturday 2:30-5:30PM 555 (3 CE hrs)
**Cary**- October 22
**Wilmington**- October 8

**Trager Mentastics for Self-Care**
Wilmington- Sat, Oct 1, 2:30-6:30PM; $65.00, 4CE
Healing From the Heart
Through the Art of Touch

Everyone functions in accordance with a unique innate energetic blueprint, the Innate Intelligence. When we are free from stress, real or imagined, healing is a natural progression of life’s experience. Life experiences are sustained by dynamic electro, chemical, magnetic interactions that are effected by mental, emotional and physical conditions.

The Healing Arts and Massage School, LLC is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider, Provider (# 331623-00).

Visit the School’s Web Site for a Complete List of Classes and Calendar with Online Registration
# 2011 Summer/Fall Continuing Education Calendar

<table>
<thead>
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<th>CE</th>
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<td>Reiki II</td>
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<tr>
<td>Ethics-Compassionate Touch</td>
<td>7/5</td>
<td>2-6</td>
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<tr>
<td>Successful Promotion &amp; Marketing Your Massage Business</td>
<td>7/6</td>
<td>9-5</td>
<td>$89</td>
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<td>Gloria Coppola</td>
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<td>Sacred Ethics: Creating Right Relationship in Altered States of Consciousness</td>
<td>7/29</td>
<td>9:30-4:30</td>
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<td>Gentle Waters Facial Lymphatics: A Wellness Program for the HFN</td>
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<td>Intro to Myofascial Release</td>
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<td>Acupressure Facial Rejuvenation</td>
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<td>9-4</td>
<td>$120</td>
<td>6</td>
<td>Miles Rowe</td>
</tr>
<tr>
<td>Hot Stones</td>
<td>9/11</td>
<td>8:30-4</td>
<td>$160</td>
<td>8</td>
<td>Mary Ann Flournoy</td>
</tr>
<tr>
<td>Pharmacology &amp; Herbology</td>
<td>9/23</td>
<td>8:30-6</td>
<td>$150</td>
<td>8</td>
<td>Gloria Coppola</td>
</tr>
<tr>
<td>Intro to Lomi Lomi</td>
<td>9/24-9/25</td>
<td>9-5</td>
<td>$275</td>
<td>14</td>
<td>Gloria Coppola</td>
</tr>
<tr>
<td>Acupressure Theory &amp; Application</td>
<td>10/1</td>
<td>9-4</td>
<td>$120</td>
<td>6</td>
<td>Miles Rowe</td>
</tr>
<tr>
<td>Assessment &amp; Release of the Psoas</td>
<td>10/2</td>
<td>8:30-5</td>
<td>$160</td>
<td>8</td>
<td>Mary Ann Flournoy</td>
</tr>
<tr>
<td>Medical Massage for Lower Extremities</td>
<td>10/8-10/9</td>
<td>8:30-5:30</td>
<td>$320</td>
<td>16</td>
<td>Nancy Haller</td>
</tr>
<tr>
<td>Sacred Ethics: Creating Right Relationship in Altered States of Consciousness (tentative)</td>
<td>10/14</td>
<td>9:30-4:30</td>
<td>$135</td>
<td>6</td>
<td>Rene Shuford</td>
</tr>
<tr>
<td>Gentle Waters Facial Lymphatics: A Wellness Program for the HFN (tentative)</td>
<td>10/15-10/16</td>
<td>9:30-5:30</td>
<td>$355</td>
<td>14</td>
<td>Rene Shuford</td>
</tr>
<tr>
<td>Intro to Cranio-Sacral Therapy</td>
<td>10/15-10/16</td>
<td>9-5</td>
<td>$280</td>
<td>14</td>
<td>Diana Scammell</td>
</tr>
<tr>
<td>Reiki I</td>
<td>10/22-10/23</td>
<td>9:30-4</td>
<td>$240</td>
<td>12</td>
<td>Mary Ann Flournoy</td>
</tr>
<tr>
<td>Qi Gong: Sef Healing for Bodyworkers</td>
<td>10/28</td>
<td>9-4</td>
<td>$120</td>
<td>6</td>
<td>Miles Rowe</td>
</tr>
<tr>
<td>Tuina: Chinese Massage &amp; Bodywork</td>
<td>10/29</td>
<td>9-4</td>
<td>$120</td>
<td>6</td>
<td>Miles Rowe</td>
</tr>
<tr>
<td>Acupressure Facial Rejuvenation</td>
<td>11/4</td>
<td>9-4</td>
<td>$120</td>
<td>6</td>
<td>Miles Rowe</td>
</tr>
<tr>
<td>Acupressure Theory &amp; Application</td>
<td>11/5</td>
<td>9-4</td>
<td>$120</td>
<td>6</td>
<td>Miles Rowe</td>
</tr>
<tr>
<td>Thai Yoga Massage – Table Version</td>
<td>11/16-11/17</td>
<td>8:30-6</td>
<td>$250</td>
<td>16</td>
<td>Gloria Coppola</td>
</tr>
</tbody>
</table>

Offering Day & Evening CEs Quarterly in: Chair Massage (24), Reflexology (24), Ethics (3), and Licensing Exam Review (no CE hours awarded.)

For continuing education courses in Atlanta, Georgia Visit Gwinnett College at www.gwinnettcollege.edu
The benefits of massage, yoga, & energy work in one nurturing dance

Gentle deep Thai
Meditative experience
Graceful nurturing dance
Detailed hands-on guidance

Partial Schedule — See www.ThaiBodywork.info

Asheville, Level 1, 21 CE hrs, $330 (early discount $300)
828-645-0647, info@thaibodywork.info
June 25-27 (Sat-Mon)
Sept 24-26 (Sat-Mon)
Concord, Oct 7-9 (Fri-Sun) Level 1, 21 CE hrs, $350 (early discount $320)
Balance Wellness Center, 704-721-5976, www.balancewellnesscenter.com
Wilmington, Oct 22-24 (Sat-Mon) Level 1, 21 CE hrs, $350 (early discount $330)
The Open Space; register: Stephanie 910-431-3325

Robert Wootton, PhD, LMBT, lived in Thailand for six years. He speaks Thai, knows the culture and religion and was one of the first Americans to train with Thai masters of Nuat Boran. He has practiced Nuat Boran for 25 years and taught workshops for 15. (NC license 3731; NCBTMB Provider 288581-00)

Course Descriptions & Registration Info at: www.ThaiBodywork.info
Read Robert’s 2 articles on Thai Massage

THERA-SSAGE
Approved Provider of Continuing Education under the NCBTMB # 328461
431 S. Main St., Ste. 2, Rutherfordton NC 28139
828-288-3727

Laura Allen has lined up an amazing roster of brand-new classes for the coming year with some of the top teachers in the massage therapy profession.

Visit our website for a complete listing and details of all the exciting class offerings for 2011.
Secure online registration.

facebook.com/LauraAllenMT

THERA-SSAGE is conveniently located in WNC between Asheville, Charlotte, Knoxville, & Greenville-Spartanburg
Give the deepest relaxation, give freedom of movement, give **THAI MASSAGE**!

**WORKSHOPS RETURN 2012!**

**Basic Thai Massage**
- $699  40 CE
- Jan. 20-22, 28-29

**Thai Cupping and Scraping**
- $199  12 CE
- February 5-6

**Thai Herbal Massage**
- $299  16 CE
- February 25-26

**Ashiatsu Oriental Bar Therapy**

**The Deepest Most Luxurious Massage on the Planet™**

Instructor: Julie Marciniak, LMBT #2153  
Certified Rolfer™ NCBTMB Approved Provider #283551-00

3 day/25 CE/$595(Basics):
3 day/25 CE/$595(Advanced):
- September 15-17, December 8-10, 2011

**North Pointe Body Therapies**

A permanent training facility conveniently located off I-85 in **Durham, NC** is offering two great classes to earn your required NCBTMB approved CEs.

For more info please call:

(919) 477-9887

**Visit our website:** [www.northpointebodytherapies.com](http://www.northpointebodytherapies.com)

**Bamboo-fusion®**

**Massage with warm bamboo for a luxurious, versatile treatment**

Instructor: Ivy Jo Staton, LMBT #3870  
NCBTMB Approved Provider #450427-07/ FL#50-8549

2-Day Seminar/16 CEs/$399:
- August 8 - 9, November 7 - 8, March 12-13, 2012
Remote locations: September 10 - 11, 2011  
Asheville, NC ($50 remote fee applies)
The Center for Holistic Instruction, LLC is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider.

"Excellent course. Very useful material for therapist and client enhancement. The class flew by; very interesting and interactive."

"Finally, a workshop with stuff I can use, not just a bunch of ‘fluff.’"

"My massage practice will never be the same. Thanks."

The Center for Holistic Instruction, LLC (CHI) is dedicated to providing exceptional instruction to Massage and Bodywork Therapists who are serious about their contribution to society as Licensed Health Care Providers. We offer more than 20 diverse Asian-based workshops for all experience levels of massage therapists.

Our state-of-the-arts training facility in Huntersville, NC is convenient, spacious and comfortable.

Based on Asian Tradition of Healing

Learn why Esomassage is so important to your future

Esomassage I – Taichi as a Catalyst for Massage
Esomassage II – Ancient Methods, Modern Results
SAVE – Esomassage I & II

*Weekend Retreat of Self Healing (Healing Energy HE1–4)
   (Introduction to Qigong and Five Element Theory) HE1
   (Inner Smile Meditation) HE2
   (Six Healing Sounds - Transform Negative Energy) HE3
   (Microcosmic Orbit – Cultivating Energy) HE4

FREE 1 CE | June 29
8 CE hrs | Jul 9
16 CE hrs | Jul 10-11
24 CE hrs | See below

15 CE hrs | Jul 30-31
4 CE hrs | Jul 30
3 CE hrs | Jul 30
3 CE hrs | Jul 31
5 CE hrs | Jul 31

**Weekend Retreat of Self Healing (Healing Energy HE1–4)
   (Introduction to Qigong and Five Element Theory) HE1
   (Inner Smile Meditation) HE2
   (Six Healing Sounds - Transform Negative Energy) HE3
   (Microcosmic Orbit) HE4

Based on Asian Tradition of Healing

Ancient Movement Therapy
No More Headaches
Releasing the Pelvis
One-Hundred-Eleven Elbow Techniques of Esomassage
Learn why Esomassage is so important to your future

Esomassage I – Taichi as a Catalyst for Massage
Esomassage II – Ancient Methods, Modern Results
Effective Releases for Neck and Shoulder Pain
Effective Releases for Low Back Pain

FREE 1 CE | Sept 29
8 CE hrs | Sept 29
5 CE hrs | Sept 29
8 CE hrs | Sept 29
3 CE hrs | Oct 2
6 CE hrs | Oct 16

15 CE hrs | Oct 29-30
4 CE hrs | Oct 29
3 CE hrs | Oct 29
3 CE hrs | Oct 30
3 CE hrs | Oct 30
5 CE hrs | Oct 30

$50 Discount for taking Esomassage I & II
*HE1 is required before any other Healing Energy course. SAVE $80 by taking all four.

Free CEU
See Below

For more information visit:
www.Chionline.com

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   (Inner Smile Meditation) HE2
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   (Microcosmic Orbit) HE4

Terrific CEU in the Modern World

We offer more than 20 diverse Asian-based workshops for all experience levels of massage therapists.

Our state-of-the-arts training facility in Huntersville, NC is convenient, spacious and comfortable.

"Excellent course. Very useful material for therapist and client enhancement. The class flew by; very interesting and interactive."

"Finally, a workshop with stuff I can use, not just a bunch of ‘fluff.’"

"My massage practice will never be the same. Thanks."

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Our state-of-the-arts training facility in Huntersville, NC is convenient, spacious and comfortable.

Free CEU
See Below

For more information visit:
www.Chionline.com

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3 CE hrs | Oct 30
3 CE hrs | Oct 30
5 CE hrs | Oct 30

$50 Discount for taking Esomassage I & II
*HE1 is required before any other Healing Energy course. SAVE $80 by taking all four.
Discover BodyTalk

BodyTalk uses energetic techniques to help people let go of emotional stress, trauma and drama. They see better choices in creating harmony and vitality in their lives when they let go of the baggage often held in the muscles and other areas of the body.

Having the ability to help your clients release these knots at the energetic level with BodyTalk will make your work more effective. These techniques are quick and easy to implement.

In this one day class you become a Certified BodyTalk Access Technician. You can also use these techniques on yourself and your children to improve school and sports performance as well as Immune function, getting sick less!

6.5 ce’s for massage therapists (also AHNA- ACEP- NASW- NCCAOM). BodyTalk System is approved by the NCBTMB as a continuing education Approved Provider.

Classes Offered in North Carolina -

<table>
<thead>
<tr>
<th>Class</th>
<th>Chapel Hill</th>
<th>Charlotte</th>
</tr>
</thead>
<tbody>
<tr>
<td>August</td>
<td>Saturday 13th</td>
<td>Sunday 28th</td>
</tr>
<tr>
<td>Sept</td>
<td>Saturday 24th</td>
<td>Monday 19th</td>
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<tr>
<td>Oct</td>
<td>TBA</td>
<td>Sunday 23rd</td>
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<tr>
<td>Nov</td>
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<td>Monday 14th</td>
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<tr>
<td>Dec</td>
<td>Sunday 4th</td>
<td>Sunday 22nd</td>
</tr>
<tr>
<td>Jan</td>
<td></td>
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</tr>
</tbody>
</table>

All classes are 10 A.M. to 5 P.M. $150 Full Color Manual Included

To register & for more information please contact:
Carol Stanton, CBP, MEd
Carol.bodytalk@gmail.com
www.BodyTalkChapelHill.com
919-357-8003

Dynamic Energy Balancing®

Expect a transformative experience.

Foundations Course (with Ethical Considerations for Energy Workers)
Learn the theory of Dynamic Energy Balancing and apply the principles of Dynamic Energy Balancing in energy work sessions. Gain confidence in your energy work and enhance your professionalism.
Lecture- Stimulate your intellect with an exciting new energy map for understanding the dynamics of the body, emotions, mind, and spirit.
Meditation- Gain skills and get support through guided visualizations.
Practice- Energy work demonstrations and Trades

Durham, NC - 8/5-8/7

Integrating Suppressed Emotion (with Ethics- Transference/Counter Transference)
Learn Dynamic Energy Balancing techniques that support the integration of suppressed emotion from the past, thus clearing associated energy blocks. Tuition discount for graduates of the Foundations Course.

Raleigh, NC: July 15-17
Wilmington, NC: September 9-11
Ashton, MD: September 17-19

For each 3 day course: Course Prerequisite: Practiced use of any basic energy work protocol.
Tuition: $395; Certification: 21CE plus 3CE for Ethics.

Instructor: Nancy Toner Weinberger has worked with energy and breath for more than 25 years. The principles and theory of Dynamic Energy Balancing emerged over a five year period in chunks of enlightened understanding, and are fully shared in her teaching. She has a strong and varied background in mind-body health concepts, including meditation, visualization, pain relief, enhanced creativity, stress reduction, and exploration of altered states of mind.

DYNAMIC EQUILIBRIUM
309 Oakwood Court, Youngsville, NC 27596
Call 919-562-1548 for an information and registration packet.
or visit www.dynamicequilibrium.com

Nancy Toner Weinberger  NCETMB Approved Provider # 410519-00  FLCE Provider #: 50-10228
Summer/Fall 2011 NCBTMB CE Classes

1st TUE pm - CPRtheSOUL -2CEs, Carrboro (Lorraine)
1st & 3rd WED pm - ENERGY YOGA -2CEs, Hillsborough (Janice)
4th TUE pm - TRAGER MOVEMENT -2CEs, Carrboro (Lorraine)

AUG 5 -ETHICS IN HEALING ARTS -3CEs, Hillsborough (Janice)
AUG 19 -ENERGY HEALING INTRO -7CEs, Hillsborough (Janice)
AUG 22 -ETHICS IN HEALING ARTS -3CEs, Raleigh (Pat)
AUG 27 -CRANIOSACRAL TRACKING -7CEs, Raleigh (Pat)

SEPT 7 - DEC. 2 - CHAKRA YOGA ENERGY SERIES
1st & 3rd Wed. Eves -16CEs, Hillsborough (Janice)

SEPT 9 - ENERGY HEALING 2-7CEs, Hillsborough (Janice)
SEPT 12 - OCT 24 - CHAKRA YOGA -10CEs, Chapel Hill (Edie)
SEPT 16-17 - CRANIUM/PELVIC -14CEs, Hillsborough (Janice)
SEPT 24 - ENERGY FIELD & ETHICS -7CEs, Saxapahaw (Edie)
SEPT 26 - ETHICS IN HEALING ARTS -3CEs, Raleigh (Pat)

OCT 1 - TRAGER INTRO -6CEs, Durham (Lorraine)
OCT 7 - SPINAL ENERGETICS 1 -7CEs, Hillsborough (Janice)
OCT 9-12 - CRANIOSACRAL THERAPY -21CEs, Atlantic Beach (Pat)
OCT 13 - 16 - ETHICS IN HEALING ARTS -3CEs, Atlantic Beach (Pat)
OCT 13-Nov 17 - TAI CHI/CHI GONG -9CEs, Hillsborough (Janice)
OCT 15 - 16 - CHAKRAS & CONTINUUM -14CEs, Saxapahaw (Edie)
OCT 21-22 - ARcing LIGHT ENERGY -10CEs, Hillsborough (Lorraine)
NOV 4 - SPINAL ENERGETICS 2 -7CEs, Hillsborough (Janice)
NOV 7 - DEC 19 - CHAKRA YOGA -10CEs, Chapel Hill (Edie)
DEC 2 - CHAKRAS & ELEMENTS 1 -7CEs, Hillsborough (Janice)
JAN 6 - CHAKRAS & ELEMENTS 2 -7CEs, Hillsborough (Janice)
FEB 3 - SIX POINTED STAR ENERGY -7CEs, Hillsborough (Janice)

To Register, Contact Class Instructors:
Janice Durand 919 563-4454; Pat Donohue 919 834-1035; Lorraine Lewis 919 967-2215; Edie Klecka 919 967-5359

The REIKI EDUCATION ALLIANCE is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education approved provider.

Classes are offered by VICKIE PENNINGER, Reiki Master/Teacher, Healing Touch Practitioner, Shamanic Practitioner, Crystal Energy Therapist, Arcing Light Teacher/Practitioner, ThetaHealer.

Dedicated to diverse, quality classes to foster depth, ease & seasoning of your practice.

INSTRUCTORS:
Janice M. Durand LMBT #1349; Pat Donohue LMBT#554; Lorraine Lewis LMBT #213; Edie Klecka LMBT #644

Lotus Blossom Wellness

Introductory and continuing education courses in energy healing and manual therapies. Classes are small, intimate and spiritually focused. Participants enjoy a personally enriching experience while learning new skills. PRIVATE INSTRUCTION IS AVAILABLE.

Reiki
First Degree Reiki: 10 CE hrs $195 - Sept 16-18, Nov 19-21, Dec 10-12, 2011
Second Degree Reiki: 10 CE hrs $295 Jul 9-10, Oct 7, Nov 3-4, Jan 5-6, 2012

Polarity Therapy:
Balancing the Spine: 16 CE hrs $330 July 23-24
Advanced Water Element: 16 CE hrs $330 Aug 27-28
Introduction to Polarity Therapy: 14 CE hrs $280 Oct 15-16

Additional Courses:
Soul Integration: 12 CE hrs $240 Sep 24-25, Oct 25-26, 2012
Releasing Neck and Shoulder Pain: 14 CE hrs $280 Nov 12-13

Director: Reverend Moksha Sharon Kolman, LMBT #204, Certified Polarity Educator; Traditional Usui Reiki Master.
Lotus Blossom Wellness is approved by NCBTMB as a continuing education provider (#112314-00).

Most Classes are held in Durham. * indicates Carrboro location.

919-384-5406
For updates, class flyers & more information visit: www.lotusblossomwellness.com

Reiki Education Alliance

Classes are offered by VICKIE PENNINGER, Reiki Master/Teacher, Healing Touch Practitioner, Shamanic Practitioner, Crystal Energy Therapist, Arcing Light Teacher/Practitioner, ThetaHealer.

The REIKI EDUCATION ALLIANCE is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education approved provider.

Arcing Radial Light Practitioner 12 CE’s July 23rd-24th
Reiki I 12 CE’s August 21st-22nd
Reiki II 12 CE’s September 10th-11th Cary
Reiki I 12 CE’s October 16th-17th
Reiki II 12 CE’s July 9th-10th
Reiki II 12 CE’s November 5th-6th
Reiki II 12 CE’s December 3rd-4th Cary
Reiki Master 12 CE’s October 29th-30th Wilmington

Crystal Energy Therapy I-IV 3 CE’s each class
CET I & II August 13th
CET III & IV August 14th
CET I & II October 15th

Above classes are held in Raleigh, NC unless otherwise noted. To check schedule or for more information visit:
www.thereikichannel.com
vickpenn@bellsouth.net
(919) 828-0876

www.TreeofLifeCenterNC.com
919-384-5406
For updates, class flyers & more information visit: www.TreeofLifeCenterNC.com

or call 919 563-4454 or instructor # below

PERG • North Carolina Edition, Fall 2011 13
Clients often guard against painful stretching and deep therapeutic work. **ThermaStretch™** incorporates local application of heat with passive stretching to increase range of motion with less discomfort and longer-lasting results. Save your hands and delight your clients!

“I have already used this technique on clients for the upper body. It allowed me to take them to a deeper stretch than before and the effect lasted for several days. My clients loved it!!!”

- D.H., Winston-Salem NC

Go to [www.vibrantbeing.com](http://www.vibrantbeing.com) to register for workshops or call (336) 407-7068

**Kim Myers LMBT #6674 and Cappy Kirsch LMBT #4492, NCBTMB providers #451425-10**

**2011 CLASSES IN WINSTON-SALEM, NC:**

**Acupressure Tune up Massage** • 14 hrs • 7/23-24, 9/24-25 ($250)

**Ethics for Massage Therapists** • 3 hrs • 7/30, 9/11, 10/1, 10/29 ($60*)

**Thai Foot Reflexology** • 14 hrs • 7/4-10, 11/19-20 ($250)

**Thai Hot Herbal Ball Massage** • 8 hrs • ($175) 6/25, 9/10, 11/5 ($175)

**Introduction to Thai Yoga Massage** • 7 hrs • ongoing (see website) ($150)

**Traditional Thai Massage** • 21 hrs • 8/13-14, 10/8-9 ($375)

**Massage for Bodymind Trauma** • 14 hrs • 8/27-28, 10/29-30 ($250)

*All Ethics Classes are FREE when taken with another offering, or offerings totaling 14 hours, or more, during the same year.*

Valentin Popov, MA, HHP, LMBT #05980 is a healing arts educator with over twenty years of teaching experience that includes CE workshops in Asian Bodywork, Body Mechanics, and Bodymind Healing.

To register, for more details, or information on hosting a continuing education course, please send email to val@massagenaturally.com or call 336-692-1662.

---

### Hands On Health

**Do your clients like pain? (we didn’t think so)**

Take the “ouch” out of deep work for both you and your client with **ThermaStretch™**

**About our director:** Laura Landsiedel is creator of Hands On Health’s I-NMT series. She is a certified neuromuscular therapist, group practice clinic owner, and has been practicing and teaching since 1996.

I-NMT places emphasis on combining neuromuscular technique with myofascial components, piecing together how different body regions and their respective pain patterns relate to each other.

Our NCBTMB is #450679-08

---

### Hands On Health

**DATE** | **DAY** | **COURSE TITLE** | **CITY, STATE** | **#CE** | **TIME**
---|---|---|---|---|---
08/19/2011 to 8/20/2011 | Fri/Sat | I-NMT: Shoulder Mobilizers/Thoracic Outlet | Raleigh, NC | 16 | 9:30am
08/21/2011 to 8/22/11 | Sun/Mon | I-NMT: Rotator Cuff/Upper Extremity | Raleigh, NC | 15 | 9:30am-9:30pm
09/17/11 | Sat | Movement Repatterning & Foam Rolling | Raleigh, NC | 4 | 8:30am-12:30pm
09/23/11 | Fri | Ethics [Incl Standard V] | Raleigh, NC | 3 | 6:30pm
09/24/2011 to 9/25/2011 | Sat/Sun | I-NMT: Lumbar & Pelvis | Raleigh, NC | 15 | 9:30am-9:30pm
10/02/11 | Sun | Ortho Assessment – Shoulder/Knee | Raleigh, NC | 4 | 8:30am-12:30pm
10/02/11 | Sun | Ethics [Incl St. V] | Raleigh, NC | 3 | 1:30pm-4:30pm
10/15/11 | Sat | Treatment Planning | Raleigh, NC | 3 | 1:30pm
2/25/2012 to 2/26/2012 | Sat/Sun | I-NMT: Lumbar & Pelvis | Raleigh, NC | 15 | 9:30am-9:30pm
Functionally, we are really one muscle that is divided up by the connective tissue structures into different compartments in order to provide specific vectors of motion and coordinated groups of muscles. We are not robots with hinges, cables and pulleys, but shape-changers, and any gesture involves the participation of widespread muscular supports and motivators.

Resistance/Release is a process of providing traction and/or compression to muscle groups, and guiding the client through the gentle internal process of refining the coordination of their efforts. The resulting reorganization provides an immediate experience of less effortful and more effective movement, and dramatically improved muscular coordination.

21 Deep Tissue Techniques to Enliven Your Practice (14CE)
A dynamic package of NEW techniques your clients will love! This hands-on workshop teaches therapists a variety of myofascial release, trigger points, and active movement techniques for all regions of the body. These can be immediately integrated into a massage practice.

9/24-9/25 Greensboro • 10/1-10/2 Chapel Hill • 10/8-10/9 Wilmington

“Where It Is, It Ain’t”: Successfully Treating Lower Back Pain (7CE)
Experts estimate that as much as 80% of the population will experience a back problem at some time in their lives. This class will focus on the many competing forces that pull on the pelvis and how they contribute to lower back pain.

9/23 Greensboro • 9/30 Chapel Hill • 10/7 Wilmington

NCTMB Approved Provider #450394-07

To Register:
www.imassageinc.com or (859)338-4418

RESISTANCE RELEASE WORK
A powerful adjunct to any bodyworker’s previous training and focus!
with Instructor Deane Juhan

September 23-25 (Fri, Sat, Sun)
at the Healing Arts and Massage School, Cameron Village, Raleigh, NC
Tuition: $395 (24 NCBTMB CE hours)

Functionally, we are really one muscle that is divided up by the connective tissue structures into different compartments in order to provide specific vectors of motion and coordinated groups of muscles. We are not robots with hinges, cables and pulleys, but shape-changers, and any gesture involves the participation of widespread muscular supports and motivators.

Resistance/Release is a process of providing traction and/or compression to muscle groups, and guiding the client through the gentle internal process of refining the coordination of their efforts.

The resulting reorganization provides an immediate experience of less effortful and more effective movement, and dramatically improved muscular coordination.

This is an opportunity to study with Deane Juhan, Trager® practitioner and instructor, and author of Jobis Body: A Handbook for Bodywork. The work that will be presented in this workshop is an innovative approach developed by Deane Juhan, based upon the rehabilitative techniques of Dr. Milton Trager.

Visit www.dynamicequilibrium.com/DeaneJuhan.html for the full description, venue and travel information, or to register. Or call 919-562-1548.

CEs awarded by Dynamic Equilibrium.
NCTMB Approved Provider #450394-07

Johnston Community College located in Smithfield, North Carolina in association with Nicolette Lee is proud to announce the launch of massage therapy continuing education classes in their new state-of-the-art massage facility located on the College campus.

Classes in Hot Bamboo Massage, Thai Bandle Massage, Shiatsu, Ethics and others, will be held June through December. Most classes will award 8 CE’s at very affordable prices.

Nicolette Lee is an approved provider # 45091-09 with many years experience in the industry. To see class schedules or to register please go to their website at: www.johnstoncc.edu/massagetherapycontinuing.aspx or call 919-209-2395.
Index By Date

October
01 21 Deep Tissue Techniques; Chapel Hill, NC; 14CE; P.15
01 Acupressure & Application; Raleigh, NC; 6CE; P.8
01 Ethics for Massage Therapists; Winston-Salem, NC; 3CE; P.14
01 Ethics (Std. V); Raleigh, NC; 3CE; P.9
01 Front and Center; Raleigh, NC; 16CE; P.9
01 Healing the Healer; Sylva, NC; 6 CE; P.2
01 Intro T’ai Chi & Qigong; Boone, NC; 6CE; P.5
01 Intro Trigger Workshop; Durham, NC; 6CE; P.13
01 Oriental Massage & Eastern Philosophy; Raleigh, NC; 10CE; P.7
01 Therapeutic Value of Herbs; Raleigh, NC; BCE; P.7
01 Yoga Therapy for the Lower Body; Asheville, NC; 18CE; P.7
02 Assessment & Release of the Psoas; Raleigh, NC; BCE; P.8
02 Ethics: Being on the Board; Cary, NC; 3CE; P.6
02 Ethics (Ind St V); Raleigh, NC; 3CE; P.14
02 Ortho Assessment – Shoulder/Knee; Raleigh, NC; 4CE; P.14
02 Releases for Neck/Shoulder; Huntersville, NC; BCE; P.11
03 Kansa Vatki Foot Massage; Newark, DE; BCE; P.3
03 CPRthe SOUL; Carrboro, NC; 2CE; P.13
03 Energetic Spinal Balancing 1; Hillsborough, NC; 7CE; P.13
03 Ethics (Std. V); Charlotte, NC; 3CE; P.5
03 Instincts, Feelings and Emotions; Asheville, NC; 21CE; P.7
03 Insurance Billing; Monroe, NC; 4 CE; P.5
03 Self Care - Torsos; Charlotte, NC; 5CE; P.9
03 Thai Bodywork, Level 1; Concord, NC; 21CE; P.9
03 Day of the Back; Monroe, NC; 8 CE; P.5
03 Ethics: Being on the Board; Winston-Salem, NC; 3CE; P.6
03 Front and Center; Charlotte; NC; 16CE; P.9
03 I-NMT: Internal Jaw & Anterior/Posterior Neck; Raleigh; NC; 16CE; P.14
03 Lomi Lomi Advanced Practice Reunion; Harbin Hot Springs, CA; 32 CE; P.11
03 Medical Laser for Lower Extremities; Raleigh, NC; 16CE; P.8
03 Thai Massage; Raleigh; NC; 21CE; P.7
03 Traditional Thai Massage; Winston-Salem; NC; 21CE; P.14
03 Venus Rising Prenatal Massage; Greensboro, NC; 7CE; P.3
03 Craniosacral Therapy; Atlantic Beach, NC; 21CE; P.13
03 Day of the Neck; Monroe; NC; 8 CE; P.5
03 Basic Ashiatsu Oriental Bar; Durham; NC; 25 CE; P.10
03 Ethics in the Healing Arts; Atlantic Beach; NC; 3 CE; P.13
03 T’ai Chi & Chi Gong; Hillsborough; NC; 9 CE; P.13
04 Integrative Reflexology™; Edinburgh; VA; 24 CE; P.5
04 Sacred Ethics: Right Relationship; Raleigh; NC; 6CE; P.8
05 Chakras & Continuum; Saxapahaw; NC; 14CE; P.13
05 Crystal Energy Therapy I; Raleigh; NC; 3CE; P.13
05 Crystal Energy Therapy II; Raleigh; NC; 3CE; P.13
05 Ethics for NC Professionals; Raleigh; NC; 4CE; P.7
05 Ethics of Energy Healing; Sylva; NC; 3 CE; P.2
05 Gentle Waters Facial Lymphatics; Raleigh; NC; 14CE; P.8
05 Intro Cranio-Sacral; Raleigh; NC; 14CE; P.8
05 Intro to Polarity Therapy; Durham; NC; 14CE; P.13
05 Massage and Ingredients; Greensboro; NC; 15CE; P.2
05 Reflexology; Raleigh; NC; 10CE; P.7
05 Treatment Planning; Raleigh; NC; 3CE; P.14
06 Ethics-Standard V; Raleigh; NC; 2CE; P.7
06 Reiki First Degree; Raleigh; NC; 12CE; P.13
06 Releases for Low Back; Huntersville, NC; 6CE; P.11

November
01 CPR 4 the Soul; Carrboro, NC; 2CE; P.13
03 Lomi Lomi; Santa Fe, NM; 32 CE; P.11
03 Teaching Skills: Workshop Leader; Chicago, IL; 24CE; P.9
03 Acupressure Facial Rejuvenation; Raleigh; NC; 6CE; P.8
03 Energetic Spinal Balancing-2; Hillsborough; NC; 7CE; P.13
04 Indian Champissage; Columbia; SC; 21CE; P.3
04 NMT Lower Extremities; Miami; FL; 20CE; P.6
04 Acupressure Theory & Application; Raleigh; NC; 6CE; P.6
05 Developing Your Intuition; teleclass; 6 CE; P.2
05 Intro T’ai Chi & Qigong; Boone; NC; 6CE; P.5
05 Reiki Second Degree; Raleigh; NC; 12CE; P.13
05 Thai Hot Herbal Ball Massage ; Winston-Salem; NC; 8CE; P.14
06 BodyTalk; Chapel Hill; NC; 6CE; P.12
07 Bamboo-fusion; Durham; NC; 16 CE; P.10
07 Chakra Yoga; Chapel Hill; NC; 10CE; P.13
07 Kansa Vatki Foot Massage; Columbia; SC; 7CE; P.3
08 Teacher Training Intensive; Warsaw; IN; 21CE; P.9
08 C.A.R.E. Aromatherapy Intensive; Charlotte; NC; 25CE; P.2
08 QiGong Energy Healing 3; Miami, FL; 20hrs; P.6
08 Releasing Neck/Shoulder Pain; Durham; NC; 14CE; P.13
09 BodyTalk; Charlotte; NC; 6CE; P.12
09 Thai Yoga Massage – Table Version; Raleigh; NC; 16CE; P.8
20 Ancient Wisdom Massage 3; Miami, FL; 18CE; P.6
30 Intuitive Energy Healing with Aurameter; Sylva, NC; 8 CE; P.2
30 Thai Foot Reflexology; Winston-Salem; NC; 14CE; P.14
19 Thai Foot Mindfulness Movement; Carrboro; NC; 2CE; P.13
19 Thai Foot Reflexology; Winston-Salem; NC; 14CE; P.14
19 Thai Foot Mindfulness Movement; Carrboro; NC; 2CE; P.13

December
02 C.A.R.E. Aromatherapy Intensive; Raleigh; NC; 25CE; P.2
02 Energetics of Chakras & Elements; Hillsborough; NC; 7CE; P.13
02 Healing Beyond the Body; Sedona, AZ; 15 CE; P.11
02 Nurturing the Mother™; Topsail Beach; NC; 24 CE; P.5
03 ACE MediCupping™ therapy; Asheville, NC; 22 CE; P.3
03 Ethics of Energy Healing; Sylva; NC; 3 CE; P.2
03 First Degree Reiki; Durham, NC; 10CE; P.13
04 Reiki ii; Cary, NC; 12CE; P.4
04 Reiki Second Degree; Cary; NC; 12CE; P.13
04 BodyTalk; Chapel Hill, NC; 6.5CE; P.12
05 Fertility Massage Specialist Cert; Topsail Beach; NC, 24 CE; P.5
06 CPRthe SOUL; Carrboro, NC; 2CE; P.13
08 Advanced Ashiatsu Oriental Bar; Durham; NC; 25 CE; P.10
10 Deepening With Reiki; Durham; NC; 4CE; P.13
11 Healing the Healer; Sylva; NC; 6 CE; P.2
27 Trager Mindfulness Movement; Carrboro; NC; 2CE; P.13

2012
03-Jan CPRthe SOUL; Carrboro; NC; 2CE; P.13
04-Jan Energy Yoga “Chakra Integration” ®; Hillsborough; NC; 2CE; P.13
06-Jan Deepening of Chakras & Elements; Hillsborough; NC; 7CE; P.13
07-Jan Second Degree Reiki; Durham; NC; 10CE; P.13
18-Jan Energy Yoga “Spine”; Hillsborough; NC; 2CE; P.13
20-Jan Basic Thai Massage; Richmond; VA; 40CE; P.10
22-Jan BodyTalk; Charlotte, NC; 6.5CE; P.12
24-Jan Trager Mindfulness Movement; Carrboro; NC; 2CE; P.13
26-Jan First Degree Reiki; Durham; NC; 10CE; P.13
01-Feb Energy Yoga “Six Pointed Star”; Hillsborough, NC; 2CE; P.13
03-Feb Six Pointed Star Energetics; Hillsborough, NC; 7CE; P.13
05-Feb Thai Cupping and Scrapping; Richmond; VA; 12CE; P.10
09-Feb Basic Ashiatsu Oriental Bar; Durham; NC; 25 CE; P.10
10-Feb Lomi Lomi Hawaii Retreat; Big Island, Hawaii; 48 CE; P.11
15-Feb Energy Yoga “Low back, Pelvis”; Hillsborough; NC; 2CE; P.13
17-Feb Indian Champissage; Metro DC (Burke); 21CE; P.3
20-Feb Kansa Vatki Foot Massage; Metro DC (Burke); 7CE; P.3
25-Feb I-NMT: Lumbar & Pelvis; Raleigh, NC; 15CE; P.14
25-Feb Soul Integration; Durham, NC; 12CE; P.13
25-Feb Thai Herbal Massage; Richmond; VA; 16CE; P.10
03-Mar Indian Champissage; Chicago, IL; 21CE; P.3
06-Mar Kansa Vatki Foot Massage; Chicago; IL; 7CE; P.3
12-Mar Bamboo-fusion; Durham; NC; 16 CE; P.10
16-Mar Postural Distortion; Monroe; NC; 4 CE; P.5
17-Mar Indian Champissage; Nashville; TN; 21CE; P.3
17-Mar Treatment of Upper Extremity; Monroe; NC; 8 CE; P.5
18-Mar Treatment of Lower Extremity; Monroe; NC; 8 CE; P.5
20-Mar Kansa Vatki Foot Massage; Nashville; TN; 7CE; P.3
14-Apr Indian Champissage; Atlanta, GA; 21CE; P.3
17-Apr Kansa Vatki Foot Massage; Atlanta, GA; 7CE; P.3
12-May Indian Champissage; Raleigh; NC; 21CE; P.3
15-May Kansa Vatki Foot Massage; Raleigh; NC; 7CE; P.3
About the PERG

The Professional Education & Resource Guide is an easy reference for continuing education opportunities for massage therapists and bodyworkers.

The PERG offers a variety of ways to select courses that meet your continuing education needs.

- Browse the pages of advertisements to discover opportunities to enhance your skills and explore new and exciting theories and approaches.
- Find courses in a location near you offered as part of a continuing education program designed to meet the needs of the professional community.
- Look up the dates you are available to take classes in the index at the back of the guide and choose from among those listings.

The North Carolina Edition of the PERG is published twice per year; look for the Spring issue in January and the Fall issue in July.

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NEXT ISSUE JANUARY 2012