

**ALL NEW!!**

## **Advanced Training | 24 Massage Modalities**

1.



**Aromatherapy**

The **Aromatherapy** course defines and discusses how to treat patients using scent therapy. The objectives include the following:

Definition of Aromatherapy, History of Aromatherapy, Scientific Studies of Aromatherapy, Methods of Aromatherapy Applications, Benefits of Aromatherapy, Classifications of Essential Oils/Essences, Grades of Essential Oils, Frequency of Essential Oils, Rules of caution of Aromatherapy when using Essential Oils, Safety issues of Essential Oils, Questions to ask while using Essential Oils during your session; Guidelines for buying and caring for Essential Oils, and Example of what's included in a Aromatherapy Starter Kit.

2.



**Introduction to Ayurveda**

The **Introduction to Ayurveda** course defines, discusses, and illustrates how to apply elements and chakras in your everyday application of massage therapy. The objectives include the following:

Introduce yourself to Ayurveda concepts; The Ancient System of Medicine, Charaka Samitha, Sushrut, Ashtanga, Prayer for Self-Knowledge, Breath, Vedic Observance, and Harmonization of the Body with Nature.

3.



**Terminology of Ayurveda**

The **Terminology of Ayurveda** course defines, discusses, and illustrates terminology within ayurveda concept. The objectives include the following:

Learn concepts in detail for Five Organs Vitality, Ayurveda - Basic Energies, Vyana, Prana, Apana, Udana, Guna, Sattva, Rajas, Tamas, Spiritual Growth, Kundalini, Dr. David Drawley, Asana, Samana, Three Doshas (Vats, Pitta and Kapha), and Marma Points.

4.



## Ayurveda - Head and Face Massage Techniques Part I

**The *Ayurveda - Head and Face Massage Techniques Part I* course defines and discusses how to treat patients using variety of face massage techniques. The objectives include the following:**

Defines the Maxilla Pull Massage Technique, Eye Brow Pull Massage Technique, Trapezius Pull Massage Technique, Ear Pull Massage Technique, Scissor Massage Technique, Cervical Paraspinal Massage Strokes, Scalene Massage Strokes, and Thyroid to Chin Massage Strokes.

5.



## Ayurveda - Head and Face Massage Techniques Part II

**The *Ayurveda - Head and Face Massage Techniques Part II* course defines, discusses, and illustrates how to treat patients using variety of Head and Face Massage techniques. The objectives include the following:**

Defines Simanta Marma Massage Technique, Forehead Swipe Massage Technique, Adipathi Marma Massage Technique, Simanti Marma Massage Technique with oil, Face Swipe Massage Techniques, Face Swipe Massage Technique on Forehead, Face Swipe Massage Technique (middle part of the face), Forehead Sweeping Massage Strokes, Eyebrow Sweeping Massage Strokes, Sweeping Eye Circle Strokes, Upper Lip Sweeping Massage Strokes, Chin Bone Sweeping Massage Strokes, Nostril Sweeping Massage Strokes, Chin Circle Sweeping Massage Strokes, Cheek Circle Sweeping Massage Strokes, Temple Circle Sweeping Massage Strokes, and Forehead Single Hand Sweeping Massage Strokes.

6.



## Ayurveda - Neck Massage Techniques

**The *Ayurveda - Neck Massage Techniques* course defines, discusses, and illustrates techniques for neck massages. The objectives include the following:**

Learn Ayurvedic neck massage techniques, such as, Sweeping Moves - Occipital Area, Pinching Moves - Occipital Ridge, Occipital Lift, and Occipital Hold.

7.



## **Adaptive Massage to Cancer Patients – COMING SOON**

The ***Adaptive Massage to Cancer Patients*** course defines and discusses how to treat patients with cancer. The objectives include the following:

Define different types of cancer treatments, Identify cancer guidelines, Identify types of tumors. Recognize the symptoms of: Bladder Cancer, Breast Cancer, Colon and Rectal Cancer, Endometrial Cancer, Kidney Cancer, Leukemia Cancer, Lung Cancer, Melanoma, Non-Hodgkins Lymphoma, Pancreatic Cancer, Prostatic Cancer, Skin Cancer, and Thyroid Cancer.

8.



## **Adaptive Massage to Geriatrics and Minors – COMING SOON**

The ***Adaptive Massage to Geriatrics and Minors*** course defines and discusses how to treat geriatric and minor patients. The objectives include the following:

Defines and guides the massage therapist what to consider in the process of interacting with geriatric and minor patients; Define Geriatric and pediatric massage clients and why it is important to listen to your clients and accommodate their massage needs, making sure to offer the best possible massage at the right location and pressure. It is all about listening and adapting your techniques to the clients.

9.

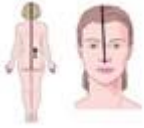


## **Five Elements and Chakras**

The ***Five Elements and Chakras*** course defines, discusses, and illustrates how to apply elements and chakras in your everyday application of massage therapy. The objectives include the following:

Defines the Theory of Five Elements, Creation Cycle, Control Cycle, 12 Meridians, Five elements Earth, Fire, Metal and Water Element, and Seven Chakras. Covers each chakra composition of all five elements plus the ajna chakra representing the mental/emotional body and the core mother template representing consciousness. Illustrations depicting how the elements interact to create different functions and structures. As an example, the principle quality of the fire element is hunger; the fire element combines with the air element to create thirst. the absence of thirst or excessive thirst is a result of an imbalance between these two elements within the fire chakra.

10.



## Meridians

The **Meridians** course defines, discusses, and illustrates concept of meridians are applied in your everyday application of massage therapy. The objectives include the following:

Discuss the 12 Meridians and 2 extra Meridians (Governing Vessel and Conception Vessel Meridians) in detail; Lung Meridian, Spleen Meridian, Stomach Meridian, Bladder Meridian, Heart Meridian, Kidney Meridian, Large Intestine Meridian, Small Intestine Meridian, Pericardium Meridian, Tripple Warmer Meridian, Gallbladder Meridian, Liver Meridian, Conception Vessel Meridian, and Governing Vessel Meridian.

11.



## Therapeutic Massage to Clients with Emotional Needs – COMING SOON

The **Therapeutic Massage to Clients with Emotional Needs** course defines, discusses, and illustrates massage techniques for patients with emotional needs. The objectives include the following:

Learn to give massage to various types of clients and guide you on what to consider in the process. Additionally, you will learn how to address clients with a history of substance abuse, addiction or psychological illness while address clients with Emotional Needs.

12.



## Therapeutic Massage Techniques for Hospital Clients

The **Therapeutic Massage Techniques for Hospital Clients** course defines, discusses, and illustrates techniques for patients within a hospital setting. The objectives include the following:

Learn the following therapeutic massage techniques: Rotation Shoulder Movement Flexion and Extension of Wrist Effleurage of Triceps, Stretching of Arm Compression of Back, Hacking on Back, Cupping on Back, Scalp Massage, Wringing of Forearm and Effleurage of Arm, Circular Motions on Neck and Trapezius Kneading, Circular Motions and Compression on Neck and Arm, and Gluteals, Hot Pack on Back.

13.



## Sports Massage Procedures - Ankle and Foot Strains

**The *Sports Massage Procedures - Ankle and Foot Strains* course defines, discusses, and illustrates a sport massage technique and how they are applied in your everyday application to the ankle and foot. The objectives include the following:**

Learn sports massage strokes that are commonly used when an athlete has ankle and foot strains. Petrissage - Achilles Tendon, Strengthening Exercise - Ankle, Circular Friction - Gastrocnemius, One Hand Effleurage - Gastrocnemius, Hacking - Gastrocnemius, Finger Compression - Tibialis Anterior, Finger Compression - Gastrocnemius, Effleurage - Gastrocnemius, Effleurage - Tibialis Anterior, Stripping - Plantar Foot, Strengthening Exercise - ITB Band, Palm Compression - Gastrocnemius, Contract-Relax-Stretch - Gastrocnemius, Broadening - Gastrocnemius, Circular Motions - Peroneus Longus, Broadening - Dorsal Foot, Stretching using Inhibition Technique - Gastrocnemius, Ice on Calf Muscles, Palm Compression - Tibialis Anterior.

14.



## Sports Massage Procedures - Hamstring Strains

**The *Sports Massage Procedures - Hamstring Strains* course defines, discusses, and illustrates a sport massage technique and how they are applied in your everyday application to the hamstring strains. The objectives include the following:**

Learn sports massage strokes that are commonly used when an athlete has strains in the hamstring muscles, Broadening - Hamstrings, Static Stretching - Hamstrings, Circular Friction - Hamstrings, Circular Friction - Ischial Tuberosity, Effleurage - Hamstrings, Hacking - Hamstrings, Contract - Relax - Stretch - Hamstrings, and Myofascial Release - Hamstring.

15.



## Sports Massage Procedures - Leg and Knee Strain

**The *Sports Massage Procedures - Leg and Knee Strain* course defines, discusses, and illustrates a sport massage technique and how they are applied in your everyday application to the leg and knee strain. The objectives include the following:**

Learn sports massage strokes that are commonly used when an athlete has leg/knee strain conditions; Broadening - ITB Band, Cross Fiber Friction - Patella, Deep Effleurage - Patella, Ice Pack - Patella, Stretching - ITB Band. and Jostling - Leg.

16.

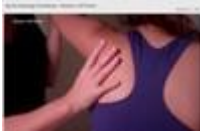


## Sports Massage Procedures - Quadriceps Strain

The ***Sports Massage Procedures - Quadriceps Strain*** course defines, discusses, and illustrates a sport massage technique and how they are applied in your everyday application to quadricep strains. The objectives include the following:

Learn sports massage strokes that are commonly used when an athlete has strains in the quadriceps muscle group; Broadening - Quadriceps, Circular Friction - Quadriceps, Circular Motions - Quadriceps, Cupping - Quadriceps, Rapid Frictions - Quadriceps, Hacking - Quadriceps, Elbow Compression - Quadriceps, Petrissage - Quadriceps, One Hand Palmar Compression - Quadriceps, and Compressive Effleurage - Quadriceps.

17.

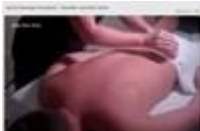


## Sports Massage Procedures - Rotator Cuff Strain

The ***Sports Massage Procedures - Rotator Cuff Strain*** course defines, discusses, and illustrates a sport massage technique and how they are applied in your everyday application to rotator cuff strains. The objectives include the following:

Learn sports massage techniques used when an athlete is complaining about rotator cuff strain, these are commonly used when performing sports massage; Friction and Elongation - Rotator Cuff Muscles, Finger Compression - Rotator Cuff Muscles. Positional Release - Rotator Cuff Muscles, Stretching & Elongation Strokes - Rotator Cuff Muscles.

18.



## Sports Massage Procedures - Shoulder and Back Strain

The ***Sports Massage Procedures - Shoulder and Back Strain*** course defines, discusses, and illustrates a sport massage technique and how they are applied in your everyday application to shoulder and back strains. The objectives include the following:

Learn the following sport massage strokes when an athlete is complaining about shoulder and back strain, that are commonly used; Kneading - Trapezius, Circular Motions - Trapezius, Compressions using Fists - Trapezius, Compression (open hands) - Rotator Spinal Group, Sliding - Multifidi, Stretching - Trapezius, Effleurage - Trapezius, Cupping - Trapezius, Flushing - Trapezius, Hacking - Back Muscles, Circular Motions - Rotators, Myofascial Release - Trapezius, Skin Rolling - Rhomboid Major & Minor, Positional Release - Trapezius, Deep Finger Compression - Latissimus Dorsi, Effleurage - Trapezius, Elbow Compression - Trapezius, Skin Rolling - Trapezius, Myofascial Release - Trapezius, Broadening - Rhomboid Major & Minor, Palm Compression - Trapezius, Elongation Strokes - Pectoralis Major & Minor.

19.



## Sports Massage Procedures - Tennis Elbow and Arm Strain

The ***Sports Massage Procedures - Tennis Elbow and Arm Strain*** course defines, discusses, and illustrates a sport massage technique and how they are applied in your everyday application to tennis elbow and arm strains. The objectives include the following:

Learn sports massage strokes that are commonly used when an athlete has a sub-acute tennis elbow and/or arm strain condition; Broadening - Biceps Brachii, Palm Compression - Pectoralis Major & Minor, Compressive Effleurage - Pectoralis Major & Minor, Compressive Effleurage using Elbow - Pectoralis Major & Minor, Palm Compression using Fist - Pectoralis Major & Minor, Circular Friction - Pectoralis Major & Minor, Finger Compression - Brachioradialis Stripping & Broadening in side-lying position - Deltoid, Stripping & Broadening in supine position - Deltoid, Circular Palm Compression - Deltoid, Stripping and Broadening - Biceps Brachii, Broadening and Stripping - Brachioradialis, Stripping and Broadening - Dorsal Hand, Palm Compression - Brachioradialis, Cross Palm Compression - Brachioradialis, Alternating Palm Compression - Brachioradialis, Compressive Effleurage - Brachioradialis, Friction - Brachioradialis, Friction- Biceps Brachii, and Friction - Anterior Forearm.

20.



## Muscle Energy Techniques

The ***Muscle Energy Techniques*** course defines, discusses, and illustrates concepts of muscle energy and how they are applied in your everyday application of massage therapy. The objectives include the following:

Define Positional Release, Trigger Point Therapy, Myofascial Massage, Lymphatic Drainage Massage, and Deep Tissue Massage.

21.



## Sports Massage Techniques - Neck Strain

The ***Sports Massage Techniques - Neck Strain*** course defines, discusses, and illustrates a sport massage technique and how they are applied in your everyday application to neck strains. The objectives include the following:

Learn to perform sport massage on the neck and face to ease neck pain; Petrissage - Trapezius, Pinching - Occipitalis, Myofascial Release - Occipital Group, Circular Motions - Occipital Group, Circular Motions - Zygomaticus Major & Minor, Posterior Positional Release - Trapezius, Anterior Positional Release - Trapezius, Stretching - Scalenes and Sternocleidomastoid, Elongation Strokes - Trapezius, Elongation Strokes - Longus Capitis, Myofascial Release - Platysma, Circular Motions - Pectoralis Major & Minor, Elongation Strokes - Sub Occipital Ridge, Friction - Longus Colli, Circular Motions - Suboccipital Ridge, Circular Motions - Temporal Muscle, Circular Motions - Frontalis Muscle, and Circular Motions - Masseter.

22.



## Massage and Cancer

The ***Massage and Cancer*** course defines, discusses, and illustrates techniques for neck massages. The objectives include the following:

Learn how to treat cancer patients using variety of massage techniques. Help muscles in the affected area, relieves anxiety and pain. It also helps the client with body image. Massage could be contraindicated due to nausea, vomiting, anemia, skin issues, or fever. These courses discuss; different types of massage, radiation therapy, chemotherapy, massage guidelines, as well as therapeutic observations.

23.



## Applications of Hydrotherapy

The ***Applications of Hydrotherapy*** course defines and discusses how to treat patients using Hydrotherapy. The objectives include the following:

Define various body wraps. Define different steam wraps. Explain contrast packs. Define different baths. Explain different body polishes. Explain paraffin bath. Identify various friction methods, and Identify "Cold Towel Friction".

24.



## Introduction to Hydrotherapy

The ***Introduction to Hydrotherapy*** course defines and discusses Hydrotherapy. The objectives include the following:

In this section you will be learn to: Define the History of Hydrotherapy. Explain the art of Hydrotherapy. Explain various applications of Hydrotherapy. Define Cold Applications. Define Hot Applications. Explain Physiological Effects of Hot and Cold. Explain Types of Moist Heats. Explain Reflex Effects of Hot and Cold on the body. Demonstrate the checking of the pulse. Demonstrate the checking of blood pressure. Define different types of spas. Define four different ways to transfer heat and explain different hydro packs.