



AIM

ASHLAND INSTITUTE OF MASSAGE
CONTINUING EDUCATION
WINTER & SPRING 2010



***HAPPY NEW YEAR (and Decade!)
from the Ashland Institute of Massage***

We wish you the very best and that your practice fills and supports you well in the coming year. Ashland Institute of Massage continues to offer our 650-hour massage training program. We told you about the advanced certificate program that we had hoped to launch last year, but the economy, frankly, had other ideas! We're now looking at 2011 to begin this program. We'll keep you posted!

We are offering a new type of continuing education beginning this spring. Along with our full-weekend seminars, we will be offering a series of "Morning Mini's" -- four-hour, Saturday morning short classes that will address very specific treatment or modality approaches.

We look forward to seeing you at AIM this spring.

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.

MORNING MINI'S All Morning Mini's are from 9:00 a.m. - 1:00 p.m. and are 4 hours of Continuing Education. The cost is \$89 and must be paid in full at the time of registration. There is no early enrollment discount. Cancellations with more than 5 days notice have a \$10 fee, cancellations with five days or fewer will incur a \$50 charge.

EARLY ENROLLMENT DISCOUNT (WEEKEND SEMINARS ONLY) 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 five (5) calendar days prior to the course will be charged a \$25 processing fee. Cancellations with less than five (5) days notice will be charged half of the seminar tuition.

Saturday Morning Mini's -- 9:00 a.m. - 1:00 p.m.
(see details below for individual courses & instructors)

February 27 - Donna Eden's Daily Energy routine

March 27 - The Pelvic Stabilization

April 24 - Freeing the Natural Breath

June 25 - The Rotator Cuff

Saturday, February 27th -- Janie Chandler, LMT
Donna Eden's Daily Energy Routine,
Organizing your energetic foundations.

Donna Eden's classic Daily Routine is an energetic self-care protocol which serves to restore your energies to their optimal flow - allowing for greatly improved immunity, vitality, clarity, and joy. The Daily Routine is one of the most powerful tools we can use to stay healthy and responsive in a challenging world. This class can serve as an introduction to energy medicine or as a refresher for anyone who's already encountered the Daily Routine, but needs support in integrating the techniques.

Saturday, March 27th -- Joseph Micketti, LMT
The Pelvic Stabilization

A crucial protocol for balancing the pelvis and relieving low back and sacral pain. This class is appropriate for those who've never learned this technique, as well as those who'd like a review of it.

Saturday, April 24 -- Judith Sanford, LMT
Freeing the Natural Breath, Finding the Authentic Voice.

The layers of tension and conditioning that most of us live with distort our natural patterns of breathing. We diminish our innate capacity for healing when our breath is chronically in sympathetic, flight/flight, or freeze mode. Reawaken the parasympathetic breathing impulse in

yourself. Learn how to palpate this breath in your clients. Learn how to teach your clients to access it for themselves. Help your clients maintain and increase the benefits of their sessions. Empower your clients to connect with their authentic voice, opening the creative energy flow.

These two changes have often been the ones that make it possible for clients to integrate and own the new behaviors they discover through bodywork. I'd love to pass them on to you!

SATURDAY, JUNE 26 -GARY WILSON, LMT
THE ROTATOR CUFF -- FUNCTION, PALPATION, & TREATMENT

The four rotator cuff muscles and their tendons are essential to the integrity and functioning of the entire upper limb. You will learn the important functions of these specialized muscles. You will palpate bony landmarks, and accurately identify the four tendons, and muscle bellies on classmates. During partner exchange you will learn a short routine to access and treat the tendons and muscle bellies. The course includes handouts with exercises, assessments, and treatment protocols.

WEEKEND SEMINARS

CHI NEI TSANG (ABDOMINAL CHI MASSAGE)

Mary-Ellen Derwis-Balaz, LMT

February 13-14, 9am - 5pm(14 CE hrs)

\$250 (\$25 discount for registration by January 29th)

You will learn basic CNT techniques to release and clear blockages, assist with toxin removal, balance excessive heat and negative emotions, and effectively communicate these concepts to your client.

This method of healing works with five major systems of the body and the acupuncture meridians. This introductory class includes and overview of the Taoist 5 Element theory and its practical application in Western practice, including:

- ♦ Anatomy of proper breath and its importance in overall health.
- ♦ Medical Chi Kung practice for practioner and client to support the healing process.
- ♦ Specific touch techniques to elicit proper breath & client awareness
- ♦ Exploration and review of contents of the abdominal cavity and its relationship to meridian system
- ♦ Basic navel detox techniques
- ♦ Palpation and exploration of the large instestine, reviewing eastern and western anatomy
- ♦ Connecting the large intestine and navel detox techniques into a treatment.
- ♦Plenty of hands-on practice

MARY ELLEN DERWIS-BALAZ, LMT, CHT, is a nationally certified NCBTMB provider, ChiNeiTsang Institute instructor, and Universal Healing Tao practitioner. She has been an LMT for 17 years and practices in Hawaii and Ohio. Mary Ellen has a broad perspective in bodywork, having studied with John Upledger, John Barnes, and Paul St. John, as well as a 3-year mentorship with Kahuna Kimo Kamauna in Hawaii. This experience has provided her with the ability to integrate eastern and western views in the practice of massotherapy; thus she provides a truly holistic approach to bodywork for the practitioner. Her website is: www.beinthetao.com

NAVEL TO KNEES

The Muscles Involved in Managing Gravity

Joseph Micketti, LMT

February 20-21, 9am - 5pm(14 CE hrs)

\$250 (\$25 discount for registration by February 5th)

When the center of balance is compromised, the muscles above and below the pelvis will compensate, creating dysfunction and causing discomfort. In this workshop we will study and treat the muscles surrounding, and relative to, the pelvis. From navel to knees we will examine the abdominal muscles, thigh, hip and buttock muscles, as well as the lower back muscles – all of which play a major part in our

relationship with gravity. The dance between gravity and the upright human posture can result in torsion, a hitch in the giddy-up, if you will, affecting gait patterns, increasing muscle tension, and the onset of trigger point referrals. The insights and techniques gained from this workshop will maximize your ability to effectively counteract pain, dysfunction and chronic imbalance surrounding the center of gravity.

The muscles we will address are:

Erectors

Quadratus Lumborum
Serratus Posterior Inferior
Psoas and Iliacus
Rectus abdominis and pyramidalis

Gluteals

Maximus, Medius and Minimus

Tensor Fasciae Latae

Gracilis

Sartorius

Quads

Rectus Femoris
Vastus Lateralis
Vastus Medialis
Vastus Intermedius

Hip Rotators

Piriformis
Gemellus Superior
Gemellus Inferior
Obturator Internus
Obturator Externus
Quadratus Femoris

Adductors

Longus, Brevis, and
Magnus

Hamstrings

Biceps Femoris
Semitendinosus
Semimembranosus

JOSEPH MICKETTI, LMT, NMT(OR license #4348), graduated from the Boulder School of Massage Therapy in 1986. He has been a popular instructor at the Ashland Institute of Massage since 1994, and co-owns Advanced Myotherapy with Janie Chandler. Joseph is dedicated to continuing education and maintains his studies in Neuromuscular Therapy, St. John method, as well as Muscle Energy Technique, Strain-Counterstrain, Quantum Touch, and Energy Medicine with Donna Eden.

THE CRANIOSACRAL APPROACH PART II

Judith Sanford, LMT

March 13-14, 9:00 – 5:00 each day (14 hours)

\$250 -- \$25 early enrollment discount by February 26)

This is the 2nd weekend of this training. You must have done Part I to register for Part II. These two weekend classes together offer a detailed foundation for craniosacral work. If you took the introductory classes in the AIM curriculum you will review those skills and learn more. If this is your first experience with the craniosacral approach, you will learn to work with your clients in new ways, using light touch to palpate and listen to aspects of the body not usually addressed in massage. These techniques are so effective because they work with the body's self-correcting activity, helping it do what it, in its wisdom, is already trying to do.

Students will:

- Learn to awaken the natural, parasympathetic breath.
- Establish a grounded therapeutic field
- Learn to feel the craniosacral rhythms
- Learn a foundation level of craniosacral anatomy while feeling it in motion
- Develop the skill of feeling the fluid body and the extracellular matrix
- Facilitate freedom of motion of the sutures, joints, fasciae, and fluids
- Learn skills to help normalize function of the central nervous system
- Learn techniques for working with the sphenoid and temporal bones

You can add these skills to your treatments immediately to address symptoms such as headache, stress, whiplash, chronic tension and illness, pain, and orthopedic dysfunction of the spine and sacrum.

JUDITH SANFORD LMT, CST (OR Lic. #3306) trained in massage therapy in Toronto, Canada in 1976-77 and began training in craniosacral therapy in 1991. She has a private practice in Ashland primarily doing craniosacral

work. She was a certified teaching assistant with the Upledger Institute for several years and she taught Swedish massage at AIM for seven years. For the last six she has taught lymph drainage and craniosacral techniques at AIM. She feels her job isn't done until the information she has to share has become accessible knowledge in your hands.

NMT FOR THE SHOULDER

Joseph Micketti, LMT (see bio on page 6)

April 3-4, 9:00 – 5:00 each day (14 hours)

\$250 -- \$25 early enrollment discount by March 26)

The Shoulder: what an amazing design, what a beautiful piece of engineering! Consider all the wonderful things we can do with the shoulder.

We know that when you “carry the weight of the world on your shoulders,” those shoulders can get very achy. We need to take care of our shoulders, because sometimes we want to offer a “shoulder to cry on.” This part of the body is simultaneously vulnerable, flexible and strong. With only a singular bone articulation, the shoulder joint has a 360° range of motion. Because of this unique design, it is sadly vulnerable to stress, wear, and tear. We will look at the muscles that encompass the shoulder, giving it the ability to achieve that 360° movement, and which take on the stress of life. We will address trigger points and issues of limited range of motion in the shoulder, giving you techniques that will put you head and shoulders above the rest.

Muscles we will review and work with:

Supraspinatus	Rhomboid	Coracobrachialis
Infraspinatus	Trapezius	Levator Scapulars
Subcapularus	Subclavius	Latissimus Dorsi
Teres Major and Minor	Biceps Brachii	Deltoids
Pectoralis Major and Minor	Triceps Brachii	Brachialis

PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION (PNF)

Shuna Morelli, LMP (Washington)

May 1-2, 9:00 – 5:00 (14 hours) NCBTMB approved

\$250 (\$25 early enrollment discount by April 16)

In this dynamic and fun-paced class you will learn 16 PNF Stretches for both upper and lower body in a small group environment. 80% of this class consists of “table time”. You will learn PNF so well that you will be able to return to your clients and use your new skills immediately! PNF is easy to learn, and will benefit you as much as it does your clients!

PNF is a neuromuscular re-education modality that allows you, the practitioner, to facilitate communication between muscle and the motor cortex of the brain. When used by the trained massage therapist, PNF techniques can create a consciously chosen response in the body that decreases pain and spasm, and increases ROM and strength in a muscle. This adds up to a win-win for you and your client. They benefit from rapid pain relief and you benefit because the technique is easy on your body!

SHUNA MORELLI (M.S., LMP, # MA 00021562) is an upbeat and entertaining instructor who is known for her clarity and ability to teach in a way that makes learning new concepts easy and enjoyable. She is passionate about PNF and its ability to quickly relieve painful spasm and increase strength and range of motion. Shuna has been using PNF to successfully treat people with soft tissue injuries for over 11 years, and has been a PNF instructor in both Oregon and Washington for over 9 years.

CLINICAL TREATMENT OF THE NECK

Gary Wilson, LMT

May 15-16, 9am-5pm (14 CE hrs)

\$250 (\$25 discount for registration by April 30)

This course integrates Deep Tissue and Trigger Point Therapy to address neck pain and dysfunction. Treatment areas will include whip-lash, torticollis (stiff neck), headaches and thoracic outlet syndrome. The workshop will also include a review of anatomy and pathology

specific to each area of treatment. Classes are small with a maximum of 12 students.

- A detailed manual of the anatomy and dysfunctions of the neck, as well as each muscle's trigger point referral patterns.
- Protocols for treatment of the posterior, lateral and anterior neck, and related trigger points.
- Side-lying position techniques for the posterior neck, designed to protect therapist hands and more easily access the suboccipitals, multifidi, and scalenes
- Treatment of anterior neck muscles - often neglected but important in addressing whiplash injuries and postural distortions.

GARY WILSON, LMT (OR License #9746), is a graduate of Heartwood's Holistic Health Practitioner program. AN NCBTMB approved provider, his teaching experience began in 1985 in the modalities of Sweedish massage and foot reflexology. Today, he teaches human sciences, therapeutic modalities, and myofascial release at various massage schools. He is known for his sense of humor, his talent in conveying subtle palpation skills, and his ability to present complex subjects in ways that can be easily grasped.



"You will find, as you look back upon your life, that the moments that stand out, the moments when you have really lived, are the moments when you have done things in the spirit of Love."

~Henry Drummond

REGISTRATION FORM

<i>Check requested workshop</i>	<i>Dates</i>	<i>Fee</i>	<i>Deposit</i>	<i>CEUs</i>
<input type="checkbox"/> Morning Mini - Daily Energy Routine	Feb. 27	\$89		4
<input type="checkbox"/> Morning Mini - Pelvic Stabilization	March 27	\$89		4
<input type="checkbox"/> Morning Mini - The Natural Breath	April 24	\$89		4
<input type="checkbox"/> Morning Mini - Rotator Cuff	June 26	\$89		4
<input type="checkbox"/> Chi Nei Tsang	Feb. 13-14	\$250	\$50	14
<input type="checkbox"/> Navel to Knees	Feb. 20-21	\$250	\$50	14
<input type="checkbox"/> Cranial Sacral II	March 13-14	\$250	\$50	14
<input type="checkbox"/> Clinical Treatment of the Shoulder	April 3-2	\$250	\$50	14
<input type="checkbox"/> PNF	May 1-2	\$250	\$50	14
<input type="checkbox"/> Clinical Treatment of the Neck	May 15-16	\$250	\$50	14

NAME _____

HOME ADDRESS _____

CITY _____ STATE ZIP _____

TELEPHONE (DAY) _____ (EVENING) _____

FAX _____ E-MAIL _____

Course Fee(s) or Deposit(s) \$ _____

Early Enrollment Discount
(if paid in full 15 days before the course begins) \$ _____

Total Enclosed \$ _____

Check (make payable to Ashland Institute of Massage. Returned check fee \$25.)

MasterCard or VISA

EXP. DATE _____ SIGNATURE OF CARDHOLDER _____

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