



Massage School

Transformation ■ Intuition ■ Bodywork ■ In Action

Continuing Education & Course Offerings

While fully imparting various specialized skills, our courses are distinguished by their facilitation of conscious, direct access to healing energy and intuitive guidance. Our energy courses in particular offer extraordinary support for releasing holding patterns that may stand between us and fuller healing for ourselves and our clients. Although this is not a primary focus in our other classes, the potential for such access and release is always actively nurtured by creating a sacred, safe space for all participants.

Myofascial Trigger Point: 20 CE Hours

Instructor: Kara Randall

Learn how to find and dissolve hypersensitive points in muscles, tendons and fascia that may create referred pain.

September 10, 2010; 6-10p & September 11 & 12, 2010; 9a-6p

\$440 (\$400 if paid by 8/27/10)

Freeing the Power to Heal: The Foundation Workshop: 16 CE Hours

Instructors: Michaela Torcaso and/or Karen Wegert

In this class we begin to recognize and release what stands between us and full access to healing for ourselves and those around us. We distinguish between our automatic defense mechanisms that we have previously thought of as our Selves, and the authentic Self from which everything unfolds naturally, with grace and ease.

September 11 & 12, 2010; 9a-6p

\$300

Introduction to Whole-Person Care: Supporting People Affected by Cancer thru Massage and Bodywork: 8 CE Hours

Instructor: Efrat Livny

Develop the sensitive awareness required to address special needs and learn bodywork techniques modified specifically for these clients.

September 21 & October 5, 2010; 6-10p

\$180 (\$160 if paid by 9/7/10)

Freeing the Power to Heal: Integrating the Tools: 0 CE Hours

Prerequisite: Freeing the Power to Heal: The Foundation Workshop

Instructor: Michaela Torcaso

Students will find themselves effectively addressing fixed behavior patterns in a manner that is empowering. There will be a continued exploration in the areas of Self/self, Truth/truth and Out of time/in time.

October 29 & November 5, 12, & 19, 2010; 6:30-9:30p

\$360 (\$300 if paid by 10/15/10)

Transformational Bodywork 2: 8 CE Hours

Prerequisite: Transformational Bodywork 1

Instructor: Karen Wegert

Students further explore the transformation allowed for themselves and their clients when giving bodywork that flows from peace and ease.

September 19, 2010; 9a-6p

\$200 (\$175 if paid by 9/5/10)

Transformational Bodywork 3: 8 CE Hours

Prerequisite: Transformational Bodywork 2

Instructor: Michaela Torcaso

Students mature in their access to transformation for themselves and their clients through giving bodywork with ease and peace.

September 19, 2010; 9a-6p

\$200 (\$175 if paid by 9/5/10)

Chair Massage: 8 CE Hours

Instructor: Justin DiPrima

Learn effective tools for seated massage, good body mechanics, and skills to market your professional practice to businesses.

September 25, 2010; 9a-6p

\$180 (\$160 if paid by 9/11/10)

Energy in Action: 16 CE Hours

Instructors: Michaela Torcaso and/or Karen Wegert

- Discover how your system recognizes energy
- Practice specific holds and experiment with additional hand placements
- Learn centering and alignment to optimize energy flow
- Explore dynamics of intuition and energy when working with a client

September 25 & 26, 2010; 9a-6p

\$310 (\$280 if paid by 9/11/10)

Introduction to Deep Tissue Techniques: 16 CE Hours

Instructor: Karen Silk

Discover a new found sense of confidence and effectiveness for addressing your clients' problem areas. This course combines Swedish massage and knowledge of anatomy with techniques such as cross fiber friction, deeper effleurage, muscle stretching and myofascial release to address more chronic tissue conditions such as scars, adhesions, and fascial restrictions.

October 16 & 17, 2010; 9a-6p

\$310 (\$280 if paid by 10/2/10) + \$10 materials fee

Intuitive Support: 30 CE Hours

Prerequisite: Intuitive Space

Instructors: Michaela Torcaso

This course builds on relational and intuitive skills developed in the Intuitive Space course by applying them to specific emotional, physical, or energetic issues. Participants learn to tune in to unspoken information and use it in service of clients' healing.

October 16 & 30, November 6 & 20, December 4, 2010; 9:30a-12:30p/2-5p

\$900 (\$750 if paid by 10/2/10)

Intuitive Space: 30 CE Hours

Prerequisite: Freeing the Power to Heal: The Foundation Workshop

Instructors: Michaela Torcaso and/or Karen Wegert

In this course, students learn to honor all boundaries while creating an environment in which healing can occur from within. They practice including someone in a safe, centered, and grounded space and setting their own "stuff" to the side. They begin to discover their unique way of receiving intuitive information and what to be aware of before using it.

October 18 & 25, November 1, 8, 15, 22 & 29, December 6, 13 & 20, 2010; 6:30-9:30p

\$900 (\$750 if paid by 10/4/10)

Energetic Alignment 3: 4 CE Hours

Prerequisite: Energetic Alignment 2

Instructor: Michaela Torcaso

Students explore more deeply the relationships among proper body mechanics, grounding, centering, and energy flow. They learn to evaluate their own degree of energetic alignment and to return to ground and center at will. Physical ease begins to show up regularly in their body and their daily life as well as their work with clients.

October 19, 2010; 5:30-9:30p

\$100 (\$75 if paid by 10/5/10)

WorKidOut: 0 CE Hours

Prerequisite: Freeing the Power to Heal: The Foundation Workshop

Instructor: Michaela Torcaso

A nurturing fun transformational space to work it out with your inner child.

You and your kid will:

- Discover and listen to each other
- Remember how to play together
- Establish a healthy relationship

October 22; 6:30-9:30p & October 23, 2010; 9:30a-5:30p

\$300 (\$250 if paid by 10/8/10)

When 2 or more register together, \$250 each (\$200 each if paid by 10/8/10)!!

Whole-Person Care: Supporting People Affected by Cancer thru Massage and Bodywork: 24 CE Hours

Instructor: Efrat Livny

With staggering statistics that cancer affects 1 out of 3 people in our society, developing the awareness, knowledge and skills to work with those living with cancer is vital for massage practitioners and students, bodyworkers and other touch therapists. This course is designed to provide an opportunity to explore emotional aspects of this work, build a solid basic understanding of cancer and its treatments and how they might affect our clients, and learn how to modify a general relaxation massage to the particular needs of each client to assure that it is safe and effective.

October 22, 23, 24, 2010; 9a-6p

\$400 (\$360 if paid by 10/8/10)

Clearing Energy 1: 8 CE Hours

Prerequisite: Freeing the Power to Heal: The Foundation Workshop

Instructor: Michaela Torcaso

Learn tools to support clearing of congested energy, and discover the innate ability to recognize when and how to use them.

October 31, 2010; 9a-6p

\$240 (\$200 if paid by 10/17/10)

Ethics, Power and Heart: 6 CE Hours

Instructor: Kathy Ginn

The heart of ethics is human relationships ~ the capacity to enter into a simple caring presence with our clients, using one's power with awareness and skill. This class guides each participant to a deeper connection with one's personal relationship with power and heart. Together we explore aspects of the therapeutic relationship including the power differential, personal limits and boundary concerns, the entrapment of helping too much, and polarity of the heart. The course is experiential, interactive, and self-reflective.

November 5, 2010; 10a-5p

\$99

Aromatherapy Raindrop Technique: 7 CE Hours

Instructor: Karen Wegert

Learn an effective, non-invasive tool for bringing structural and electrical alignment to the body through the power of essential oils.

November 6, 2010; 10a-6p

\$160 (\$140 if paid by 10/23/10) plus \$20 minimum fee for use of Young Living essential oils (if needed)

Nutrition for Massage Therapists: 5 CE Hours

Instructor: Maria Welch

Learn key nutritional principles and practices to fuel your body for optimum performance in your massage practice and your life.

November 6, 2010; 10a-4p

\$140 (\$120 if paid by 10/23/10)

Integrative Myofascial Techniques: 20 CE Hours

Instructor: Kara Randall

The primary focus of this course is for participants to develop skill in providing a therapeutic treatment session. This includes key aspects of client education, dialoging, and the ability to use appropriate modalities for a variety of specific conditions. Participants will deepen their competence in Myofascial Release (MFR) and Myofascial Trigger Point Release to produce consistent, effective results for their clients.

November 12, 2010; 6-10p & November 13 & 14, 2010; 9a-6p

\$440 (\$400 if paid by 10/29/10)

Freeing the Power to Heal: The Foundation Workshop: 16 CE Hours

Instructors: Michaela Torcaso and/or Karen Wegert

In this class we begin to recognize and release what stands between us and full access to healing for ourselves and those around us. We distinguish between our automatic defense mechanisms that we have previously thought of as our Selves, and the authentic Self from which everything unfolds naturally, with grace and ease.

November 13 & 14, 2010; 9a-6p

\$300

ONLY \$200 each, when 2 or more register together!!

Crystal Energy Balancing: 8 CE Hours

Instructor: Cheri Haines

This course will provide useful information to anyone, from beginner/lay person to the experienced bodywork professional. Starting with the basics and self-help techniques, to techniques for use in a complete crystal session. Participants are encouraged to bring a clear quartz crystal and a few stones they are curious about.

November 20, 2010; 9a-6p

\$180 (\$160 if paid by 11/6/10) plus \$5 materials fee

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There is a full refund of tuition if the student cancels within three business days of registration. All contact hours must be attended in order to receive CE Hours. Preregistration is required and payment is due upon registration. TIBIA is an equal opportunity provider and does not discriminate against students or staff members on the basis of sex, race, religion, sexual orientation, ethnic origin or special needs.

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