



PERG

Professional Education & Resource Guide

FOR MASSAGE THERAPISTS AND BODYWORKERS

North Carolina
CE Fall Edition 2024





PERG

Professional Education & Resource Guide

FOR MASSAGE THERAPISTS AND BODYWORKERS

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Cover Photo provided by: Floating Hammock Massage. Paige Parks (in the hammock), Anna Dixon is holding Paige's head.

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Greetings and Happy Summer!

The PERG team spent the past half year revamping the website. After viewing the advertisements and your favorite providers here in PERG, we invite you to join us online at **PERGonline.com**. Send us some feedback and tell us what you think.

Have you been enjoying your gatherings among friends and colleagues? Send us an email and share! Tell us about your favorite CE class — What inspired you to drive your roots deep down into our profession?

Keep your eyes on events that are posted on PERG near and far. Our next Quarterly Connection meetup is coming soon!

*In Health,
Laura Ford, Publisher*

About the PERG

NEXT NORTH CAROLINA EDITION JANUARY 2025

Searching for CE courses can require one to look locally or seek a class far away. PERG is the resource at your fingertips. Save it and reference it until your next guide arrives. Search by topic, date, or provider, and more! Just flip through the pages and index which lists all courses in order by date. There is also a course search website that complements PERG in print. Take your search online and start with PERGonline!

The Professional Education & Resource Guide is mailed free of charge to NC licensed massage therapists and bodyworkers. To receive your issue in the mail, keep your address up-to-date with the NC state board (BMBT), as the PERG does not maintain any mailing lists of its own.

*View a copy of this publication and search for classes online at **PERGonline.com**.*

**Find your
favorite
provider
and
resources**

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NC Massage School

Touching Lives - Expanding Awareness

www.NCmassageSchool.com

Located 20 minutes north of Charlotte
ON SITE COURSES LISTED BELOW

REGISTER ONLINE
at ncmassageschool.com
NCBTMB # 450558-07

WEEKDAY CE CLASSES AVAILABLE!

*NC Massage School 20525 N. Main Street
Cornelius, NC 28031 704/896-2636*

DATE	COURSE	CE HRS
7/19	Somatic Mindfulness - Grounding	16
7/27	ACE Massage Cupping – 2 day training	16
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8/9	Basic Lymphatic Massage – aka Lymphatic Drainage	21
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9/28	Tui Na: Chinese Bodywork Technique	16
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FLOATING HAMMOCK ~ Massage ~

ABOUT

FHM is a game-changing new form of fully-clothed bodywork. The hammock acts like a continuation of fascia, allowing for three dimensional, tissue-melting touch from multiple directions. The movement of The Cloud Hammock is harnessed to support a deep relaxation response, often involving the feeling of blissful floating.

LEARN

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Floating Hammock Massage Level 1/2

16 CE \$499 The Hilton Greenville, NC

2024

October 12-13 FHM Level 1

2025

March 16-17 FHM Level 1

October 10-11 FHM Level 1

October 12-13 FHM Level 2

www.floatinghammockmassage.com

252.916.2939 NCBTMB #100186

LIMITED SPACE AVAILABLE!

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Watsu and Trager
had a baby!"*

– Caroline Connolly,
LMBT #7021



CLAIRE MARIE MILLER SEMINARS

Pregnancy Massage • Fertility Massage • Integrative Reflexology®

2024

Sept 9-11 • Integrative Reflexology® (21CE)

Take IR & Adv. IR
and save \$100!

Sept 12 & 13 • Adv. Integrative Reflexology: Muscle Reflexology w/ Meridians (14CE)

Oct 7-9 • Nurturing the Mother® Pregnancy and Postpartum Massage (21CE)

Oct 14-16 • Nurturing the Mother® Fertility Massage (21CE)

Oct 21 & 22 • Lymphatic Massage for Detoxification (14CE)

Take LMD & NTB
and save \$65!

October 23 • Nurturing the Belly Visceral Abdominal Massage (7 CE)

Oct 28 & 29 • Nurturing the Mother® Wise Woman Menopause Massage (14CE)

February 7, 2025 • Hot Rockin' Reflexology & Sweet Feet Aromatherapy (7 CE)

All 2024 Classes: New Hope Camp and Conference Center • Chapel Hill, NC



CLASSES WITH CLAIRE HEYMANS

Lymphatic Massage for Detoxification 14 CE

Sept 9 & 10 – Still Point Wellness • Asheville, NC

Introduction to Integrative Reflexology® 8 CE

Oct 20 – NC School of Advanced Bodywork • Charlotte, NC

Nurturing the Mother® Spa 16 CE

Oct 28 & 29 – Hampton Inn • Winston-Salem, NC



CLASS WITH AULEANA JARMAN

Lymphatic Massage for Detoxification 14CE

Sept 23 & 24 – Radiant Serenity Esthetics and Spa
Goldsboro, NC



CLASS WITH MICHELLE LOCKHART & MONICA FOUTY

Nurturing the Mother® Pregnancy and Postpartum Massage 24 CE
Aug 2-4 – Mount Airy Massage & Wellness • Mount Airy, NC

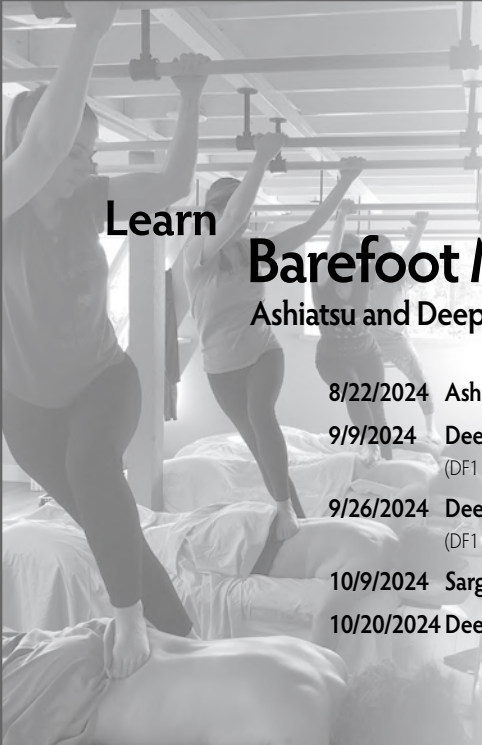


Information & Registration: 919-280-5505 • clairemariemiller1979@gmail.com

www.clairemariemiller.com

National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) approved continuing education provider #49535-00 • ACRB • Florida approved





Learn


Barefoot Massage

Ashiatsu and DeepFeet Sarga Silks

Carolina DeepFeet


8/22/2024	Ashi-Table Thai	16 CE
9/9/2024	DeepFeet 2	16 CE
	(DF1 is prerequisite)	
9/26/2024	DeepFeet 3	16 CE
	(DF1 is prerequisite)	
10/9/2024	Sarga Silks	16 CE
10/20/2024	DeepFeet 1	25 CE

For course dates visit:
www.CarolinaDeepFeet.com
carolinadeepfeet@gmail.com
828-777-0456
 Courses held in Asheville, NC
 NCBTMB AP#283551-00



Certified DeepFeet Instructor
Brady Preyss
 LMBT #10669

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with Brian Loftin, LMBT, MLD-C

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7/31/2024	Elemental CranioSacral Work™: An Introduction	7 CE
8/2/2024	Elemental CranioSacral Work™ II: Following the Path	21 CE
8/30/2024	Elemental CranioSacral Work™ I: Being in the Field	21 CE
10/11/2024	Elemental CranioSacral Work™: An Introduction	7 CE
10/18/2024	Elemental CranioSacral Work™ 1: Being in the Field	21 CE

To register, visit cranialwork.com



BRIAN LOFTIN, LMBT
Elemental CranioSacral Work

Contact: Instructor Brian Loftin
[828] 200-6717 or cranialworkinfo@gmail.com
 NCBTMB approved provider # 1559

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Michelle Lally, Instructor
 [NCBTMB AP #1189] [GA,FL #20-634030]

It's my goal to train Bowen Therapists in every city.
 All classes are NCBTMB, GA, SC, FL Approved for 16CE

Find out how rewarding it is to add Bowen Therapy to your massage practice:

- Double your income by scheduling 2 clients at a time
- Physically easier on YOU, the therapist, less stress on your hands, arms and back
- By resetting the nervous system, many clients often see a significant improvement in pain levels after 3 to 5 sessions, some find immediate easing of pain and stiffness
- Non-invasive technique ideal for sensitive clients such as the elderly and acute pain injuries
- Dates subject to change, check website for added classes or changed dates



Bowsage Therapy Live Hands on Training 2024 Dates:

Bowsage Therapy 16CE
 July 20/21 Asheville NC
 July 27/28 Statesville NC
 Aug 3/4 Cornelius NC
 Aug 24/25 Statesville NC
 Sept 21/22 Carrollton GA
 Sept 28/29 Statesville NC
 Oct 5/6 Statesville NC
 Oct 12/13 Morehead City
 Oct 15/16 Surf City NC Tues/Wed
 Oct 19/20 Brunswick GA
 Oct 26/27 Cary NC
 Nov 16/17 Statesville NC
 Dec 7/8 Statesville NC
 Jan 11/12 Statesville NC
 Feb 8/9 Orlando FL
 Feb 22/23 Statesville NC

Bowsage Therapy 16 CE \$325-\$375
Find out how rewarding it is to add Bowen Therapy to your massage practice. Bowen is a move that manipulates the fascia, muscles and tendons over the meridian systems to send a signal to the brain to release, reset and relax the nervous systems. With a series of Bowen moves, you will learn a pattern to address the entire body, combined with your own massage technique making any session the perfect Bowsage Experience. I look forward to teaching you the Bowen Basic Pattern.

Introduction to Bowen 8 CE \$189
Not sure about Bowen? This is the perfect class as an introduction to a powerful, healing technique. Join us as we learn about Bowen, get a full hands on experience and leave with the knowhow and a couple of moves you can start using right away. See Website for Dates and Locations

Advanced Bowen 8 CE \$189
Previous Bowen Experience is required for this class. You must know and understand the Bowen Technique to take this class. See Website for Dates and Locations.

Don't see a class in your area? Let's talk about it and make it happen!

Questions? Call me at 704-929-9757 Visit: www.BowsageTherapy.com



(712) 490-8245

info@massagetherapyceu.com

NCBTMB #: 409296-00

www.massagetherapyceu.com

Save 15% on Online and Home Study CE Hours

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- Test online or have materials mailed to you
- Instant certificates with a satisfaction guarantee
- NCBTMB, NC, GA, CE Broker, and State approved
- NC therapists can take up to 12 CE hours online in 2024

More than 115 courses available including:

CEs	Course	Tuition	With 15% off
18	Trigger Point Therapy	\$195	\$165.75
16	Myofascial Release	\$175	\$148.75
15	Deep Tissue Massage	\$160	\$136.00
14	Reflexology	\$150	\$127.50
14	Lymphatic Drainage Massage	\$155	\$131.75
14	Anatomy and Physiology	\$150	\$127.50
12	Communication, Documentation & Ins. Billing	\$135	\$114.75
12	Thai Yoga Massage	\$135	\$114.75
12	Shiatsu Therapy	\$135	\$114.75
11	Facilitated (PNF) Stretching NEW	\$125	\$106.25
10	Craniosacral Therapy	\$115	\$97.75
10	Essential Oils Overview	\$110	\$93.50
10	Integrated Massage	\$110	\$93.50
9	Cupping for Massage Therapists	\$100	\$85.00
9	Massage for the Elderly and Ill	\$100	\$85.00
9	Myofascial Release Techniques	\$100	\$85.00
9	Traditional Thai Massage	\$100	\$85.00
9	Acupressure Basics	\$95	\$80.75
8	Muscle Energy Techniques NEW	\$90	\$76.50
8	Lymphatic Drainage Basics	\$90	\$76.50
7	Massage and Fibromyalgia	\$75	\$63.75
6	Massage and Migraines	\$65	\$55.25
5	Massage and Carpal Tunnel	\$55	\$46.75
4	Thumbs-Free Massage	\$45	\$38.25
4	Ethics, Business & Working with Professionals	\$45	\$38.25
3	Ethics Refresher	\$35	\$29.75
3	Ethics, Beliefs & Regulations NEW	\$35	\$29.75
3	Ethics, Boundaries & Relationships NEW	\$35	\$29.75
1	Piriformis Syndrome NEW	\$14	\$11.90
1	Human Trafficking and Massage	\$14	\$11.90

View a full list of 115+ CE courses at www.massagetherapyceu.com!

Visit our website and use code PERG15 at checkout to save 15%!

We are approved by the NCBTMB, CE Broker, AMTA, ABMP, and State Boards. 15% off is valid on regular priced courses until Dec. 31, 2024.

Sage Dragonfly Workshops

www.sagedragonflyworkshops.com

336-501-2031

Janet Wolf Blevins

#398323-00

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Janet is a massage therapist, acupressurist, Asian Holistic Health Practitioner and herbalist.



All LIVE classes

10/5/2024	Acupressure	8	Mt Gilead
8/4/2024	Acupressure for bladder & kidney meridians	3	Mooreville
11/17/2024	Acupressure for liver & gallbladder meridians	3	Greensboro
10/20/2024	Acupressure for lung & large intestine meridians	3	Mt Gilead
11/17/2024	Acupressure for stomach & spleen meridians	3	Greensboro
7/28/2024	Acupressure Jiejing	8	Maiden
8/3/2024	Asian Cupping	8	Mooreville
8/11/2024	Asian Reflexology	8	Greensboro
10/12/2024	Energy grounding	2	Greensboro
10/20/2024	Ethics	3	Mt Gilead
7/21/2024	Ethics	3	Greensboro
8/4/2024	Ethics	3	Mooreville
8/4/2024	Gemstone face massage	2	Mooreville
11/17/2024	Guasha for headaches	3	Greensboro
10/12/2024	Healing Herbs for your treatment room	4	Greensboro
9/20/2024	Native American hot stones	21	Maiden
10/6/2024	Reiki 1	8	Mt Gilead
9/8/2024	Spa wraps without a wet room	8	Greensboro
10/13/2024	Tuning forks for acu points	8	Greensboro

upRIGHT

balanced proper alignment

CEC Calendar for 2024-25

August		November	
12th NMT*	\$250	4th NMT*	\$250
19th Self Care (MC)	\$130	11th Self Care (MC)	\$130
26th NMT	\$250	18th NMT*	\$250
September		January 2025	
9th NMT*	\$250	6th NMT*	\$250
16th Self Care (MC)	\$130	13th Self Care (MC)	\$130
23rd NMT*	\$250	20th NMT*	\$250
October		February 2025	
7th NMT*	\$250	3rd NMT*	\$250
14th Self Care (MC)	\$130	10th Self Care (MC)	\$130
21st NMT*	\$250	17th NMT*	\$250

*NMT for Leg Length Discrepancies
(MC) = Using Massage Cane



SCAN TO REGISTER OR MORE INFO
Lake Norman/Huntersville, NC area
For questions, email:
info@upRIGHT.Care



license #1511
approved provider #1001645

Holistic Breast & Lymphatic Care

a HealShare Company (fka Spurlin Institute)

Breast
Health
Education

Breast Health: Lymphatics, Palpation and Massage

Empowering Women with Tools
for Proactive Breast Health

24 CEs \$840.00
Three Days (Fri/Sat/Sun)
8:30am-5:30pm

- 9/27/2024
- 4/4/2025
- 9/19/2025
- 4/17/2026

Manual Lymphatic Drainage: Introduction

Pre-requisite to Cupping

4 CE's \$125.00

Friday 9:00am-1:00pm

And

Cupping (Vacuum Therapy):

For Manual Lymphatic Drainage

3 CEs \$95.00

Friday 2:00pm-5:00pm

- 9/13/2024
- 3/21/2025
- 9/5/2025
- 3/13/2026

Instructors: Claire Jelnick, RN and Effie J. Spurlin, LMBT

Location: Charlotte, NC Area

Telephone: 704-724-1020

Email: info@holisticblc.com

www.holisticblc.com



NCBTMB Provider #100634
NCBTMB Provider #1366



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2024-2025 Course Calendar

Anatomical Whole Body Dissection

2-Day Dissection Intensive 15 CE's
\$1150 early registration, \$1350 full price
August 17+18, 2024
October 12 + 13, 2024
June 7 + 8, 2025
August 9 + 10, 2025
October 18 + 19, 2025

Dissection Club - Open Lab

Wednesdays 4:00-8:00 PM 4 CE's
Meets once per month
\$175 single or \$375 for 3 sessions

Learn hands-on anatomy in our beautiful lab located in Charlotte, NC. Our dissection courses uniquely feature soft-fix embalming methods to allow joint mobilization and life-like textures and colors. This course is led by our team of anatomists with expertise in fascia and biomechanics.

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Ortho-Bionomy strengthens the body's self corrective reflexes to gently relieve pain, restore balance, and encourage deeper communication in the body.

Ortho-Bionomy Isometrics and Isotonics (live)

9/21-22/24.....16 CE

Ortho-Bionomy: Phase 5 and the Reflexes (webinar)

9/24/24.....3 CE

Ortho-Bionomy Structural Releases for the Extremities (live)

10/19-20/24.....16 CE

Ethics: From the Inside Out (webinar)

10/22/24.....3 CE

Chapman's Reflexes Review (webinar)

11/19/24.....3 CE



828-273-1288

5 B Barbetta Dr. Asheville, NC 28806

info@orthobionomy.net

www.orthobionomy.net

JESSICA MARK, Instructor (NC#9944) Approved Provider #765

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Learn dynamic massage techniques to support your clients digestion, fertility, pregnancy, and postpartum healing.

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Guided by the hands of **Dr. Rosita Arvigo**, we work with the abdomen, back, and sacrum, to positively affect the mind, body, and spirit.

"Donna is an exceptional teacher. Her knowledge of anatomy, presented in a multi-dimensional way, has changed my understanding of the body in the most beautiful way. She fully integrates the teachings and responds to questions with real mastery that helps the information land for someone new to these techniques. Her teaching is humble, gracious, generous, and fun".

– C.M. 2022 Abdominal Therapy Professional student

www.abdominaltherapycollective.com

2024/2025 Dates (Fall)

Sep 19-22, 2024: **PART 1** (Apex, NC)

Sep 26-29, 2024: **PART 2** (Apex, NC)

Oct 10-13, 2024: **Pregnancy to Postpartum** (Apex, NC)

Feb 6-12, 2025: **Pregnancy to Postpartum** (San Ignacio, Belize – international)
Co-taught with Dr. Arvigo

Mar 13-16, 2025: **PART 1** (Apex, NC)

Mar 20-23, 2025: **PART 2** (Apex, NC)

Mar 27-30, 2025: **Pregnancy to Postpartum** (Apex, NC)

NCBTMB Approved Provider #1000671

All ATP classes are 28ce hrs



Register your place by contacting educator Donna Zubrod:

Email: donna@sevendgenerationswellness.com

Mobile: 919-810-0003



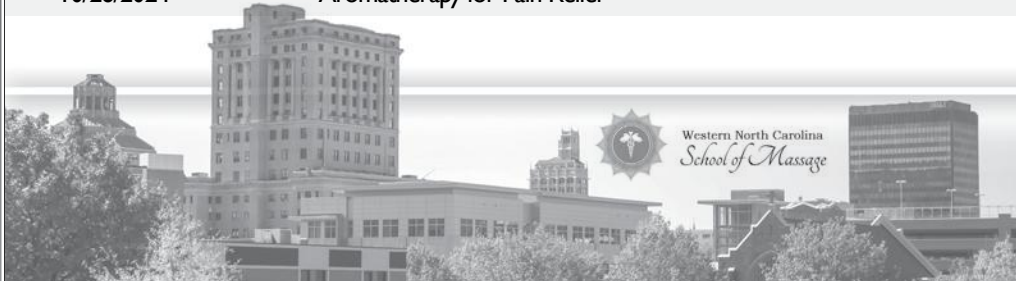


Information & Registration: www.wncsom.com
 WNC School of Massage, 707 Haywood Rd, Ste 001 Asheville, NC 28806
 (828) 761 1553 info@wncmassageschool.com NCBTMB Provider #451758-11

Hope DeVall
 LMFT 10846



DATE	WORKSHOP	CE	PRICE
7/20/2024	Introduction to Lymphatic Drainage - Head, Neck & Face	12	\$250
7/27/2024	NMT for Plantar Fasciitis	12	\$250
8/17/2024	Aromatherapy for Lymphatic Drainage & Immune Support	12	\$250
8/31/2024	NMT for Treating Sciatic Pain	12	\$250
9/14/2024	Introduction to Lymphatic Drainage II - Lower Body	12	\$250
10/5/2024	NMT for Treating Head and Neck Pain	12	\$250
10/12/2024	Stretching on the Table	12	\$250
10/26/2024	Aromatherapy for Pain Relief	12	\$250



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 and Impingement**
 Sat, Sept 28, 8CE - \$165

Pain Reduction for Knees
 Sat, Oct 19, 8CE - \$165



Stewart Walker
 50 years of massage practice
 NCBTMB Approved Provider #450165-06

1000 Hackberry Ln, Durham, NC 27705
 919-489-5355
wholistichealthstudionc.com/2024-workshops

Forearm Techniques Save Your Hands

6 CE
 August 24, 2024 February 22, 2025

Breathwork, Meditation, & Hands-On Restorative Yoga (Self Care)

16 CE
 October 18-19, 2024 February 8-9, 2025

Lymphatic Drainage with Silicone Cups & Honey Facial

8 CE
 September 28, 2024 November 23, 2024

Side by Side End of Life Care & End of Life Doula Certification

14 CE
 2 ½ Day
 October 21-23, 2024

Stepping Into Your Capabilities (What is Holding You Back, Setting Attainable Goals)

4 CE
 August 25, 2024 October 20, 2024
 December 15, 2024 February 10, 2025



Let's Go In Wellness & Massage
letsgoin.meditation@gmail.com
www.letsgoinwellness.com
 252 422 0988



Holly Fisher

LMFT license #2180
 NCBTMB Approved Provider
 #1000694

Thai Massage

Live 'Hands On' Workshops
and Home Study
Online Courses

with **Michael Sitzer**

LMBT #10273

NCBTMB #451645-11

2024 Fall Dates

Each
Weekend-
18 CEs
\$195*

LIVE 'HANDS ON' WORKSHOPS:

Sept. 14 & 15 - Thai on the Table in John's Creek, GA - (18 CEs)

Sept. 28, 29, Oct. 12, 13 & Nov. 9, 10 - Floor Thai
- Certification Training in Asheville, NC - (54 CEs)

Oct. 26, 27 - Thai on the Table in Asheville, NC - (18 CEs)

Nov. 16, 17 - Next Level Thai in John's Creek, GA - (12 CEs)

Jan. 26 - Feb. 06 - Thailand Study Abroad Trip
- Chiang Mai, Thailand (30 CEs)

Full
Certification
in 3 weekends
\$545*

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Certification is offered after completing 3 weekend modules
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www.thaiyogatraining.com

www.thaiyogabodyworkacademy.com



Beverly Johnson
NC LMBT #928
Sarah DeBerardinis
NC LMBT #2115

NCBMT Approved
Provider #1627



INTEGRITY TRAININGS

Inspired Intelligent Integrative Education

Therapeutic Stretching July 13-14 | 12 CE | \$325

Functional Assessment & Treatment of the Shoulder Girdle
August 3-4 | 14 CE | \$345

The Fascia Connection September 7-8 | 12 CE | \$325

NEW! Introduction to Lymphatic Massage September 20-21 | 12 CE | \$325

Ethics: Sex, Touch & Intimacy October 5 | 4 CE | \$90

NEW! Body Mechanics: Back to Center October 5 | 4 CE | \$95

The Awesome Anterior: Myofascial Techniques for the Core & More
October 6 | 7 CE | \$160

ALL CLASSES IN DURHAM, NC SAVE WITH EARLY BIRD DISCOUNTS
www.integritytrainings.com 919-701-8434 info@integritytrainings.com

"The best CE class I've taken in 16 years of doing massage! So much amazing useful information that will affect my work immediately."



Bodywork Therapy Seminars

A Division of Hands On Health Massage Therapy & Wellness

NCBTMB Approved Provider #450679-08

2024 & EARLY 2025 CALENDAR

Body Mechanics & Self Care
Cupping Principles & Applications
Ethics: Standards Of Practice
Foam Rolling & Mvmt Repatterning
I-NMT: Lumbar, Pelvis, & Posture
I-NMT: Neck, Int Jaw, Craniofacial
I-NMT: Rot Cuff, UE, & Tx Planning
I-NMT: Thigh, LE, and Biomechanics
I-NMT: Thor Outlet & Sh Mobilizers
I-NMT: Tx TMD & Craniofacial Pain

INSTRUCTOR #CE DATE(S)

Jean Rowe	7	10/3/24
Jessica Mai	4	12/8/24 or 6/4/25
Laura L. Ford	3	9/16/24, 4/24/25 (webinar), or 5/8/25
Jessie Mathers	4	9/7/24 or 4/26/25
Jessica Mai	16	5/17/25
Jessica Mai	16	10/5 and 10/6/24
Jessica Mai	16	2/8 and 2/9/25
Jessica Mai	16	8/3 and 8/4/24
Laura L. Ford	16	11/16 and 11/17/24
Jessica Mai	8	1/12/25

We welcome invites
to your location!



Except when noted,
all classes are live
in Cary, NC

INSTRUCTORS:

Laura Landsiedel Ford, Jessica Mai, Jean Rowe,
Introducing Jessie Mathers, PT, OCS, FAAOMPT

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DATE	COURSE
Aug 2-4	<i>Intro to Esalen® Massage for Men</i> (16 CE) Malachi Stone and Sam Sebastian
Sep 13-15	<i>An Esalen® Massage Approach to Working with Trauma</i> (21 CE) Robin Fann-Costanzo
Sept 18-19	<i>Intro to Esalen® Massage</i> (12 CE) Robin Fann-Costanzo *TYBEE ISLAND, GA
Sept 25-27	<i>Advanced Esalen® Massage</i> (16 CE) Nora Matten
Oct 18	<i>Ethics</i> (3 CE) Robin Fann-Costanzo
Oct 19-20	<i>Intro to Esalen® Massage</i> (12 CE) Robin Fann-Costanzo



ROBIN FANN-COSTANZO

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HOME STUDY Courses	CE hrs.	Tuition
Developing Your Intuition	3	\$33
Building Your Business	3	\$50
Marketing Your Business	2	\$40
Ethics (Standard V)	3	\$25
Building Your Business for Reflexology	3	\$50
Marketing Your Business for Reflexology	2	\$40

CONTINUING ED CLASSES 2024

AUGUST

	CE hrs.	Tuition
07 • Ethics (Standard V) Webinar	3	\$75
18 • Developing Your Intuition Webinar	6	\$150

SEPTEMBER

18 • Building Your Business Webinar	6	\$150
22 • Marketing Your Business Webinar	6	\$150

OCTOBER

09 • Ethics (Standard V) Webinar	3	\$75
20 • Developing Your Intuition Webinar	6	\$150

NOVEMBER

03 • Building Your Business Webinar	6	\$150
13 • Marketing Your Business Webinar	6	\$150

DECEMBER

08 • Developing Your Intuition Webinar	6	\$150
18 • Ethics (Standard V) Webinar	3	\$75

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Wed	7/24/2024	9:00 AM	Burlington, NC
Fri	9/27/2024	1:30 PM	Burlington, NC
Sun	1/5/2025	Time TBA	Coastal, NC
Mon	6/23/2025	1:30 PM	Burlington, NC

Yoga, Meditation & Breathwork for Self-Care 4 CE

Fri	9/27/2024	8:30 AM	Burlington, NC
Sat	1/4/2025	Time TBA	Coastal, NC
Wed	3/12/2025	9:00 AM	Burlington, NC
Mon	6/23/2025	8:30 AM	Burlington, NC

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10/25/24-10/27/24	Asheville, NC**
Working with Trauma: Care for Others	7 CEs, \$124
9/7/24	Asheville, NC
The Cranial System: Structure and Motion 1	21 CEs, \$379
10/4/24- 10/6/24	Cornelius, NC
10/18/24-10/20/24	Asheville, NC**

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Nov. 16th - Nashville, TN

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[4 CEs] \$100
Oct. 21st [Monday Course] - Cornelius, NC
Nov. 17th - Nashville, TN

Advanced Clinical Anatomy: Lower Extremity & Anterior Torso

[14 CEs] \$275
Sept. 14th & 15th - Baltimore, MD

Practical Cupping

[16 CEs] \$300
Sept. 21st & 22nd - Nashville, TN
Oct. 5th & 6th - Greensboro, NC
Nov. 9th & 10th - Johnson City, TN

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[16 CEs] \$300
August 17th & 18th - Cornelius, NC
Oct. 26th & 27th - Johnson City, TN

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2024
SCHEDULE:

July 22	Herbal Poultice Massage (Luk Pra Kob)	8 CE	\$175
Aug 12	TCM: Bojin Facial Meridian Therapy and Gua Sha Intensive	8 CE	\$425
Sep 6	Ethics: Navigating Boundaries	3 CE	\$70
Sep 9	Integrative Spa Facial Cupping Class	5 CE	\$200
Sep 13	Cold Stone Facials	8 CE	\$220
Sep 16	Exceptional Foot Massage	8 CE	\$199
Sep 20	Aromatherapy 101	4 CE	\$110
Sep 20	Self-Care Practices	4 CE	\$110
Sep 23	Gua Sha Fundamentals	8 CE	\$289
Sep 27-28	Craniosacral, Level I	16 CE	\$350
Sep 29-30	Deep Lymph Flushing Massage	16 CE	\$350
Oct 4	What Drugs are in Your System? Assessing Medications with Massage & Bodywork	6 CE	\$175
Oct 5-6	Reiki II - Serve	14 CE	\$320
Oct 11	Muscle Release Techniques for the Upper Extremity	5 CE	\$125
Oct 18-19	Easy Deep Tissue - More Pressure, Less Effort	14 CE	\$345
Oct 20-21	Deep Dive: Forearm & Hand	12 CE	\$250
Oct 25-26	Two-Day Hot Stone Therapy	16 CE	\$330

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2501 Blue Ridge Road, Suite G-160 Raleigh, NC 27607
(919) 783-6195 www.healingartsschool.com/new-events



The Healing Arts and Massage School



Living Sabai

Founded by Jill Burynski in 2009, **Living Sabai School of Thai Massage** offers CE Workshops, Advanced Certification Program, Thailand Study Abroad Opportunities, and Premium Thai Massage Mats and Products. See website for details.

Living Sabai is an Approved Provider of Continuing Education NCBTMB #451012-09 CE Broker 50-11155. All classes are approved for CEs for license renewal in Georgia, North Carolina, Tennessee, and most other US states.

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Nashville, TN September 20-22
Pottstown, PA November 1-3

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Asheville, NC November 2-3
Raleigh, NC August 3-4
Orlando, FL August 24-25
Harrisburg, FL September 21-22
Pottstown, PA August 24-25

Traditional Thai Foot Massage

7 CEs \$199

Learn the Thai approach to reflexology.

Asheville, NC December 4
Charlotte, NC October 25
Raleigh, NC August 2, December 7
Nashville, TN December 14
Orlando, FL August 23
Harrisburg, PA September 20
Pottstown, PA August 23, December 13

Thai Massage for the Table

7 CEs \$199

Learn Thai Massage techniques that can be used in your table massage.

Asheville, NC December 5
Charlotte, NC October 26
Raleigh, NC December 8
Nashville, TN December 15
Pottstown, PA December 14

Thai Herbal Compress Massage

7 CEs \$229

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Asheville, NC October 9

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Asheville, NC October 10

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Asheville, NC November 13-14

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Aug 12 & 13: Easy Deep Tissue (14CE)

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LC - Oct. 7 & 8: Forearm & Hand (12CE)

JC - Nov. 7 & 8: Forearm & Hand (12CE)

JC - Nov. 9 & 10: Easy Deep Tissue (14CE)



Melissa D. Cope, LMBT
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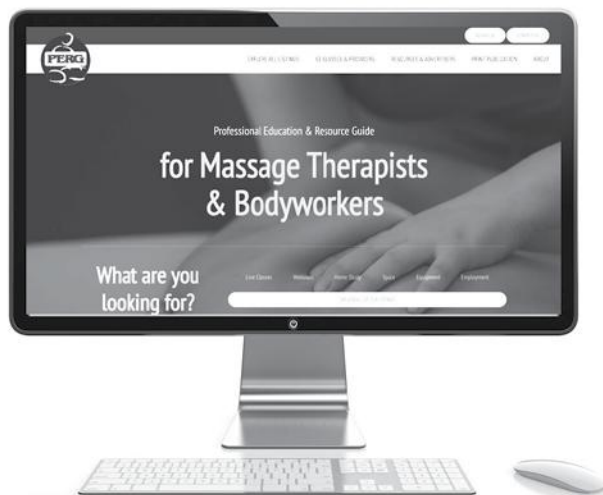
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Fall 2024 Course Schedule

All fall courses held in Greensboro from 9am – 6pm, unless otherwise listed

September 8	Thai Yoga Massage (8 CE)	\$220
September 10 & 24	Two-Day Hot Stone Therapy (16 CE)	\$330
September 13	Cold Stone Facials (8 CE) <i>Raleigh 9am – 6pm</i>	\$220
September 16	Exceptional Foot Massage (8 CE) <i>Raleigh 9am – 6pm</i>	\$220
September 20	Aromatherapy IOI (4 CE) <i>Raleigh 9am – 1pm</i>	\$110
September 20	Self-Care Practices (4 CE) <i>Raleigh 2pm – 6pm</i>	\$110
September 25	Ethics – Communication (3 CE) <i>4pm – 7pm</i>	\$ 99
October 13	Cold Stone Facials (8 CE)	\$220
October 15	Exceptional Foot Massage (8 CE)	\$220
October 21 & 28	Business IOI: Vision – Mission (4 CE) “Creating a Vision Board” Two-Night Course <i>6pm – 8pm</i>	\$ 99
October 22	Ethics – Boundaries (3 CE) <i>4pm – 7pm</i>	\$ 99
October 23	Marketing IOI: <i>Converting Leads</i> (4 CE) <i>4pm – 8pm</i>	\$ 99
October 25 & 26	Two-Day Hot Stone Therapy (16 CE) <i>Raleigh 9am – 6pm</i>	\$330
October 29	Aromatherapy IOI (4 CE) <i>9am – 1pm</i>	\$110
October 29	Self-Care Practices (4 CE) <i>2pm – 6pm</i>	\$110
October 30	Marketing IOI: <i>Retention</i> (4 CE) <i>4pm – 8pm</i>	\$ 99
October 31	Marketing with Chair Massage (8 CE)	\$220

Courses offered in Greensboro, Raleigh & Greenville

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LMBT 9411 & Lead Instructor

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FALL 2024 COURSE SCHEDULE

August 25	Teacher Training I – <i>Basics of Course Design</i> (8 CE)	\$220
September 22	Teacher Training II – <i>Designing Powerful Courses</i> (8 CE)	\$220
October 20	Teacher Training III – <i>Presenting Powerful Courses</i> (4 CE)	\$110
October 20	Ethics: <i>Integrity in Teaching</i> (4 CE)	\$110

All courses held on Sundays in Greensboro 9am – 6pm



Index To Live and Webinar Classes

Live classes are marked as (L) and Webinar classes are marked as (W)

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- 10 (W) Marketing Your Business; ; 6CE; p.12
- 12 (L) Cranial Sacral & Holistic Emotional Release from Trauma; Asheville, NC; 21CE; p.13
- 13 (L) Incorporating Therapeutic Stretching w/ Your Massage Clients; Durham, NC; 12CE; p.9
- 17 (L) Dissection Club 2024 - Open Lab; Charlotte, NC; 4CE; p.7
- 19 (L) Somatic Mindfulness - Grounding; Cornelius, NC; 16CE; p.2
- 20 (L) Bowsage Therapy; Asheville, NC; 16CE; p.4
- 20 (L) Intro to Bowen; Asheville, NC; 8CE; p.4
- 20 (L) Meditative Cancer Massage; Greensboro, NC; 8CE; p.6
- 20 (L) Techniques For Your Clients Using Foam Rollers and Tennis Balls; Morehead City, NC; 8CE; p.8
- 20 (L) Introduction to Lymphatic Drainage - Head, Neck & Face; Asheville, NC; 12CE; p.8
- 21 (L) Advanced Bowen; Asheville, NC; 8CE; p.4
- 21 (L) Ethics; Greensboro, NC; 3CE; p.6
- 22 (L) Herbal Poultice Massage (Luk Pra Kob); Raleigh, NC; 8CE; p.13
- 24 (L) Mindful Business Mastery1: Integrating Meditation...; Burlington, NC; 4CE; p.12
- 26 (L) The Cranial System: Structure & Motion Advanced; Asheville, NC; 24CE; p.13
- 27 (L) ACE Massage Cupping – 2 day training; Cornelius, NC; 16CE; p.2
- 27 (L) Advanced Bowen; Statesville, NC; 8CE; p.4
- 27 (L) Bowsage Therapy; Statesville, NC; 16CE; p.4
- 27 (L) NMT for Plantar Fasciitis; Asheville, NC; 12CE; p.8
- 28 (L) Intro to Bowen; Statesville, NC; 8CE; p.4
- 28 (L) Acupressure Jiejing; Maiden, NC; 8CE; p.6
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- 2 (L) Introduction to Esalen® Massage for Men; Asheville, NC; 16CE; p.10-11
- 2 (L) Traditional Thai Foot Massage; Raleigh, NC; 7CE; p.14
- 3 (L) Bowsage Therapy/ Basic Bowen Therapy; Cornelius, NC; 16CE; p.2
- 3 (L) Bowsage Therapy; Cornelius, NC; 16CE; p.4
- 3 (L) Asian Cupping; Mooresville, NC; 8CE; p.6
- 3 (L) I-NMT: Thigh, Lower Extrem, Biomech; Cary, NC; 16CE; p.9
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- 3 (L) Thai Massage Weekend Immersion; Raleigh, NC; 15CE; p.14
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- 4 (L) Ethics; Mooresville, NC; 3CE; p.6
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- 9 (L) Basic Lymphatic Massage; Cornelius, NC; 21CE; p.13
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- 10 (L) Massage for TMJD; Fayetteville, NC; 14CE; p.15
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- 17 (L) Less Thumbs – More Prosperity; Cornelius, NC; 16CE; p.2
- 17 (L) 2-Day Whole Body Anatomical Dissection Intensive; Charlotte, NC; 15CE; p.7
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- 17 (L) Thought Body Mapping: The Body/Mind in Action; Pittsboro, NC; 13CE; p.15
- 18 (W) Developing Your Intuition; ; 6CE; p.12
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- 21 (L) Dissection Club 2024 - Open Lab; Charlotte, NC; 4CE; p.7
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- 24 (L) Bowsage Therapy; Statesville, NC; 16CE; p.4
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- 24 (L) Thai Massage Weekend Immersion; Orlando, FL; 15CE; p.14
- 25 (L) Advanced Bowen; Statesville, NC; 8CE; p.4
- 25 (L) Stepping Into Your Capabilities Business Development ...; Morehead City, NC; 4CE; p.8
- 25 (L) Teacher Training I - Basics of Course Design; Greensboro, NC; 8CE; p.16
- 26 (L) NMT for Leg Length Discrepancies; Lake Norman, NC; 8CE; p.6
- 30 (L) Psoas Day; Cornelius, NC; 8CE; p.2
- 30 (L) Elemental CranioSacral Work™ I: Being in the Field; Asheville, NC; 21CE; p.4
- 31 (L) Muscle Melting: Non-Force Deep Tissue Massage; Cornelius, NC; 8CE; p.2
- 31 (L) NMT for Treating Sciatic Pain; Asheville, NC; 12CE; p.8

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- 6 (L) What the Cup 3!? More Advanced Techniques; Cornelius, NC; 8CE; p.2
- 6 (L) Ethics: Navigating Boundaries; Raleigh, NC; 3CE; p.13
- 7 (L) What the Cup 4!? More Advanced Techniques; Cornelius, NC; 8CE; p.2
- 7 (L) Myofascial Foam Rolling and Mvmnt Repatt; Cary, NC; 4CE; p.9
- 7 (L) The Fascia Connection: Addressing the Fascial Strata; Durham, NC; 12CE; p.9
- 7 (L) Working with Trauma: (Self-Care) (Care for Others); Asheville, NC; 7CE; p.13
- 8 (L) Spa wraps without a wet room; Greensboro, NC; 8CE; p.6
- 8 (L) Thai Yoga Massage; Greensboro, NC; 8CE; p.16
- 9 (L) Lymphatic Massage for Detoxification; Asheville, NC; 14CE; p.3
- 9 (L) Integrative Reflexology®; Chapel Hill, NC; 21CE; p.3
- 9 (L) DeepFeet 2; Asheville, NC; 16CE; p.4
- 9 (L) NMT for Leg Length Discrepancies; Lake Norman, NC; 8CE; p.6
- 9 (L) Integrative Spa Facial Cupping; Raleigh, NC; 5CE; p.13
- 9 (L) Don't Age Out of Your Profession! Proper Body Mechanics ...; Charlotte, NC; 6CE; p.15

- 10 (L) Two-Day Hot Stone Therapy; Greensboro, NC; 16CE; p.16
- 12 (L) Advanced Integrative Reflexology® Muscle Reflexology with Meridians; Chapel Hill, NC; 14CE; p.3
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- 13 (L) Meditation & Yoga Self Care Weekend; Cornelius, NC; 18CE; p.2
- 13 (L) Manual Lymphatic Drainage: Introduction; Charlotte, NC; 4CE; p.7
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