

TITLE: MEDITATIVE MERIDIAN SWEDISH (MMS)/FULL BODY

Sat/Sun July 7-7 9-6pm both days 16 CE hours \$320

MMS is performed with Swedish, Deep Tissue, Shiatsu and Stretching techniques along the 14 meridian channels and their pressure points throughout the body in prone and supine positions to regulate energy (KI). It stimulates yin quality KI and disperses yang quality KI throughout the body.

MMS synchronizes the therapist's energy to the client's, utilizing Echo (HIBIKI) communication techniques. Echo communication is a Shiatsu technique that is used to find tsubo (pressure points) and the quality of KI (yin or yang). Through the therapist's fingertips, very subtle changes in muscles, energy, body language and breathing changes are detected. This technique helps to create a highly personalized, deeply relaxing massage, while addressing therapeutic issues at the same time.

TITLE: MMS CLASS/MID & LOW BACK: GLUTEAL & LOWER EXTREMITIES

Sat Mar 24 9-6pm 8 CE hours \$160

This course focuses on mid and low back, gluteal and lower extremities in prone and supine positions. Manipulations used include: Swedish, Deep Tissue, Shiatsu and Stretching techniques along the BL, G.B., SP, LV, KI and ST meridian channels and their pressure points to release mid and low back pain, sciatic pain, hamstring/calf/I. T. band tightness, knee pain, plantar fasciitis, shin splints and hip/knee/ankle stiffness.

TITLE: MMS CLASS/ABDOMEN, CHEST AND UPPER EXTREMITIES

Sat May 12 9-6pm 8 CE hours \$160

This course focuses on abdomen, chest and upper extremities in the supine position. Swedish, Deep Tissue, Shiatsu and Stretching techniques are utilized along the C.V., KI, ST, SP, LV, LU, P, HT, L.I., T.H. and S.I. meridian channels and their pressure points to release sluggish bowel movement, upset stomach, tight diaphragm, PMS discomfort, tight psoas, breathing difficulty, emotional instability, shoulder/elbow/wrist stiffness, tennis elbow and golf elbow.

TITLE: KI MERIDIAN SHIATSU (KMS)/FULL BODY

Sat/Sun June 9 and 10 9-6pm 16 CE hours \$320

KMS is performed with Shiatsu, Ammo and Stretching techniques along the 14 meridian channels and their pressure points throughout the body in prone and supine positions to regulate energy (KI). It stimulates yin quality KI and disperses yang quality KI.

KMS synchronizes the therapist's energy to the client's, utilizing Echo (HIBIKI) communication techniques. Echo communication is a Shiatsu technique that is used to find tsubo (pressure points) and the quality of KI (yin or yang). Through the therapist's fingertips, very subtle changes in muscles, energy, body language and breathing changes are detected. This technique helps to create a highly personalized, deeply relaxing massage, while addressing therapeutic issues at the same time.

TITLE: KMS CLASS/HEAD, NECK, SHOULDERS, FACE AND UPPER BACK

Sat Aug 25 9-6pm 8 CE hours \$160

This course focuses on head, neck, shoulders, face and upper back in prone and supine positions. Manipulations are performed using Shiatsu, Ammo and Stretching techniques along the G.V., BL, G.B., T. H., S.I., ST and L.I. meridian channels and their pressure points to release neck pain, shoulder pain, upper back pain, headaches, sinus congestion, TMJ dysfunction and stress.

TITLE: KMS CLASS/MID & LOW BACK, GLUTEAL AND LOWER EXTREMITIES

Sat Sept 8 9-6pm 8 CE hours \$160

This course focuses on mid/low back, gluteal and lower extremities in prone and supine positions. Manipulations using Shiatsu, Ammo and stretching techniques along the BL, G.B., SP, LV, KI and ST meridian channels and their pressure points to release mid and low back pain, sciatic pain, hamstring/calf/I. T. band tightness, knee pain, plantar fasciitis, shin splints and hip/knee/ankle stiffness.

TITLE: KMS CLASS/ABDOMEN, CHEST AND UPPER EXTREMITIES

Sat Oct 6 9-6pm

8 CE hours

\$160

This course focuses on abdomen, chest and upper extremities in prone and supine positions. Shiatsu, Acupuncture and stretching techniques are utilized along the C.V., KI, ST, SP, LV, LU, P, HT, L.I., T.H. and S.I. meridian channels and their pressure points to release sluggish bowel movement, upset stomach, tight diaphragm, PMS discomfort, tight psoas, breathing difficulty, emotional instability, shoulder/elbow/wrist stiffness, tennis elbow and golf elbow.