

North Jersey Massage Training Center, LLC

Division of Continuing Education

Parsippany Medical Complex

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Core Presentation

with Larry Heisler, M.A., LMT

Choose from Tues. April 5, Weds. June 1, Sat. Aug. 13 or
Fri. Oct. 14

1-6 pm 6 CE Hours

\$140

It's very rare that massage therapists talk about the internal organ structure, the acupuncture lines and their relationship to the musculature unless you are studying acupuncture or taking a course like shiatsu. But the truth is in both eastern Oriental Medicine and western Applied Kinesiology, it is taught that **the acupuncture energetic system, a.k.a. the meridian lines, directly influence the strength and integrity of the muscles.** So if the Gall Bladder is overworked because last night we partied an ate way too much fat as in a large ice cream sundae or consumed way too much alcohol, anywhere that gall bladder meridian runs in your body, those muscles will be compromised and susceptible to injury. Did you ever wake up with a stiff neck and you said I must have slept wrong or caught a draft? Well since the neck is related to the gall bladder, there might have been another possibility, too much pizza and beer. In addition, the gall bladder meridian runs down into the rhomboids, as in those intrascapula knots we see so often, and it runs right down the hips into the IT Band. **DO YOU SEE WHAT I'M GETTING AT?** If you know what foods and lifestyle habits control the meridians and what muscles are directly associated, you'll know something so profound that it will dramatically influence how you approach your massage therapy from this day on! And that's exactly what this class is going to teach. This presentation will change your entire perspective on how you approach bodywork.

"This is a must class for not only massage therapists but for all wellness practitioners. It is fresh, inspired, and original clinical information." Margaret Alviggi, R.N., past recipient, Governor's Award **New Jersey Nurse of the Year**

Ultimate Back with Larry Heisler, M.A., LMT

Choose from Tues. April 19, Weds. June 15, Sat. Aug. 27 or
Fri. Oct. 21.

10-6 pm 8 CE Hours

\$175

To give a great massage, one that has your clients buzzing and returning again and again, is what it's all about. Approaching the back, its hardness, its armoring, and its painful anomalies must be Massage 101 for us. If you do not successfully address their "aching back" you will lose your clients to someone who will! Join us as Larry creates an all day, hands-on, medical massage learning lab. Our focus will be "back central", combining deep tissue and trigger point therapies, Osteopathic massage techniques, shiatsu and Larry's very special muscular approach entitled, "stretch and strip". This class will teach you how to save your hands while you give the most sophisticated massage of your life and it will dramatically raise your skills and your bottom line!

"In the Orient the title master is used respectfully for someone who has performed 25,000 treatments. At nearly 50,000, spanning 36 years, Larry has surely established his expertise. He shares an amazing range of insight and his techniques are quite extraordinary."

Sifu Chuck Loeffler, B.A., B.S., CMT, Tai Chi/Chi Kung Master (in memoriam)

Ultimate Hip and Leg

with Larry Heisler, M.A., LMT

Choose from Tues. May 3, Weds. July 13 or Sat. Sept. 17
10-6 pm 8 CE Hours

\$175

An extraordinary massage is one where every part of the treatment stands out by itself as distinctively great. Our hip and leg work includes our unique eastern and western synergy giving the practitioner advanced skills for whatever situation that arises, from piriformis syndrome and sciatic pain to psoas, groin, quad, ham, knee, and right down to the Achilles and foot. You'll be using your hands, forearms and elbows in new and unique ways with deep tissue trigger point work, muscle stripping, traction, meridian stretches and shiatsu. Come see why these techniques are used by the most successful of massage therapists and truly enjoy parts of your massage you never have enjoyed doing before.

As always, your classes are fun and filled with great material!"

Celeste Cappadonna, C.M.T for 17 years

Ultimate Neck with Larry Heisler, M.A., LMT

Choose from Tues. March 22, Weds. May 18, Sat. July 23,
or Friday.Sept.29

10-6 pm 8 CE Hours

\$175

Dramatically increase your client's satisfaction by maximizing the results of your therapeutic massage. We will comprehensively address the neck and shoulder areas with some of the most effective and exciting advanced massage therapy techniques you have ever tried. Again, expect to spend the day in a hands-on learning laboratory honing your skills under Larry's masterful supervision. You will learn Osteopathic neck massage and specifically how to clear the trigger points from the neck region while simultaneously engaging this intricate area with a sophisticated combination of stretching, traction, shiatsu and cross fiber friction work. Larry will address the sternocleidomastoid and scalene muscles, thoracic outlet syndrome, the posterior cervical region and much, much more.

Larry's Ultimate Neck class is amazing. After using the techniques I learned, one of my clients said it was the best neck work he ever had. It has revolutionized the way I approach the neck!" Jeff Mills, LMT

"The best neck work I've done and received. I love the class. Larry is knowledgeable and engaging. His classes are so informative and a pleasure to be part of. I highly recommend this class!" Leslie Dondarski

Ultimate Arm & Shoulder

with Larry Heisler, M.A., LMT

Choose from Wednesday April 13, Saturday June 11, Friday August 26, or Tuesday October 18.

10-6 pm 8 CE Hours

\$175

Join us as we focus specifically on the shoulder, the arm and its complaints by utilizing deep tissue and trigger point therapies, shiatsu and Larry's outstanding "stretch and strip" manual therapies approach. From frozen shoulder and rotator cuff work, to involvements in the deltoid, upper arms, flexors, extensors, elbow and wrist. When it comes to the arm and shoulder, this workshop transforms basic massage practitioners into sophisticated massage therapists.

"I always neglect the arm. The techniques taught in this class were amazing!" Sandra Yocovelli, CMT

"Larry always delivers amazing classes that get to the point in a knowledgeable and charming way- Fun in Learning!" Joyce Lantzman

Ultimate Face and Foundation

with Larry Heisler, M.A., LMT

Choose from Tues. May 17, Sat. July 16, Weds. Sept. 21

10-6pm 8 CE Hours

\$175

This remarkable class addresses both the core of your client and their face, scalp and head. Core work is called Ampuku in Japan (shiatsu) and sometimes called either Tui Na or Chi Nei Tsang in China. It uses the energy and martial arts principles of Qi-Gong/Chi-Kung as it comprises gentle, non-invasive visceral massage with energetic breath techniques and specific, very powerful abdominal acupressure BO points. Traditional Ampuku often results in a profound sense of well being, deep, deep relaxation and/or a cleansing, detoxifying stimulation. In Taoist circles it is used to simultaneously heal the physical, mental, emotional and spiritual aspects of the individual and is revered for its immune boosting qualities. Our face, scalp and head work includes our ever popular Acupressure Face Lift, assuring that your clientele will look younger and fresher after your session with them, once again significantly adding to your repertoire, effectiveness and "bottom line."

"These great techniques have significantly improved the quality of my work." Theresa Menagh., R.N., CMT

Ultimate Foot and Hand

with Larry Heisler, M.A., LMT

Choose from Tues. March 1, Weds. May 11, Weds. July 27 or Sat. Sept. 10

10-6pm 8 CE Hours

\$175

Foot and hand work is something most massage therapists are weak in. Good foot work is the difference between a satisfied client and one that will go elsewhere. This class will help you hone your foot and hand work, giving you a new, fresh approach that will have your clients returning again and again for more. This deep tissue foot and hand approach

includes the neuromuscular trigger point work that will eradicate pain and tension and combine the most powerful shiatsu points on the leg and arm extremity. These tsubos, known as the Go, Gen, Sei points are one the secrets to an extraordinary session. This is not a reflexology class that requires a completely different serious course of study but there is always a cross-over of information and technique. You will dig this class.

"Teacher excellent, he's a master of his art. This was an excellent course!" Anonymous C.E. evaluation

Ultimate Practical 1: Addressing the Top 20

with Larry Heisler, M.A., LMT

Choose from Weds. March 30, Fri. June 24 or Thurs. Oct. 6

10-6pm 8 CE Hours

\$175

The pre-requisite for these classes is attendance in at least 4 Ultimate Series classes.

There are an estimated *twenty soft tissue conditions* that absolutely respond the best to soft tissue applications, this is what makes the type of work we do invaluable! It gives us our niche. **As a medical massage therapist you are a soft tissue specialist.** Larry will start by performing a complete massage session, demonstrating the techniques taught in the Ultimate Series. In addition, he will specifically address the complaints brought to us everyday in our practices and how to clinically assess and develop a treatment protocol using the advanced techniques we have learned. We will then continue by spending the remainder of the day in supervised practice, honing and developing the skills we have been immersed in. If how you get to Carnegie Hall is practice, then we're going to tune up your hands for a great healing massage symphony.

"This class has given me much more than excellent new techniques. It has also encouraged me to change my lifestyle to a healthier way of being." Pat Warman, LMT

Ultimate Practical 2: Addressing the Top 20

with Larry Heisler, M.A., LMT

Choose from Thurs. April 28, Tues. July 19 or Thurs. Sept. 1

10-6pm 8 CE Hours

\$175

When learning so many new and exciting advanced techniques, the hardest thing to do is to find the practice time to incorporate them on a daily basis. This class will continue going over how to approach the top twenty soft tissue conditions with supervised practice time. So join us and spend an entire day reviewing, practicing and honing your skills in preparation for your practical certification examination. **After you've taken our entire program and have had enough time to easily incorporate our techniques into your massage repertoire, you are ready to take your practical medical massage certification examination. At that point you will schedule a one on one hour and a half massage with Larry and if you show high competency and pass, you will receive the coveted New Jersey Massage Medical Massage Certification.**

"Great class, can't wait for the next one! Opened my eyes to so many new techniques, especially practitioner saving techniques!!" Angie Pyatt, CMT

[The Massage Therapy Facial:](#)

[for all Health Care Providers](#)

with Larry Heisler, M.A., LMT

Choose from Fri. April 18, Mon. July 11, or Sat. Oct. 15
10-6pm 8 CE Hours \$175

The Massage Therapy Facial is not the typical facial received at a salon by a cosmetologist or esthetician, rather it is one **uniquely designed for us, the massage therapist.** We do incorporate massage therapy techniques fully within the scope of our practice; effleurage, petrissage, deep tissue therapy, acupressure points, hand and foot treatments, hydrotherapy and a primer guide to choosing the finest selection of products for your special customers. We will teach you all the components of a great facial massage including the creation of an a` la carte menu of services – from the equipment and supplies needed, to the actual application of products with the strokes and techniques utilized. Join us for this all day hands-on presentation with its creator, our very own, Larry Heisler.

Dramatically increase your earning potential and offer your clients these valuable additional services.

[Clinical Nutrition: for all Health Care](#)

[Providers and their friends and family](#)

with Larry Heisler, M.A., LMT

Choose from Thurs. June 23, Thurs. Aug. 18 or
Thurs. Oct. 20

7:30pm-10:30pm 3 CE Hours \$75

*"Colleagues often ask me how I have been able to last so long in such a grueling profession as massage therapy, particularly after performing nearly 50,000 deep tissue massages over a thirty four year period. **My secret has always been nutrition!**"* Larry Heisler

Join school director, master massage therapist and former Director of Nutrition for the Parsippany Medical Complex, Larry Heisler, in an extraordinary 3 hour nutrition consultation. Larry will explore all aspects of nutrition and supplementation in this workshop designed to strengthen your understanding, answer your questions and get you on your way to a dynamic, healthy transformation. Bring your significant others and start together in adding quality years onto your personal and career life expectancies.

"Larry's nutrition presentation is comprehensive, professional and a complete inspiration. This workshop should be mandatory for anyone in healthcare and for that matter anyone with a health insurance policy."

[Supercharge your Swedish Massage](#)

[with Shiatsu](#)

Larry Heisler, M.A., LMT

Choose from Thurs. May 26, Weds. Aug. 10 or
Thurs. Oct. 27

10-6pm 8 C.E.'s \$175

Shiatsu is a deeply powerful and complete form of bodywork, respected worldwide and based on thousands of years of empirical data. What's more profound is that the meridian system and its specific acu-points have a deep influence on our musculature, the internal organ conditions and the immune and nervous systems. Join us for this one day workshop, where Larry will teach you how to add the most powerful shiatsu lines and points to supercharge your Swedish massage.

"The first 8,000 massage treatments I performed in my career were Traditional Barefoot Shiatsu sessions. I had studied for years with the Macrobiotic and Japanese Masters Michio Kushi and Sensei Masahiro Oki and was amazed at their breath of wisdom, power and effectiveness. There wasn't any type of overhead bar or other props in the early 1970's and you did not walk on your client's body. Instead it was a very sophisticated form of bodywork using many parts of your own body to treat your client while concentrating on the energy lines called meridians and specific acupuncture points called tsubos." Larry Heisler, M.A., LMT

[Thai Massage - Lower Body](#)

with Rose Griscom, CMT, NCTMB

Friday & Saturday, April 1 & 2,

10am-6pm, 16 C.E.'s \$325

Early bird discount if paid in full by March 3rd, \$300.

Join **Thai Master** Rose Griscom in this exceptional **Two-Day Workshop learning Traditional Thai-Yoga Massage for the Floor.** This program will focus on traditional Thai techniques for the lower body done in supine position, including passive range of motion, acupressure and compression. You will be shown about 30 Thai movements comprising an hour session in what is called the "first half of the Front Position, working thoroughly on the feet, legs, hips and back. Proper body mechanics will be emphasized as you learn this popular modality to provide deep pressure with minimal effort while increasing client's flexibility, vitality, and relaxation!

Class includes a comprehensive textbook.

DVDs and other support products (mats, herbal compresses and more) will be available for sale.

Special offer: Sign up and pay for this class along with **Thai Massage-Upper Body** in August and get a \$100 discount on the second class!

[Thai Massage- Upper Body](#)

with Rose Griscom, CMT, NCTMB

Friday & Saturday, August 19 & 20,

10am-6pm, 16 C.E.'s \$325

Early bird discount if paid in full by July 21st, \$300.

Join Thai Master Rose Griscom in this exceptional Two-Day Workshop learning Traditional Thai-Yoga Massage for the Floor. This program will focus on traditional Thai techniques for the upper body with the client supine in what is called the 'second half of the Front Position'. We will use

passive range of motion, acupuncture, and compression, thoroughly addressing the abdomen (*hara*), chest, arms, hands, neck, head and face. Students are shown about 20 Thai movements comprising a 45-minute session on the upper body, done on a traditional **floor mat**. However, this part of Thai massage can also easily be incorporated into table massage sessions after class. Learn Thai energy system (*Sen* lines); proper body mechanics are emphasized. Use this popular modality to provide **deep pressure** with **minimal effort** while increasing client's **flexibility, vitality, and relaxation!**

Class includes a comprehensive textbook. DVDs and other support products (mats, herbal compresses and more) are available for sale.

*Register and pay for this class along with **Thai Massage-Lower Body Stretches** in April and you get a \$100 discount on this class, so the fee is ONLY \$200!

Rose J. Griscom is the director and lead instructor at Institute of Thai Massage-USA, based in southern New Jersey. ITM-USA was started in 1992 by Arthur Lambert and Chongkol Setthakorn as the original branch of ITM outside of Thailand. The work is taught very much like in Thailand.

"Rose is one of the most talented healers I have worked with." Ken Cohen, Chi Kung Master and author of *The Way Of Qi Gong*.

"The presenter had a wonderful smile, with warmth and sincerity. Her knowledge and love of this subject was outstanding. This was a great weekend." AMTA Retreat

[Kinesio Tex Taping, KT1+KT2](#)

with Dr. Graceann Forrester - PT, DPT, CKTI

Thurs. and Fri. March 10+11, or Sat. and Sun. Oct 1+2
9:30-6:30pm 16 C.E. Hours \$400+ \$99 required materials
This price includes: Kinesio Taping workbooks,
1 year full membership/KTA database access and
3 rolls of Kinesio Tex Tape to use during lab sessions

THIS COURSE IS INTENDED FOR LICENSED HEALTH CARE PRACTITIONERS ONLY AND IS APPROVED BY THE KINESIO TAPING ASSOCIATION

Who Should Attend?

MD's, MT's, PT's, OT's, ATC's, DC's, LAC's, PTA's, OTA's and other medical practitioners.

Join Dr. Forrester to learn the fundamental concepts of taping including physiological effects, applications, advanced concepts and corrective techniques. During lab sessions, attendees will have ample time to practice Assessment Tests approved for the enhancement of your KT skills and muscle applications for both the upper and lower body.

Enrollment: This course has sold out the last two times and fills quickly. Early registration is highly encouraged. Please bring your own scissors, wear proper attire for taping (tank top & shorts and if you have please bring your massage table).

[KT3:Kinesio Taping Certification](#)

[Course](#)

(Pre-requisite, completion of KTA approved KT1 and KT2 courses)

KT3 April 17 Sunday 9-6pm \$200

The Kinesio Taping Certification Course combines KT1 and KT2 coursework with extra lab time for attendees to practice their skills on a variety of clinical applications. KT3 can be designed to allow the instructor to cater towards specific practitioner protocols, clinical applications, and practitioner population and address specific professions or clinical conditions. KT3 can also be set up as a general orthopedic course and may incorporate any or all of the following: unusual tapings, variations on standard tapings, problem solving, and "live patients". Upon completion of the course and pre-requisite KT1, KT2 seminar, attendees will be eligible to request and take the exam to become a Certified Kinesio Taping Practitioner (CKTP).

[Cancer Massage Certification](#)

[includes Life-Altering Illness, HIV-Aids & Hospice](#)

with Cheryl Chapman, RN, HNC, NCTMB

Monday and Tuesday March 28+29,
Monday and Tuesday May 9 +10, **10-6pm**
Monday and Tuesday July 25+26 **16 CE Hours**
Thursday and Friday Sept. 29+30 **\$325**

We are much honored to present our former graduate and the former President of the NJ Chapter of AMTA in this important **certificate training program**. Cheryl will address the complete scope of massage therapy for cancer, as well as life-altering illnesses, from the contraindications and the anatomy and physiology to positioning, draping, massage techniques, legal issues and documentation. This workshop is open to all levels of massage and bodywork practitioners, hospice caregivers and health care providers – especially those interested in cancer care.

This two day program is the prerequisite for Cheryl's Mastectomy Massage.

"Cheryl is very knowledgeable and approachable. Her desire to share massage as a healing presence and as a way to reconnect with the body, grows from a place of genuine care. Her class is informative, practical and inspirational. Thank you!" Bernadine lleto, CMT

[Healthy Breast Massage Certification](#)

with Cheryl Chapman, RN, HNC, NCTMB

Tuesday May 24 or Tuesday Oct. 25
10-6pm 8 C.E. Hours \$200

Breast massage is very controversial and as such the **State of New Jersey requires eight hours of additional training to perform it. This workshop will fulfill the State requirement** and explore the following:

- Remove the taboo from the practice of breast massage.
- Become comfortable and knowledgeable about the choice of breast massage.
- Understand the benefits of breast massage.
- Review the anatomy and physiology of the breast
- Demonstrate a minimum of six hands-on techniques.
- Discuss the legal, ethical and emotional issues relating to breast massage.
- Learn proper positioning and draping.
- Learn how to introduce your client to the new techniques.
- Obtain hand out materials and learn self-breast massage.
- Identify the guidelines for ethical breast massage.

Must be state licensed or certified to enroll in this program. Male massage therapists may be required to bring a female guest to work on.

Mastectomy Massage

with Cheryl Chapman, RN, HNC, NCTMB

PREREQUISITE:

Cancer Certification Program Required

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|----------------------------------|--------------------|
| Monday and Tuesday Apr. 25+26 | 10-6pm |
| Tuesday and Wednesday June 28+29 | 16 CE Hours |
| Monday and Tuesday Aug. 15+16 | \$325 |
| Monday and Tuesday Oct. 3+4 | |

Whether breast surgery is life-saving or cosmetic, massage therapy is beneficial to the client and enhances the healing process. Cheryl will cover:

- An understanding of the physiological, social and emotional aspects of breast cancer and breast surgeries.
- Review of the anatomy, physiology and lymphatic system of the breast.
- Learn to recognize lymphedema and work safely with the condition.
- Gain knowledge of the various breast surgeries: augmentation, explanation, reduction and implants.
- Learn appropriate and effective massage techniques and hands on practice.
- Positioning, body mechanics and draping for chair, side-lying and table.
- Skills needed to teach clients self-care techniques, including massage, R.O.M., exercise and stretching.
- Survey of broad range of resources available to client and therapist.
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Geriatric Massage Therapy

for the Mature and Aging Client

with Cheryl Chapman R.N., HNC, NCTMB

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|-----------------|-------------------|
| Friday April 15 | 10-6 pm |
| Friday July 22 | 8 CE Hours |
| Friday Oct. 28 | \$200 |

With increasing life expectancy, the growing aged population provides a viable client source for massage therapy. Generally not taught as part of the massage school curriculum, geriatric massage requires the study of specific techniques to provide

safe and effective treatment. Geriatric massage holds an unlimited potential to dramatically increase your clientele by reaching out to an ever growing population that is well educated, possesses the financial resources and the inherent need to receive quality massage therapy. Learn aspects of aging, client assessment, cautions and contraindications and how to establish a geriatric practice with practical hands on approaches.

"This class was recommended to me from another person. This course was outstanding! Well worth the 4.5 hour drive to see Cheryl present this priceless information. Thank you so much!" Tracy Cousins, CMT

Pregnancy Massage Certification

with Cheryl Chapman, RN, HNC, NCTMB

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|---------------------------------------|---------------|--------------------|
| Tuesday and Wednesday March 15 and 16 | | |
| Tuesday and Wednesday July 5+6 or | | |
| Monday and Tuesday Oct. 10+11 | 10-6pm | 16 CE Hours |
| | | \$325 |

Join Cheryl Chapman (past NJ AMTA President) for this dynamic two day hands-on prenatal and postpartum massage certification. Prenatal and postpartum massage is therapeutic bodywork focusing on the special needs of the expectant mother. This presentation will teach you the ins and outs of working with your pregnant client through every phase of the childbirth experience. From common complaints like morning sickness, fatigue and mood swings, to back, neck and shoulder pain, contraindications and special points.

Working with pregnancy is an exceptional experience that should be included in the services you offer, but undertaken only by massage practitioners with this type of extra training and insight.

***This class fulfills insurance requirements to work with pregnancy massage.**

"Great! Cheryl was a joy and extremely knowledgeable and helpful." Beth Ann Britt, CMT

Introduction to Holistic Nursing

for all Health Care Providers

with Cheryl Chapman, R.N., HNC, NCTMB

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|------------------|-------------------|
| Monday March 7 | 10-5pm |
| Monday June 13 | 7 CE Hours |
| Friday August 12 | \$150 |

As of April 2007, The American Nursing Association recognized holistic nursing as the newest nurse specialty! According to the American Holistic Nurses Association, "holistic nursing embraces all nursing practice that has enhancement of healing the whole person from birth to death as its goal." It is precisely because holistic nursing recognizes the **body-mind-spirit connection** of persons; holistic nurses often practice complementary/alternative modalities. Expand your knowledge and understanding by joining Cheryl, our resident certified holistic nurse practitioner and extraordinary presenter, for an intriguing day of exploring holistic practices in the clinical setting.

"Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has." Margaret Mead

[Massage Therapy for the Cardiac](#)

[Patient](#) with Cheryl Chapman, RN, HNC, NCTMB

Friday March 4 or Monday August 22

10-6pm 8 C.E.'s

\$200

With heart disease at an all-time high and a major cause of death in the U.S., understanding the ins and outs of this condition is of great importance to the massage profession. A healthy recovery from heart trauma and cardiovascular surgery can include a great massage from a therapist that is well trained and sensitive to his client's special needs. Cheryl will give you the specific training needed to understand your client's pre and post-operative condition and will explore all the aspects of performing a comforting, therapeutic, non-invasive massage for physical and emotional healing. A review of cardiac anatomy and physiology including coronary artery blockages, bypass surgery, valve replacement, angioplasty, cardiac catheterization, and cardiac stents, pace makers, heart attack (myocardial infarction), angina, congestive heart failure, coronary artery disease, and hypertension will be thoroughly reviewed. In addition this comprehensive class will go over the indications and contra-indications, how to handle home, hospital and re-hab visits, the legal aspects, specific positioning, use of ice and heat and how to integrate various therapies in the massage session. **Join us for another Cheryl Chapman/North Jersey Massage Training center first!!!**

[Deep Tissue Mobilization Technique](#)

with Dr. Henry Roth DC, NCTMB

Monday April 11 or Monday June 6;

Monday August 8 or Monday Oct. 17

10-6pm 8 C.E. Hours

\$175

This workshop introduces the practitioner to the Roth method of deep tissue application with the addition of in-joint massage movement therapy classified as body mobilization.

The therapist learns how to apply deeper pressures on concentrated regions of tension while at the same time performing body mobilization motions which encourage a shotgun method freeing up chronic shortening of soft tissue and thereby bringing the body back to its original unrestricted and pain free state. Come and learn these powerful methods to add to your tool belt of available manual therapies. A good therapist has at all times several soft tissue methods available to address the concerns of their client.

[Positional Release Therapy](#)

with Dr. Henry Roth, DC, NCTMB

Sunday March 6

Sunday May 15

Sunday July 10

Sunday September 11

10-6pm

8 CE Hours

\$175

This gentle, manual biomechanical mobilization technique places the client's body in a comfortable position for 90 seconds which in turn allows the body to reset the problem muscle to normal, thereby setting the stage for the condition

to resolve and heal itself. **You will learn all the right moves to ease 21 types of muscle pain**, from a stiff neck to an aching back. This therapeutic approach is based on the idea that each person and each pain is "one of a kind." Since the way people store pain is unique, effective treatment must take that uniqueness into account. This course has not been available for massage therapists in any of the continuing education programs available today. Now you have a chance to learn this very simple yet powerful technique that you can teach your clients for their self-care.

"This is a first! Dr. Henry is the amazing therapist who taught us all how to table stretch our clients. Now he is continuing by teaching us the next cutting edge modality to add to our arsenal of effective massage therapy skills." Larry Heisler, M.A.

[Under the Stone](#) with Dr. Henry Roth, DC, NCTMB

Sunday April 3 or June 12 or Sunday August 21 or Oct. 16

10-5pm 7 C.E. Hours

\$175

There is a new hot stone massage technique in the spa industry known as "Under the Stone." This hot stone method developed by Dr. Henry Roth utilizes the classical style of Swedish massage while gliding along the body surface dispensing deep heat and a spontaneous relaxation response from the client. The practitioner will be taught the versatile use of the "Rothstone" a Y-shaped hand-carved Opalstone that is unlike any stone in the heated stone industry. The Rothstone has the unique capability to shape along all soft-tissue and bony surfaces with airtight conformity. The massage therapist becomes a sculptor of the human frame as it glides warmly up each vertebral segment and fits promptly along the entire shape of the posterior spine. Under the Stone is a dance in technique of hot stone application not seen before in any other technique.

Under the Stone Manual provided.

Stones for purchase will be available.

[Reflexology: The Roth Method](#)

Manual Counter-stress Technique for Optimal Relaxation through the Hands and Feet with Dr. Henry Roth.

Sun. March 20, Sun. May 22, Sun. July 24, Sun. Sept. 18

10-6pm 8 C.E. Hours

\$175

Join us for a day of great foot and hand work. After a lifetime of performing exceptional hands on manual therapy, both as a massage therapist and chiropractor, Dr. Henry Roth has become an extraordinarily popular and sort after teacher as well. The Reflexology presented by Dr. Roth is like no other. Students from his early teachings would hire him for their own personal sessions. Dr. Henry's style of work is both intense and manually beautiful and it is his initial relaxation techniques that set him apart from other practitioners. This class is intended for both those who have Not taken Reflexology before and current reflexologists looking to upgrade their manual approach. Please bring two pillows and a special foot lotion you might enjoy.

Heartsaver First Aid with CPR/AED

with Joe Jazwick, EMT

Thurs. April 7; Thurs. June 9; Fri. Aug. 5; Thurs. Oct. 13
10-5pm **6 CE Hours** **\$135**

A must for every massage therapist and body worker, and a must for NJ State Certification. Join our expert EMT, Joe Jazwick, as he teaches rescuers to effectively recognize and treat adult emergencies in the critical first minutes until emergency medical services personnel arrive. The Heartsaver First Aide Course was developed to meet a widespread request for an American Heart Association course that integrates First Aide, CPR and the use of an Automatic External Defibrillator (AED). Your certification is good for two years. Class size limited, register early!

“Our CPR program with Joe Jazwick, EMT is painless and to the point.”

NJ Massage Certification Legal Training

with Stephen C. Parker, Esq., CMT

Saturday June 4 or Saturday Sept. 24
10-5 pm **7 CE Hours** **\$175**

Massage therapists in New Jersey are currently regulated under a 1999 law that provides for “Certification” of qualified applicants. Only massage practitioners that complete this process are permitted to use the titles: “Certified”, “Registered” or “Therapist” in connection with their professional qualifications and titles. The current Certification law is optional. In 2008, New Jersey enacted a new massage Licensing law that will become effective after members of the New Jersey Board of Massage and Bodywork Therapy have been appointed by the Governor, and once that Board adopts detailed Regulations. Once in effect, the Licensing law will be mandatory. This class satisfies the requirement under the current Regulations that applicants applying for Certification on the basis of a 500 hour course of massage training must have completed a six hour block of legal education. New Jersey massage practitioners that have been Certified under the 1999 law will automatically become Licensed under the 2008 law. This class includes a detailed review of the current Regulations as well as discussions regarding advertising law; sexual misconduct; negligence and other grounds for legal liability; privacy requirements for massage practitioners, and malpractice insurance and other business issues for massage practitioners. Key differences between the current law and the new Licensing law will also be discussed. The information is presented in a highly interactive manner and students will be provided with copies of the current Regulations and the Application for Certification.

Traditional Usui Reiki:

for Health Care Providers, Therapists and general population.

with Kathleen Moran, RMT, CHT

Choose one from any of the following dates.

REIKI I

Sun. March 27; or Sun. June 26; or Sun. August 14;
10-6pm **8 C.E. Hours** **\$200**

REIKI II

Sun. July 17; or Sun. September 25;
10-6pm **8 C.E. Hours** **\$200**

REIKI III-teacher training

Sunday Oct. 9; **10-6pm** **8 C.E. Hours** **\$300**

These specialized Reiki trainings cover all of the energy attunements and teachings of Usui Reiki as it was taught in the U.S. In addition to the healing activation, the trainings cover many aspects of how Reiki supports daily interaction with clients in office, home and hospital settings. The entire training is presented as practicum, a combination of teachings, energy exercises and interactive hands-on table work. Kathleen is a veteran Reiki teacher.

Usui Reiki I: Class consists of lecture and discussion, hands on healing for student and healing others, hand positions, seven major chakras, Reiki principles, guided imagery and meditation, plus four Reiki Attunements.

Usui Reiki II: This Reiki training focuses on the different forms and art of Reiki healing with symbols. After completion of Reiki I, students will be taught the symbols of Reiki II, learn how to direct the healing and use of the Reiki energy with a conscious purpose. The symbols taught in Reiki II are used to increase the power of healing. Students will be taught how to heal emotions and the mind, clear and heal karma and perform distant healing. Students will also learn the opening of the Kundalini energy to bridge them from second degree students to Reiki III. One Usui Reiki Attunement will be given.

Usui Reiki Master III / Teacher Training: This training teaches students how to prepare and teach Reiki to future healers. Students will be given additional symbols for Master/ Teacher, and also nontraditional Reiki symbols. Students will be taught how to pass Attunements. One Attunement will be given. *Pre-requisite Level I and II.*

Ethics

with Kim Braun, M.S., CMT

Tuesday March 8 or Tuesday May 31
Tuesday July 12 or Tuesday September 20
10-5pm **7 C.E. Hours** **\$175**

Fulfilling both New Jersey State Regulations and the National Certification Board for Therapeutic Massage and Bodywork, six Hours (6) of Ethics is now the law of the land. Join our very own professor of basic massage sciences, Kim Kondrat, as she takes you through the high road of ethical considerations towards fulfillment of this mandatory state and national requirement.

Lomi Lomi – Hawaiian Temple Bodywork

with Bianca Franchi, CMT, NCTMB

Join us for the day to explore this sacred form of Hawaiian bodywork. Originally, Lomi Lomi was developed by the Hawaiian Shaman called Kahuna to align the body, mind and spirit. Participants during this

hands-on workshop will explore the principles for conscious touch and learn some of the more popular energetic healing techniques performed in an actual Lomi Lomi session.

Choose one from any dates below:

Lomi Lomi I:

Tuesday June 14 or Monday September 26

10-5pm 7 C.E. Hours \$175

Lomi Lomi II: Continued training and practice

Monday July 18 or Tuesday November 1

10-5pm 7 CE Hours \$175

\$300 if you sign up for both at the same time.

Paw Pet Massage

with Dr. Jane Garofano

Thursday June 2 or Wednesday September 20

5-6:30pm 1.5 C.E. hours \$95 includes DVD

For anyone who wants to learn the fundamentals of a 'pet' massage for a dog. Animal or pet massage, like massage therapy for humans has proven to provide relaxation, stress reduction, rehabilitation and performance enhancement to name a few of the benefits of massage. On the other hand, massage is also an essential health care tool like feeding, grooming and exercising to maintain our pets' wellness and enhance quality of life. This technique can be learned by anyone - no experience is necessary. Pet owners, pet sitters, dog walkers, groomers and trainers, shelters, kennels, veterinary technicians and massage therapists all can learn and apply animal massage for different reasons. The physical and behavioral outcomes can include and assist pain, separation anxiety, fear, abuse, grieving, arthritis, pre/post-surgery, exercise substitute, performance, abandonment and Basic Wellness. Join Dr. Jane in this hands-on workshop that will include the benefits, canine anatomy, handling and strokes and a basic routine for relaxation and circulation.

NCBTMB Test Review

with Dr. Jane Garofano

Tuesday June 2 or Wednesday September 7

2-4:30pm 2.5 C.E. hours \$125 includes textbook

Taking the National Certification Exam for massage therapy or bodywork? Join Dr. Jane, author of the Prentice-Hall bestselling text for passing your NCETMB and NCETM examinations, entitled "*Success in Massage Therapy.*" Dr. Jane has over 31 years' experience and spent more than two years researching and writing this comprehensive review text. This workshop will take you through the national tests format and show you how to utilize her valuable text to study and pass your exam.

Working Smarter Not Harder

with Louise and Peter Mahoney, CMT's

Friday, September 23 10-6pm 8 C.E. Hrs. **\$175**

How can I give great massages, have very satisfied clients and still feel full of energy? This is the question that will be addressed in the class. The hands on class will explore techniques, tools, and self-care to assist in maximizing your results while minimizing your effort, **including the best use of the Contour Body Cushion**, hot packs, imagery, body positioning, chi flow, to name a few. Time will be available to assist you in the assimilation of the ideas and techniques to your massage style. Louise, who often massaged 8 to 13 hours in a day, was often asked, "What is your secret?" and she will share her "secrets" with us in this class. The instructors, Louise and Peter Mahoney, former Directors of Education co-chairs for the North Jersey Massage Training Center have over 60 years of combined experience in massage; reside in Panama where they are opening a small retreat spa.

The Raindrop Technique Certification

with Joan Apter, LMT

Mon. April 4 or Mon. Aug. 1 or Wed. Oct. 26

10-6 pm, 8 C.E. Hours \$200

Joan will be scheduling personal Raindrop sessions from 10-5pm the day before her class. Please call our main office to schedule an appointment.

Essential Oils are the steam-distilled lifeblood of the plants. One drop of Peppermint Essential Oil is equal in potency to 28 cups of Peppermint herbal tea! Applied topically, they penetrate the skin and enter the bloodstream, bringing their healing properties within seconds. Raindrop Technique is a massage in which a series of 7 specific Essential Oils are applied along the spine and back to promote circulation, muscle relaxation, tissue healing and more. The technique was created by Dr. Gary Young, N.D., based on his studies with a Lakota Medicine Man, Stanley Burroughs and his own expertise with Essential Oils. The technique is called Raindrop because the oils are dropped like rain along the spine. You will learn massage techniques specific to Raindrop Technique. The protocol will be demonstrated in full, followed by 2 hands-on session in which you will both give and receive a Raindrop, followed by questions and answers and safety precautions. You will also learn more about therapeutic grade essential oils, their history, use and application. You will leave the class feeling confident to apply the oils safely and explore more about this powerful healing modality. **You will receive a Certification of Training upon completion of class.**

Raindrop Technique will add a powerful new modality to your practice, and boost your income! This class is appropriate for Massage Therapists, Nurses, LPN's, Naturopathic doctors, Chiropractors, Physical Therapists, Assisted Living staff, Spa owners and all Health Providers.

You must have purchased the Raindrop kit before the class, so you will be ready to practice after the class. Please order your kit from the school.

“Joan Apter, who teaches our Raindrop Program, is a very meticulous instructor. Her students have given wonderful testimonials to us on her behalf. Statements like, “Best class I’ve ever taken”, or “Joan’s teaching style is clear, inspirational and fun!” An all important objective in our courses is for the student to feel assured that they can utilize the information that they have learned. This direct quote from one of our students demonstrates Joan’s effectiveness; “I feel confident to practice the Raindrop Technique after taking this class.”

Larry Heisler, M.A., LMT

Emotional Release Raindrop Technique Certification

with Joan Apter, LMT

Mon. March 14 or Wed. Sept. 14

10-6pm

8 C.E. Hours

\$225

Balancing the emotional field is crucial to health and wellbeing and is the first step towards healing chronic illness. Every physical symptom of the body has an emotional component. Essential Oils are the steam-distilled lifeblood of plants. They contain a frequency that is several times greater than the frequency of herbs and food. As such they can help assist in the release of negative emotions, such as anger, resentment, fear and trauma. The **Emotional Release Raindrop Technique** protocol will be demonstrated in full, followed by 2 hands-on session in which you will both give and receive a Raindrop, followed by questions and answers and safety precautions. You will also learn more about the therapeutic grade essential oils utilized for this specific technique. Joan will teach you how to add a powerful new modality to your practice, and boost your income!

This class is appropriate for Massage Therapists, Nurses, L.P.N's, Naturopathic doctors, Chiropractors, Physical Therapists, Assisted Living staff, Spa owners and all Health Care providers.

The Emotional Release Raindrop uses “**The Feelings Kit**” from Young Living Essential Oils. You must have purchased the Feelings Kit before the class, so you will be ready to practice after the class. **Please order your kit from the school.**

Neuro-Auricular Training (NAT)

A Deeper Level of Stress Reduction using Essential Oils

with Joan Apter, LMT

Sunday, June 5 or Sunday, October 2

10 -5pm

7 C.E. Hours

\$160

This powerful new technique was created and taught in North America for the first time by D. Gary Young in October, 2009. The Neuro-Auricular Technique utilizes specific essential oils that connect all the synapses of the brain and

upper spinal cord, thus creating an environment that facilitates optimal health and healing.

NAT may have a positive response for clinical depression, panic disorder, anxiety, ADD/ADHD, sleep disorders and inflammation. NAT may interrupt most stress induced fear circuitry disorders, especially important for post-traumatic stress disorder (PTSD). **In this hands-on class, you will:**

-Understand the science and purpose of NAT

-Learn the additional oils that address Parkinson’s disease

The protocol will be demonstrated in full, followed by 2 hands-on sessions in which you will both give and receive a Neuro-Auricular Technique, followed by questions and answers and safety precautions. You will also learn more about therapeutic grade essential oils, their history, use and application.

AYURVEDIC MASSAGE with Steam/Hot Towels Training

with Nancy A. Smith, CMT

Wed. April 27 or Wed. July 20 or Wed. Oct. 12

10-6pm 8 C.E. Hours \$175

AYURVEDA is a traditional, holistic system of health science from India, which has been practiced for over 5,000 years. Ayurvedic massage (Abhyanga) incorporates warm oils, herbs and steam/Hot towels (Swedna) to help restore balance to the body. Massage stokes, oils and herbs are selected based on each individual client’s need. Benefits of Ayurvedic massage include increased vitality, reduced stress and relaxation. The Massage Therapist will learn Traditional Ayurvedic principles and how to restore balance with oils, herbs and steam. This course will cover:

- Ayurvedic Dosha Theory
- Indications and contraindications
- Benefits of Abhyanga and Swedna
- Discussion of Specific Ayurvedic balancing oils and herbs
- Room setup
- Ayurvedic massage routine and steam tent instructions

Nancy is founder and director of Essence of Self Ayurveda Center for Massage, Yoga and Health, is a N.J. certified massage therapist, yoga instructor and Level III Reiki Master teacher. She became a Panchakarma Massage Specialist at Greens Ayurvedic Hospital in India.

“My experience through the years in receiving Ayurvedic massages from Nancy Smith has been healing and extremely centering. I leave refreshed, renewed, and with a deeper sense of peace and harmony within.” Sister Roberta Feil Pastoral AIDS Care Coordinator Hope House

The Rossiter System: The Natural Pain Relief System with Victor Bek, CMT

Back and Knees: Wed. March 9, 10am-1pm

or Thursday July 14 7-10pm 3 CE Hours \$80

Neck and Shoulders: Thurs. May 12, 7-10pm or Thurs. Sept. 8, 10-1pm 3 CE Hours \$80

Check out these 3 hour introductory Rossiter System workshops with massage therapy instructor extraordinaire, Victor Bek, LMT as he introduces you to the Rossiter natural pain relief system for either the back and knees or the neck and shoulders. **The Rossiter System, also called (TRS)** is recognized as a highly effective fascial release system that teaches a series of specific body mobilizations that help loosen and elongate connective tissue to relieve the pain and restore range of motion. Has a client ever asked you to "go deeper"...and you realized you simply didn't have any oomph left in your own hands, knuckles or elbows? TRS allows you to go as deep as your client needs to prevent and relieve their stiffness, limited mobility and pain from head to toe, all without hurting yourself. And because TRS is so effective, it makes a very effective marketing tool for your business. The Rossiter System people exclaim you'll leave with new-found and ground-breaking knowledge about what causes low back and hip pain or neck and shoulder pain and more importantly, you'll go home with specific stretches that will get rid of your pain, usually in less than 20 minutes. Come see why the following organizations have approved TRS for C.E. Hours; NCBTMB, National Athletic Trainers Association (NATA), National Association of Sports Medicine (NASM), National Strength and Conditioning Association (NSCA).

Baby's First Massage (BFM)

Certification with Eileen Newsome, LMT

Sat. July 9 or Sun. Oct. 30

8:30am -6pm

9.5 CE Hours

\$260

This workshop teaches you how to assist prenatal or newly-delivered families in massaging their newborns. After completing the course, you would be able to teach in small groups with babies and caregivers, or in large groups using role-playing and hands-on practice with dolls. You will learn to introduce caregivers and new parents to the concept and value of nurturing, systematic touch. While the program's primary focus is massaging the healthy newborn, techniques can be used for medically stable infants who have altered nervous systems from drug exposure, developmental difficulties, or birth trauma.

Course Objectives:

- Understand early infant communication
- Describe how to enhance the parasympathetic nervous system
- Show awareness of touch as a powerful communication
- Describe how to modulate touch to nurture newborns
- Show increased awareness of current research that supports infant massage
- Demonstrate positive proactive parenting skill of newborn massage on a doll
- Develop plan for a *Baby's First Massage*® program

Additional Requirements for Certification: LMT's can convert to 22 CE's and RN's can convert to 21 with completion of the post workshop program, and all participants may become certified by completing the post class requirements. This includes completing the required training outline, posttest, and at least two teaching sessions with a family or another adult using a baby doll to demonstrate the *Baby's First Massage*® techniques. Each

class participant will receive a certificate of attendance and students who wish to become certified have one year from the class date to submit the above documents to the instructor. Upon certification you will receive a *Baby's First Massage*® certificate suitable for framing and a free marketing CD valued at \$9.95. There is a one-time fifteen-dollar filing and record keeping fee for certification.

Class materials: Each kit contains: An instructor's manual & posttest, the DVD training video, the "loving your Newborn: Intuitive Touch" DVD, two-copies of the parent teaching booklet and one copy of the Little Book of *Baby's First Massage* (color version of the parent booklet). You may choose have one copy of the parent booklet in Spanish. You will need to bring a baby doll and receiving blanket and please dress comfortably.

Biographical Information: Eileen T. Newsome, LMT owner of Energetic Touch Massage, has been a *Baby's First Massage* Certification Coach since 2002. Eileen is a Reiki Master, Canine Massage Instructor, and creator of the Good Dog Massage DVD. A licensed Massage Therapist in NY and FL, she obtained her massage degree from The Swedish Institute. Eileen gives back by volunteering at The Hospice of The Florida Sun Coast.

Introduction to Cranio Sacral Therapy

with Peg Dougherty, NCTMB, CST

March 12-13 or August 6-7

9-5pm 8:30 arrival

8 CE Hours

\$275

Join Peg as she teaches the benefits of CST along with basic techniques to use in practice and for personal health.

Course Highlights:

- Explore the anatomy and physiology of the craniosacral system and its relationship to illness, pain and dysfunction.
- Develop and refine light-touch palpation skills.
- Learn and practice palpating the "listening stations" key body locations where the craniosacral motion can best be evaluated.
- Learn and practice tissue release techniques for the pelvic and respiratory diaphragms and thoracic inlet.
- Learn about and practice mobilizing the sacrum; the dural tube rock and dural tube glide; V- spread; still point.
- Excellent preparation for attendance at CranioSacral Therapy I.

Attire: Wear loose, comfortable clothing (preferably no jeans).

Cancellation/Refund Policy:

Class registration is fully transferable at any time prior to the course. Tuition is fully refundable up to 30 days prior to the course, after which a \$50 processing fee applies. Refund requests must be made in writing within 12 months of the registration.

Myofascial Release Series 1-4

with Sara Borda, LMT, NCTMB

Looking for a way to energize your massage treatments? Join us as MFR assistant instructor, Sarah Borda, LMT, NCTMB teaches Myofascial Release principals and techniques as taught by her friend and teacher John F. Barnes. Sarah combines her intuitive nature and skill level to teach and educate massage therapists and her clients on the best way to access and take care of their health. From series 1 to 4, she will help build your MFR education, filling you with extraordinary techniques that can be incorporated into your massage practice very easily and effectively. In addition, MFR is easy on your body, you will learn how to use balls, wedges, and tools that make your job easier and give you better results. In each seminar you will learn self-treatment techniques that will keep you healthy and more in tune with your own body.

Series 1: Core/Upper Body/Scar Release

Monday March 21 or Tuesday June 7 or Monday Sept. 12

10-6pm 8 CE Hours \$175

Series 2: Core/Lower Body/Scar Release

Monday May 23 or Tuesday August 9 or Monday October 24

10-6pm 8 CE Hours \$175

**THIS SERIES IS NOT LIMITED TO MASSAGE
THERAPISTS BUT OPEN TO OTHER HEALTHCARE
PROFESSIONALS AS WELL.**