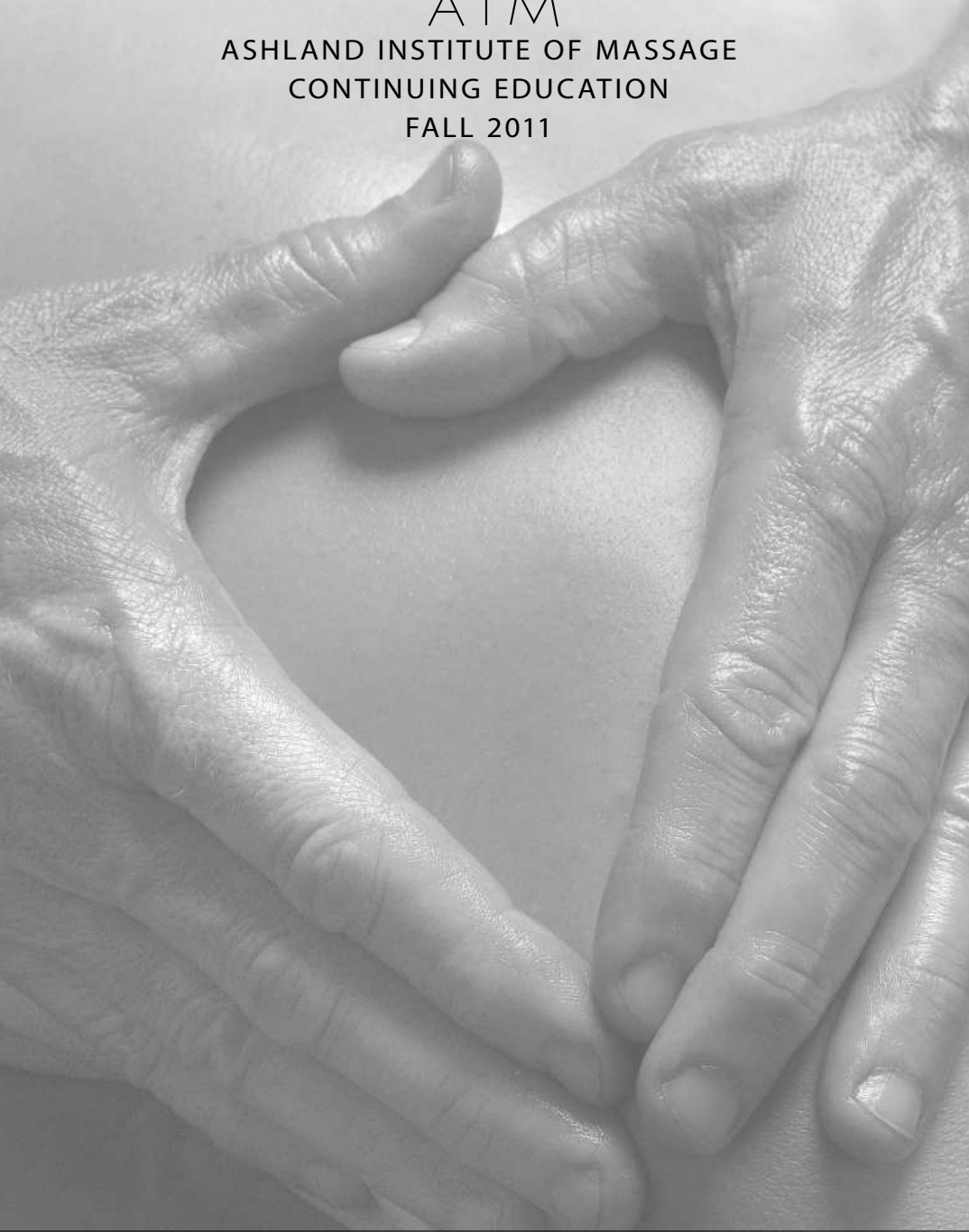




AIM

ASHLAND INSTITUTE OF MASSAGE  
CONTINUING EDUCATION  
FALL 2011



"LIVE AS IF YOU WERE TO DIE  
TOMORROW. LEARN AS IF YOU WERE  
TO LIVE FOREVER." ~ GANDHI

**W**elcome to the Fall 2011 Continuing Education opportunities at the Ashland Institute of Massage.

*This year, AIM celebrates 23 years of providing excellence in massage therapy education, both in our massage pre-licensing program and through continuing education. These weekend workshops are designed to introduce or deepen your understanding of a specific modality and provide you with an opportunity to network with other massage therapists with similar interests. We are also open to hearing from you what other modalities or techniques you are interested in learning. Log on to our web site – [www.aimashland.com](http://www.aimashland.com) and send us your ideas!*

**REGISTRATION** Please use the registration form at the back of this booklet to register by mail. You may submit forms by fax if you pay with a credit card – 541-488-2383. Registration may also be taken by telephone – 541-482-5134.

**EARLY ENROLLMENT DISCOUNT** Registrations paid in full, by check or credit card, 15 calendar days before the course begins are eligible for the early enrollment discount noted for that course. All tuition must be paid at least five (5) days in advance of the seminar.

**CANCELLATIONS** All cancellations must be received by letter, fax or e-mail. Cancellations more than 2 days prior to the seminar are subject to a \$25 cancellation fee. Cancellations with less than two (2) days notice will be charged half the seminar tuition.

## **ACTIVE ISOLATED STRETCHING – POSTURE OVERHAUL**

*Instructor: Joshua Morton, LMP*

**September 24-25, 9:00 – 5:00 (14 hours)**

**\$265 (\$25 discount if paid in full by September 9)**

*(Tuition includes a \$15 materials fee)*

Active Isolated Stretching (AIS) shows remarkable success with soft tissue injuries and a variety of neurological and orthopedic conditions. The focus of this seminar is on improving posture. To achieve this, attention will first be given to the hips and pelvis. We will explore the spine and move into the shoulders. Focus will be given to the muscles and fascia of the joint being stretched. Students will learn the key physiological principles that set AIS apart from all other stretching systems. Leave class with the knowledge to stretch yourself and your clients. This is a practical workshop, geared towards hands-on learning on how to apply assisted and self stretches.

*Joshua Morton, LMP (Washington), is an outstanding AIS practitioner and acclaimed teacher nationally and internationally. Joshua's devotion to and expertise with AIS places him among Aaron's top therapists and teachers nationwide. His skill as a teacher and practitioner has created the opportunity for him to teach throughout the states and internationally. It has also given him the opportunity to develop and initiate an AISS system into the corporate world via Injury Free, a nationwide injury prevention and treatment company.*

## **SIMPLY STONES - LASTONE® THERAPY**

*Instructor: Patricia Warne, LMT*

**October 8-9, 9:00 – 6:00 (14 hours)**

**\$275 (\$25 discount if paid in full by September 23)**

Simply Stones is one of the many classes offered by LaStone Therapy, Inc. The instructors of LaStone Therapy are the original educators in

the use of heated and chilled stones in the massage industry since 1997. The quality and expertise of their courses are second to none. The therapeutic value of utilizing temperature to affect change in the body has long been scientifically proven. It is a “work smarter, not harder” philosophy. The ability to create change through all internal systems with the use of temperature has profound results for your clients, while relieving the strain to your own body. Even if you have taken other “hot stone” classes and are currently working with this modality, there is so much more. Your understanding, depth and expertise in this area will be enhanced with value for you and your clients.

**PATRICIA WARNE LMT** (OR Lic. #10391) graduated from The Desert Institute of the Healing Arts in 1984. She has studied extensively in Europe and brings a rich background in the science of temperature therapeutics to the classroom. Patricia was the first instructor trained by Mary Nelson, the founder of LaStone Therapy, and has been an international instructor since 1997. Patricia has also taught in many massage schools and spas for the past 15 years. Her experience and expertise are second to her passion for the Healing Arts and she shares this knowledge with students in an inspiring and motivating style.



## INTRODUCTION TO TRAGER®

*Instructor: Mark Bauman*

**October 22-23 9:00 – 5:00 (14 hours)**

**\$250 (\$25 discount if paid in full by October 7)**

Trager® work uses movements like swinging, stretching, gentle rocking, pressing and compressing to communicate an experience of complete freedom and effortlessness to the nervous system. This reminds the nervous system about what is possible and often long-held patterns of tension resolve. Thus, Trager work can be especially helpful in eliciting more freedom, grace and balance for people with chronic pain, injuries, and neurological conditions. Trager can also be helpful in improving performance in exercise, sports, dance, martial arts, etc., and increasing comfort, energy and a feeling of well-being in everyday life.

*Mark Bauman has over 30 years of experience as a bodywork therapist, and has studied with some of the greatest teachers in the field, including Milton Trager, M.D., and Taoist Master Mantak Chia. He has been a Trager® Practitioner since 1980, and has taught Trager® workshops since being selected by Dr. Trager to do so in 1984. Mark also studied Chi Nei Tsang extensively with Gilles Marin of the Chi Nei Tsang Institute, and was certified as a Practitioner in 1992 by Mr. Marin and by Master Mantak Chia, who brought this work to the West.*

## AYURVEDIC MASSAGE (ABHYANGA)

*Instructor: Noah Volz, LMT*

**November 5-6, 9:00 – 5:00 (14 hours)**

**\$250 (\$25 discount if paid in full by October 21)**

Authentic Ayurvedic massage has been developed from a sophisticated medical and energetic framework which genuinely restores balance and fosters clarity and vitality of the mind and body. It

accomplishes this by restoring the proper nourishment, assimilation and elimination of essential sustenance for our seven dhatus (tissues). Through proper massage, the metabolic and enzymatic functions are stimulated to assist the body to work at its optimum and vital potential.

The course will include theoretical knowledge, including: an introduction to Ayurveda – 5 elements, three doshas, dhatus and srotas, understanding constitutional types (prakriti) of your clients, and factors that balance and disturb the doshas; practical hands-on training in Abhyanga massage stroke technique, palpation and stimulation of the marma points, selecting the proper Ayurvedic massage oil (by season or by prakriti), and specific massage techniques for individual areas of the body.

The experiential benefits of Ayurvedic massage will be taught throughout, including decreased fatigue and stress, increased circulation and nourishment to the organ system, strength and stamina restored to the muscular system, softening of cell membranes and promotion of osmosis for hydration, and removal of metabolic waste by-products. Upon completion of this training therapists will understand the basic concepts of Ayurvedic massage and can use these treatments to benefit their clients.

*Noah Volz, LMT (OR license #14893) graduated from AIM in 2008. He has over 10 years in diverse background in many modalities including Yoga, Ayurveda, and Herbology. He brings his in-depth knowledge of energetic/physiological anatomy, clinical Ayurvedic assessment skills, and integrative pathology to his teaching. Noah is currently in private practice in Ashland, OR and a teacher for the California College of Ayurveda.*





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Permit No. 132

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*AIM for Awareness, Integrity, Mastery*