Waterloo

March 25, 2018

Subject: Intro to Thai massage

Time: 9:00 am-5:00 pm (one hour lunch break)

Presenter: Jessica Michael

Hours: 7 CE hours

Cost: $105

Course Description: This will be a basic introduction into the art of Thai massage. Therapists will leave with the understanding of the benefits Thai massage can offer to both the client and the therapist. Along with learning the essential techniques therapists will be able to perform a variety of compressions and stretches incorporated into a full body Thai massage.

October 21, 2018

Subject: Thai for the table

Time: 9:00 am-5:00 pm (one hour lunch break)

Presenter: Jessica Michael

Hours: 7 CE hours

Cost: $105

Course Description: In this one day class therapists will learn to do a full body Thai massage on the table. There will be a basic overview on Thai massage and its history, including benefits and contraindications. Along with gaining the knowledge of a full body Thai massage performed on the table the therapist will also learn how to incorporate Thai into any full body massage.

Davenport

June 23-24, 2018

Subject: Table Shiatsu and Acupressure

Time: 9am-4pm (one hour lunch break)

Presenter: Dr. Brooke Eckhardt Lee

Hours: 12 CE hours

Cost: $180

Course Description: Table shiatsu, and acupressure massage that combines the was a of the table and working acupressure points and tsubos. Learn an hour routine that has the benefit of allowing for more specific bodywork.

Review the basics of TCM/TOM, the meridians and some basic point categories.

October 13, 2018

Subject: Anatomy Review

Time: 9am-6pm (one hour lunch break)

Presenter: Dr. Brooke Eckhardt Lee

Hours: 8 CE hours

Cost: $120

Course Description: Anatomy review of the musculoskeletal system, nervous system and endocrine system. This class will also deal with common pathologies and the effects on the body.

Dubuque

March 3, 2018

Subject: Anatomy Review

Time: 9am-4pm (one hour lunch break)

Presenter: Tracy Fischer

Hours: 6 CE hours

Cost: $90

Course Description: Anatomy review of the various systems. This class will also deal with common pathologies and the effects on the body.

September 22-23, 2018

Subject: Biomechanics Review and Massage

Time: 9am-4pm (one hour lunch break)

Presenter: Dr. Brooke Eckhardt Lee

Hours: 12 CE hours

Cost: $180

Course Description: There will be a review of basic biomechanics terminology, laws of motion and forces applied to the body through everyday life and massage therapy.

We will discuss postures, gait and proper firing patterns of normal gait. We will perform massage for abnormal gait and postures to assist with realignment of tissue and to allow for a decrease in tension of the tissues due to misalignment from poor biomechanics.

Cedar Rapids

September 29, 2018

Subject: Massage Cupping for Self-Care

Time: 8:30am-3:30pm (one hour lunch break)

Presenter: Leah Johnson, Jeanne Thomas-Dietsch

Hours: 6 CE hours

Cost: $120 includes a set of 4 silicone massage cups

 ($90 if you bring your own cups)

Course Description: This one day, six-hour class will cover stationary and moving self-care techniques using silicone massage cups. Any of these techniques could easily be used with clients.