Cedar Rapids

February 27, 2016
Subject: Deep Tissue Techniques for the Shoulder Girdle
Time: 8:30-3:30 (one hour lunch break)
Presenter: Christe Davis and Jeanne Thomas-Dietsch
Hours: 6 CE hours
Cost: $90
Course Description: This is a one day 6 hour class that will include a brief review of basic anatomy of the shoulder girdle along with normal ROM for each muscle. The therapist will learn a deep tissue treatment protocol for the posterior and anterior shoulder girdle to incorporate into their current practices.

May 14th & 15th, 2016
Subject: Full Body Thai Massage
Time: 8-6pm (one hr. lunch break)
Presenter: Josh Miller
Hours: 18 CE Hours
Cost: $270
Course Description: Upon completion of this two day class, the student will be able to perform a one hour Thai massage routine, including supine, side lying, prone and seated positions. The routine is comprised of rhythmic compressions and gentle stretches. Please wear loose, comfortable clothing.

September 24, 2016
Subject: Moving with Music
Bring your client’s relaxation to a new level.
Time: 8:30-3:30 (one hour lunch break)
Presenter: Christe Davis
Hours: 6 CE hours
Cost: $90
Course Description: This is a one day 6 hour class designed to bring your client’s relaxation to a new level. We will be using the latest research on music's ability to enhance Parasympathetic Nervous System response. As therapists, we will examine how our movements can contribute to the client’s experience when we flow with the music. We will be learning how to break down the elements within the music enabling us to better achieve the client’s goals for the massage.
February 7, 2016
Subject: Reflexology
Time: 9:00 am – 4 pm
Presenter: Annette Garbes
Hours: 6 CE hours
Cost: $90
Course Description: Foot, hand and ear reflexology is a scientific art based on the premise that there are zones and reflex areas in the feet and hands which correspond to all parts of the body. The physical act of applying specific pressures using the thumb, finger and hand techniques result in stress reduction which causes a physiological change in the body. We will intergrade points to help reduce stress and promote homeostasis.

March 8, 2016
Subject: Aromatherapy/ with vita flex points
Time: 9:00 am – 4 pm
Presenter: Annette Garbes
Hours: 6 CE hours
Cost: $90
Course Description: This course provides a fundamental working knowledge of the varied aspects of aromatherapy and prepares students for future studies in more specialized topics within the subject area. Students will increase their awareness of the overall knowledge of Aromatherapy as well as learn new an interesting holistic ways for a healthier way of life by learning where to apply essential oils on the body using vita flex points. Proper handling of essential oils, how to blend and mix essential oils and create a make a formula to support the body.

October 15, 2016
Subject: Pregnancy Massage
Time: 9:00 am – 4 pm
Presenter: Dr. Brooke Eckhardt Lee
Hours: 6 CE hours
Cost: $90
Course Description: Learn safe effective way to provide pregnancy massage into your practice. Using a pregnancy cushions, bolstering with pillows and learn areas to relax client to provide homeostasis and balance. By using sideline position and seated techniques with lots of pillows. The sideline technique allows for a safer, more effective pre-natal massage, more access to the low back and hip area, providing relief and comfort to the pregnant client.

Prenatal massage therapy can reduce anxiety, relieve muscle aches, and improve labor. Swelling of joints, hormone alterations, and back pain can be reduced with prenatal massage techniques.
Prenatal massage is an ideal way to reduce fatigue, improve circulation, increase energy, and reduce the muscle pain and joint stiffness that often accompany the changes occurring in the body during pregnancy.

Davenport

April 16 & 17, 2016 – These dates are FULL! (Added: April 23 & 24)
Subject: Restorative Yoga – Myofascial Release and Trigger Point Release
Time: 9:00 am – 4 pm
Presenter: Dr. Brooke Eckhardt Lee
Hours: 12 CE hours
Cost: $180
Course Description: Learn to help your clients relax and achieve proper alignment through peaceful meditative Yoga poses, using props, bolsters, blankets, towels, straps and pillows.

The class will consist of assessment of proper alignment of the body, assisting in to the restorative poses, helping the client feel, the proper body positions and working trigger points and myofascial release top allow proper stretch in the soft tissue.

We will work through five to eight poses.

You will need to bring two to three pillows, two to three blankets and bolsters. This way you can learn to work with what you have at hand.
If you have your own yoga straps and blocks you are encouraged to bring them also.
I will supply the straps and yoga blocks

November 5 & 6, 2016
Subject: Massage for Lumbar and Core Stabilization
Time: 9:00 am – 4 pm
Presenter: Dr. Brooke Eckhardt Lee
Hours: 12 CE hours
Cost: $180
Course Description: Looking at muscle imbalance in the core and lumbar spine teach your clients how to balance their bodies and utilize proper biomechanical alignment.

You will learn how to evaluate the alignment of the pelvis, which muscles are imbalanced, instruct your clients to focus on core strength, proper breathing techniques and exercises to strengthen their bodies.
The hands on technique will focus on soft tissue adhesions and trigger point in the surrounding tissues of the pelvis and low back.
Dubuque

March 12 & 13, 2016
Subject: Assessment and Treatment of Soft Tissue Injuries of the Cervical Spine and Upper Extremity
Time: 9:00 am – 4 pm
Presenter: Dr. Brooke Eckhardt Lee
Hours: 12 CE hours
Cost: $180
Course Description: About the Class: This is a two day 12 hour class that will review basic anatomy of the cervical spine and the upper extremity. There will be a review of common soft tissue injuries of the cervical spine and the upper extremity. The therapist will learn common assessment and a deep tissue treatment protocol. They will learn an hour, anterior upper body routine to work with clients who have whiplash, TMJ dysfunction, TOS, epicondylitis and nerve impingement.

October 8 and/or 9, 2016
Subject: Hands on Kinesiology Review
Saturday Upper Body and Sunday Lower Body
Time: 9:00 am – 4 pm
Presenter: Dr. Brooke Eckhardt Lee
Hours: 6 or 12 CE hours
Cost: $90 or $180
Course Description:
Kinesiology Review-Saturday:
We will review the Actions, Origins and Insertions of the muscles of the head, neck, chest and upper extremity. We will palpate the origin and insertion and locate trigger points for each muscle.
Kinesiology Review-Sunday:
We will review the Actions, Origins and Insertions of the muscles of the lower back, pelvis, and lower extremity. We will palpate the origin and insertion and locate trigger points for each muscle.