

Training Workshop



Traditional Thai Massage

25 Hrs. CEU

Thai Massage is an ancient holistic therapy that combines yoga stretches and acupressure points used to relax and energize the body. A floor mat is used throughout the session and the client dresses in comfortable clothes in order to allow for good range motion. Thai Massage seeks to provide clients with balance, harmony, flexibility and health.

Advanced Thai Massage

25 Hrs. CEU

This modality will prepare the therapist through the extensive Thai Medical Massage discipline that is uniquely Thai. Training will be focused on specifics and actionable content to add into the healing arts practice by customizing for clients and targeted to treat their specific health concerns – effectively starting to apply knowledge much like that of a Thai Doctor of Massage in Thailand.

Table Thai Massage/ Herbal Poultic

25 Hrs. CEU

Thai Herbal poultice offers herbal benefits that penetrate deep into the muscle and tissue that are well-known for anti-inflammatory, properties, analgesics, therapeutic healing properties and much more. The Herbal Ball is typically used in combination with Traditional Thai Massage

<p>Lomi Lomi Traditional Hawaiian Massage 25 Hrs. CEU</p>	<p>This Hawaiian healing practice, Lomi Lomi massage (also known as Ka Huna massage) is a deeply nurturing style of massage characterized by fast flowing movement and spiritual bent – therapists focus on giving the treatment with love and intention.</p>
<p>Shiatsu Japanese Massage 25 Hrs CEU</p>	<p>Shiatsu originated in Japan from traditional Chinese medicine. Although shiatsu means 'finger pressure' in Japanese, in practice a practitioner uses touch, comfortable pressure and manipulative techniques to adjust the body's physical structure and balance its energy flow. It is a deeply relaxing experience and regular treatments can alleviate stress and illness and maintain health and wellbeing.</p>
<p>Tui Na 25 Hrs. CEU</p>	<p>Tui Na is an ancient form of Chinese therapeutic deep-tissue bodywork. Bringing stimulation to the muscles and circulation, targets the body's energy meridians allowing blocked energy to flow. It is based on ancient Chinese medical principle which teaches health as balance between Yin and Yang and an unblocked flow of "Chi" or vital energy.</p>
<p>Sports Massage 25 Hrs. CEU</p>	<p>Sport Massage is typically used before, during and after athletic events. The purpose of the massage is to prepare the athlete for peak performance, drain any fatigue, relieve swelling, reduce muscle tension, promote flexibility and prevent injury.</p>

<p>Neuromuscular Massage Therapy 25 Hrs. CEU</p>	<p>NMT. Encompasses a number of therapies including Trigger Point Therapy, Kinesiology and Biomechanics . This specialized training is to understand the nervous system and its effect on the muscular and skeletal systems. The specialist will manipulate the body's soft tissues (muscles, tendons, and connective tissue) in order to balance the central nervous system.</p>
<p>Deep Tissue Massage 16 Hrs. CEU</p>	<p>Deep tissue massage focuses on the chronic muscle tension and blocked circulation that causes pain by physically breaking down these adhesions and uses direct deep pressure to relieve pain and restore normal and range of motion.</p>
<p>Golf Massage/Yoga Stretch for golfers 16 Hrs. CEU</p>	<p>A golfers massage combined with Yoga Stretches is a therapeutic massage which focuses on the main groups of muscles used during the golf swing. It looks to improve golfers performance and prevent injury. Yoga helps golfers improve flexibility, range of motion, strength, balance, and breathing. It also helps prevent back injury caused by twisting the spine and helps proper swing can be fully executed.</p>
<p>Hot Stone Massage 25 Hrs. CEU</p>	<p>The Hot Stone Massage allows the recipient to experience intense calm promoting with the Swedish style massage towards tranquility while soothing the nervous system, clearing toxins and also expand blood vessels, which encourages blood flow throughout the body. The hot stones have a sedative effect that can relieve chronic pain, and reduce stress.</p>

<p>Spa Reflexology (foot massage) 25 Hrs. CEU</p>	<p>Reflexology known as zone therapy is an alternative medicine involving application of pressure to the feet and hands with specific thumb, finger, and hand techniques without the use of oil or lotion. It is based on a pseudoscientific system of zones and reflex areas that purportedly reflect an image of the body on the feet and hands, with the premise that such work effects a physical change to the body.</p>
<p>Lymphatic Draining Massage 25 Hrs. CEU</p>	<p>Lymphatic Drainage is a form of massage that stimulates the lymphatic system with gentle massaging strokes. The light rhythmical massage encourages the lymphatic system to eliminate metabolic waste products, excess fluid and bacteria.</p>
<p>4 Hands Massage 25 Hrs. CEU</p>	<p>Performed by two massage therapists working their hands on the body in unison. A feeling of peace and surrender often occurs during a session. Thus, when the synchronized strokes of a tandem massage start working on the body, chatter disappears and relaxation occurs.</p>
<p>Pre-natal Massage 16 Hrs. CEU</p>	<p>Pre-natal Massage is designed to give relief to the specific needs of the mother-to-be. This massage aids in relaxation, circulation, and pressure or strain that the body goes through pregnancy.</p>

Scalp Massage

8 Hrs. CEU

A good scalp massage stimulates blood flow, which in turn helps feed the hair follicles. This relaxing massage can help to reduce headaches and migraines also ayurvedically prevent and avoid hair loss as well as encourage the growth of healthy hair.