



PERG

Professional Education & Resource Guide
FOR MASSAGE THERAPISTS AND BODYWORKERS

North Carolina
CE Fall Edition 2025





PERG

Professional Education & Resource Guide
FOR MASSAGE THERAPISTS AND BODYWORKERS

PERG is published by Hands On Health, LLC.
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For advertising information, contact the publisher.

Front cover models: Jessica Mai instructing with Bodywork Therapy Seminars, Amber Garrison (student standing), and Blayne H Allred (holding skeleton).

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The Passion of Continuing Education

Before we arrive, a few of us balk and beg and say NO MORE CE!
Then we arrive, grateful to have a day free of the worries of life and work.
And we learn, we play, we are inspired once again.
We return to our practices delighted to have met others who share our passion.

In the lobby, our client waits for our hands to rest upon their backs.
We matter.
Touch matters.
No more loneliness. Just pure connection.

*Warm regards,
Laura Landsiedel Ford, Publisher*

*NC BMBT License renewal update:
licensees now have until December to submit their applications without late penalty.*

About the PERG

NEXT NORTH CAROLINA EDITION JANUARY 2026

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
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and
resources**

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Sage Dragonfly Workshops

www.sagedragonflyworkshops.com

336-501-2031



Teaching fun, affordable and knowledge based continuing education since 2003.

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

6/8	Teacher Training	Greensboro	8 Ce's
8/10	Tok Sen	Greensboro	8 Ce's
8/17	Spa wraps without a wet room	Greensboro	8 Ce's
8/23	Qi of lymphatic massage	Hickory	8 Ce's
8/24	Advanced cupping	Hickory	8 Ce's
8/31	Meditative cancer massage	Greensboro	8 Ce's
9/7	Guasha	Greensboro	8 Ce's

Janet Wolf Blevins

#398323-00



9/19-21	Complete renewal weekend Native hot stone massage Ethics	Maiden	21 Ce's 3 Ce's
10/11	Abhyanga & Shirodhara	Greensboro	8 Ce's
10/12	Asian cupping & Guasha	Greensboro	8 Ce's
10/18	Tuning forks for acu points	Mt Gilead	8 Ce's
10/19	Ethics	Mt Gilead	3 Ce's
10/19	Healing herbs for your treatment room	Mt Gilead	4 Ce's
10/26	Asian Reflexology	Mt Gilead	8 Ce's
10/27	Guasha for hands & feet	Greensboro	8 Ce's

MICHAEL J. SAVINO SEMINARS

ALL CLASSES ARE LIVE CLASSES

7/20/25	Fire: Connection, Warmth, Transformation	5 CE	Rougemont NC
8/17/25	Side- Lying Position: A Flow-Based Approach	7 CE	Durham NC
8/23-24/2025	Table Shiatsu	15 CE	Durham NC
9/13/25	Earth: Nurturing, Nourishment and Stability	5CE	Rougemont NC
10/11-12/2025	Zen Shiatsu	15CE	Durham NC

Healing Strength

919-308-7928

www.healingstrength.org/ceclasses

Michael J. Savino
Licensed Massage and Bodywork Therapist
Approved Provider # 1001292



Holistic Breast & Lymphatic Care

a HealShare Company
(Supportive care to heal, naturally!)

Breast Health Education

Lymphatic Drainage and Palpation for Breast Health

Empowering Women with Tools for Proactive Breast Health

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

- 9/19/2025
- 4/17/2026
- 10/2/2026
- 4/9/2027

Manual Lymphatic Drainage: Introduction

Pre-requisite to Cupping

4 CE's \$135.00

Friday 9:00am-1:00pm
And

Cupping (Vacuum Therapy):

For Manual Lymphatic Drainage

3 CE's \$100.00

Friday 2:00pm-5:00pm

- 9/5/2025
- 2/20/2026
- 9/11/2026
- 2/26/2027

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

Location: 12043 Guion Lane Matthews, NC 28105

(Charlotte, NC area)

Telephone: 704-724-1020

Email: info@holisticblc.com

www.holisticblc.com



NCBTMB Provider #100634
NCBTMB Provider #1366

2025 SCHEDULE:

July 12 & 13	Reflexology	10 CE	\$275
July 26 & 27	Reiki Level I- Awaken	14 CE	\$330
August 15	Cold Stone Facials	8 CE	\$220
August 23 & 24	Aromatherapy - Introduction	10 CE	\$250
August 23 & 24	Reiki Level II- Serve	14 CE	\$330
September 5	Self-Care Practices	4 CE	\$110
September 12	Exceptional Foot Massage	8 CE	\$220
September 15	Aromatherapy 101	4 CE	\$110
September 19	Ethics: Navigating Boundaries	3 CE	\$75
September 26 & 27	Easy Deep Tissue - More Pressure, Less Effort	14 CE	\$355
September 27 & 28	Reiki Level III- Evolve and Deepening Your Connection	14 CE	\$345
September 28 & 29	Getting Specific: Hip & Shoulder Girdles	14 CE	\$355
October 3 & 4	Craniosacral, Level 1	16 CE	\$400
October 4 & 5	Reiki Level I- Awaken	14 CE	\$330
October 5 & 6	Energetic Bodywork: Blending Massage and Energy Work in the Treatment Room	16 CE	\$400
October 24 & 25	Two-Day Hot Stone Therapy	16 CE	\$380

Healing From the Heart Through the Art of Touch

Everyone functions in accordance with a unique innate energetic blueprint, the Innate Intelligence. When we are free from stress, real or imagined, healing is a natural progression of life's experience. Life experiences are sustained by dynamic electro, chemical, magnetic interactions that are effected by mental, emotional and physical conditions.

The Healing Arts and Massage School, LLC is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider (# 331623-00). Visit the School's Web Site for a Complete List of Classes and Calendar with Online Registration

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.

Founder and Lead Instructor:
Jill Burynski



Transform Your Practice With Thai Massage

Thai Massage 3 Day Intensive

21 CEs \$409

Learn a full body Thai Massage in the supine and prone positions, and learn how to incorporate Thai into your table massage. Class is mat based.

Asheville, NC Aug 12-14
Nashville, TN Sept 19-21
Charlotte, NC Oct 24-26
Raleigh, NC Oct 10-12
Pottstown, PA Nov 7-9

Thai Massage Weekend Immersion

15 CEs \$349

Learn a full body Thai Massage in the side-lying and seated positions. Class is mat based.

Raleigh, NC August 3-4
Pottstown, PA August 23-24
Charlotte, NC September 27-28
Harrisburg, PA October 17-18
Asheville, NC November 8-9

Traditional Thai Foot Massage

7 CEs \$209

Learn the Thai approach to reflexology.

Raleigh, NC August 2
Indianapolis, IN August 21
Pottstown, PA August 22, December 12
Charlotte, NC September 26
Asheville, NC November 7
Nashville, TN December 13

Thai Massage for the Table

7 CEs \$209

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

Charlotte, NC December 6
Raleigh, NC December 6
Pottstown, PA December 13
Nashville, TN December 14

Thai Herbal Compress Massage

7 CEs \$239

Take your massages to the next level by adding Thai Herbal Compresses (Luk Pra Kob) to your treatments.

Asheville, NC October 7
Charlotte, NC December 5

Northern Thai Tok Sen Therapy

7 CEs \$229

Learn to apply tapotement with a wooden mallet and chisel along the Thai Sen energy pathways to release muscle tension and blocked energy.

Indianapolis, IN August 22
Asheville, NC October 8
Raleigh, NC December 7

Thai Pha Khaw Ma Massage

7 CEs \$229

Learn to apply gentle stretches using a traditional Thai cloth (Pha Khaw Ma). Techniques can be used on a table or mat. Class is table based.

Asheville, NC October 22

Master Class

16 CEs \$349

Prerequisites: Thai Massage 3-Day Intensive and Thai Weekend Immersion

Asheville, NC Dec 9-10

LivingSabai.com jill@livingsabai.com **828-450-0134**

“Classes are well put-together and structured with clear and informed direction, and Jill delivers an obvious mastery of the craft. Living Sabai provides excellent supplementary material and taking these classes has definitely enhanced my longevity and joy in my work!”

– Bethany Rudisil

School of Traditional Therapies and Asian Bodywork

The Continuing Education Experience



NCBTMB Approved Provider # 1000043

REGISTER ON OUR WEBSITE:

ApexRetreatSeminars.com

919-297-8445

info@ApexRetreatSeminars.com

Gua Sha Fundamentals (8 CE) - Apex, NC - 9/22 & 11/3

Facial Gua Sha Fundamentals (5 CE) - Apex, NC - 9/8 & 11/17
- Lynchburg, VA - 10/20

TCM: Bojin Facial Meridian Therapy and Gua Sha Intensive (8 CE)
- Apex, NC - 8/25 & 10/27

Integrative Spa Facial Cupping (5 CE) - Apex, NC - 8/18 & 10/13

Thai Herbal Poultice Massage (Luk Pra Kob) (8 CE) - Apex, NC - 10/20

Thai Sole Therapy: The Art of Thai Foot Massage (12 CE)
- Apex, NC - 9/4 - 9/5 & 12/8-12/9

Comprehensive Table Thai Massage (12 CE) - Apex, NC - 9/18-9/19 & 10/9-10/10

Fundamentals of Table Thai Massage (8 CE) - Apex, NC - 9/11 & 12/17

TCM: Bo Jin Meridian Therapy for the Body (16 CE) - Dates TBA

Holistic Aromatherapy For Bodyworkers (16 CE) - Dates TBA

Therapeutic Thai Herbal Oil Massage - Coming Soon!

Check website for more class offerings.

Spa Training on location & Private training with an instructor available!

Life Changing Technique

•Extend your career •Double your income

Enhance your practice with Bowen Therapy.

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:



- ROI in less than 30 days.
- Learn the basic Bowen Therapy complete body routine
- Learn how to combine the Bowen with your massage techniques.
- See immediate and significant results for your clients

Bowsage Therapy Live Hands on Training 2025 Dates:

Bowsage Therapy 16CE

Jul 20/21 Statesville NC
Aug 9/10 Boca Raton FL
Aug 23/24 Greensboro NC
Sept 6/7 Asheville NC
Sept 27/28 Statesville NC
Oct 4/5 Greensboro NC
Oct 25/26 Statesville NC
Oct 30/31 Statesville

Intro to Bowen 8 CE

Aug 22 Cornelius NC
Aug 23 Greensboro NC
Sept 06 Asheville NC
Sept 26 Statesville NC
Oct 4 Greensboro NC
Oct 26 Statesville NC
Oct 30 Statesville NC
Nov 21 Cornelius NC

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

Bowsage Therapy 16 CE \$375-\$400

Join us and take your practice to the next level. for an informative and hands-on session where you'll learn a full 30-minute routine that you can start using immediately. Not only will you learn how to save your body, but you'll also discover how to double your income. Bowen Therapy is a revolutionary technique that manipulates the fascia, muscles, and tendons to signal the brain to release, reset, and relax the nervous system, making it a must-have skill, offering a rewarding and effective addition to your wellness services. Bowen can be done by itself or when you add Bowen at the end of your already amazing massage routine, you create the perfect Bowsage Experience.

Introduction to Bowen 8 CE \$225

Unsure about trying Bowen Therapy? Experience an introductory class and discover the powerful healing techniques of Bowen Therapy. Benefits for the Practitioner Join us and take your practice to the next level. for an informative and hands-on session where you'll learn a few of the moves, that you can start using immediately.

Advanced Bowen 8 CE \$225

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.

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



Hope DeVall
LMBT 10846,MLD-C

\$25 OFF
WHEN REGISTERING
30 DAYS IN ADVANCE
USE PROMO CODE:
EARLYBIRD

The Mind Body Connection

IN PARTNERSHIP WITH THE
Western North Carolina School of Massage
LOCATED IN SCENIC WEST ASHEVILLE



Darren Cadwell
LMBT 16367,NMTC

DATE	WORKSHOP	INSTRUCTOR	CE	PRICE
7/19 & 7/20	NMT for Treating Head and Neck Pain	Darren Cadwell	12	\$300.00
7/26	Deep Lymphatic Massage - Abdomen & Thorax: Opening the Four Corners	Hope DeVall	8	\$175.00
8/2 & 8/3	Introduction to Lymphatic Drainage - Upper Body	Hope DeVall	12	\$300.00
8/9 & 8/10	NMT for Treating Sciatic Pain	Darren Cadwell	12	\$300.00
8/16 & 8/17	Somatic Movement Strategies for Relieving Challenging Holding Patterns	Lavinia Plonka	12	\$300.00
8/30 & 8/31	NMT for Treating Plantar Fasciitis & Foot/Ankle Pain	Darren Cadwell	12	\$300.00
9/6 & 9/7	Stretching on the Table	Hope DeVall	12	\$300.00
9/20 & 9/21	Introduction to Lymphatic Drainage - Head, Neck & Face	Hope DeVall	12	\$300.00
10/4 & 10/5	Introduction to Lymphatic Drainage - Lower Body	Hope DeVall	12	\$300.00
10/11 & 10/12	NMT for Treating Shoulder Pain and Rotator Cuff Injuries	Darren Cadwell	12	\$300.00
10/25	Deep Lymphatic Massage - Abdomen & Thorax: Opening the Four Corners	Hope DeVall	8	\$175.00
11/1 & 11/2	NMT for Knee Pain	Darren Cadwell	12	\$300.00
11/7	Traditional Thai Foot Massage	Jess Barnwell	7	\$209.00
11/8 & 11/9	Thai Weekend Immersion	Jess Barnwell	15	\$349.00
11/14 - 16	Anatomy Trains Structure & Function	Tom Myers	21	\$650.00
12/6 & 12/7	NMT for Treating Tennis/Golfer's Elbow & Carpal Tunnel	Darren Cadwell	12	\$300.00
12/13 & 12/14	Aromatherapy for Pain Relief	Darren Cadwell	12	\$300.00

Completely Online CE Courses, Test and Certificates Also Available

All courses and instructors are approved by NCBTMB for continuing education.

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



Western North Carolina
School of Massage



Quality, affordable CEs on a variety of great topics!

Tui Na: Chinese Bodywork
[8 CEs] September 27 - Greensboro, NC
[16 CEs] October 4 - Cornelius, NC

Acupressure: The First Needle
[7 CEs] September 28 - Greensboro, NC
November 15 - Johnson City, TN

Practical Ethics & Personal Safety
[6 CEs] October 27 - Waynesville, NC

Advanced Clinical Anatomy: Upper Extremity and Back
[14 CEs] November 8 - Nashville, TN

Bodywork Lotion Making
[4 CEs] November 16 - Johnson City, TN

(828) 283 - 0268
NCBTMB Provider #1003

Practical Orthopedic Assessment: Upper Extremity
[16 CEs] August 2 - Vancouver, WA

Less Thumbs, More Prosperity
[16 CEs] August 16 - Cornelius, NC
October 25 - Waynesville, NC

Practical Cupping & Gua Sha
[16 CEs] August 23 - Greensboro, NC
September 13 - Baltimore, MD
October 18 - Charlotte, NC

Decoding the Hip Puzzle: Assessing & Treating the Hip Region
[16 CEs] Sept. 15 - Silver Springs, MD

CEUSeminars.org
nate@waynesvillewellness.com

GEU Seminars.org
Continuing Education for Acupuncture & Massage

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

NCBTMB Approved
Provider #1627



INTEGRITY TRAININGS
Inspired Intelligent Integrative Education

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

The Fascia Connection: Addressing the Fascial Strata August 2-3 | 12 CE | \$325

Functional Assessment & Treatment of the Cervical Spine
September 13-14 | 14 CE | \$345

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

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

The Awesome Anterior: Myofascial Techniques for the Core & More
October 5 | 7 CE | \$165

NEW Side-lying Essentials October 18 | 7 CE | \$165

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

2025/2026 CALENDAR



Unless otherwise noted, CE classes are LIVE and held in the

RALEIGH region

We welcome invites to your location!

SHORT COURSES

- Intro to Adv Modalities *NEW ~ Julie Barton 6 CE 07/26/25, 08/23/25, 09/20/25, 10/25/25, 4/25/26
- Body Mechanics & Self Care ~ Jean Rowe 7 CE 07/15/25, 10/19/25, or 03/14/26
- Better Business Building ~ Laura L. Ford 6 CE 10/08/25 (incl optional business lunch)
- Cupping Principles & Applications ~ Jessica Mai 4 CE 10/02/25 (Asheville) or 11/07/25 (Cary)
- Ethics: Standards Of Practice ~ Laura L. Ford 3 CE 07/31/25 (Webinar) or 12/10/25 (Live)
- Foam Roll'g & Mvmt Repattern'g ~ Jessie Mathers 4 CE 10/18/25
- Myofascial Release ~ Laura L. Ford 6 CE 09/19/25 (Cary) or 10/02/25 (Asheville)

NEUROMUSCULAR-MYOFASCIAL (I-NMT Courses*)

- Abdomen, Torso, Breath ~ Jessica Mai 16 CE 08/02 - 08/03/25
- Neck, Int Jaw, Craniofacial ~ Jessica Mai 16 CE 10/04 - 10/05/25
- Thoracic Outlet & Sh Mobilizers ~JM (July), LF (Dec) 16 CE 07/12-07/13/25 or 12/06-12/07/25
- Thigh, LE, and Biomechanics ~ Jessica Mai 16 CE 09/26 - 09/27/25
- Internal Jaw for TMD-Craniofacial ~ Jessica Mai 8 CE 10/01/25 (Asheville)

*any course in the I-NMT series can be taken and in any order

Register: www.BodyworkTherapySeminars.com | 919.378.1695



INSTRUCTORS

Laura Landsiedel Ford, Jessica Mai, Jean Rowe, Jessie Mathers, Julie Barton

CONNECT

FB www.facebook.com/BodyworkTherapySeminars
IG www.instagram.com/bodyworkseminars



(712) 490-8245

info@massagetherapyceu.com

NCBTMB #: 409296-00

www.massagetherapyceu.com

Save 15% on Online and Home Study CE Hours

Use Code PERG15 at Checkout

- 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 2025

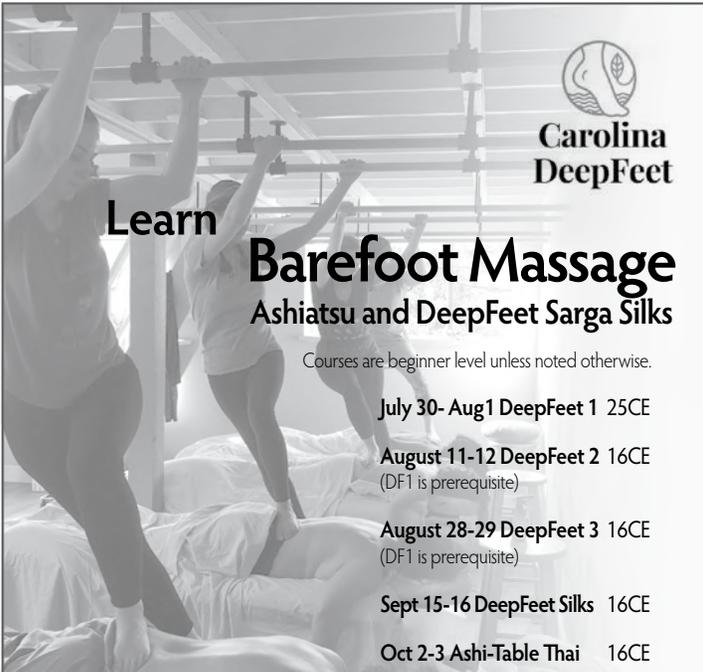
More than 115 courses available including:

CEs	Course	Tuition	With 15% off
20	Hydrotherapy for Massage Therapists NEW	\$215	\$182.75
17	Massage in a Hospital Setting NEW	\$180	\$153.00
15	Oncology Massage	\$160	\$136.00
15	Psychology of the Body	\$160	\$136.00
14	Reflexology	\$150	\$127.50
14	Anatomy and Physiology	\$150	\$127.50
12	Evidence Based Massage	\$135	\$114.75
12	Comfort Touch: Massage for the Elderly NEW	\$135	\$114.75
12	Shiatsu Therapy	\$135	\$114.75
11	Facilitated (PNF) Stretching	\$125	\$106.25
10	Craniosacral Therapy	\$115	\$97.75
10	Cancer and Massage Therapy	\$110	\$93.50
10	Integrated Massage	\$110	\$93.50
9	Cupping for Massage Therapists	\$100	\$85.00
9	Soft Tissue Therapy for the Lower Limb NEW	\$100	\$85.00
9	Myofascial Release Techniques	\$100	\$85.00
9	Traditional Thai Massage	\$100	\$85.00
8	Deep Tissue for Muscular Conditions	\$90	\$76.50
8	Muscle Energy Techniques	\$90	\$76.50
8	Postural Assessment	\$90	\$76.50
7	Soft Tissue and Trigger Point Release	\$80	\$68.00
6	Bach Flower Therapy Basics	\$65	\$55.25
5	Introduction to Zero Balancing NEW	\$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	\$35	\$29.75
1	Piriformis Syndrome	\$14	\$11.90
1	Human Trafficking and Massage	\$14	\$11.90

View a full list of 120+ 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, 2025.





**Carolina
DeepFeet**

Learn Barefoot Massage

Ashiatsu and DeepFeet Sarga Silks

Courses are beginner level unless noted otherwise.

- July 30- Aug1 DeepFeet 1 25CE
- August 11-12 DeepFeet 2 16CE
(DF1 is prerequisite)
- August 28-29 DeepFeet 3 16CE
(DF1 is prerequisite)
- Sept 15-16 DeepFeet Silks 16CE
- Oct 2-3 Ashi-Table Thai 16CE
- Oct 26-28 DeepFeet 1 25CE

Lodging options on site
with wood-fired sauna, cold plunge and hot tub.

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

  Follow on Instagram
and Facebook
@CarolinaDeepFeet



SHIRLEY KNAPP

Holistic Continuing Education

CE HOURS — at — HOME!

*Shirley is an internationally
recognized educator, Intuitive
Energy Practitioner and
author of "Sustaining Joy"*



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

CE LIVE WEBINAR CLASSES 2025

	CE hrs.	Tuition
AUGUST		
03 • Building Your Business Webinar	6	\$150
13 • Marketing Your Business Webinar	6	\$150
SEPTEMBER		
17 • Ethics (Standard V) Webinar	3	\$75
21 • Developing Your Intuition Webinar	6	\$150
OCTOBER		
15 • Building Your Business Webinar	6	\$150
26 • Marketing Your Business Webinar	6	\$150
NOVEMBER		
05 • Developing Your Intuition Webinar	6	\$150
16 • Building Your Business Webinar	6	\$150
DECEMBER		
07 • Marketing Your Business Webinar	6	\$150
17 • Ethics (Standard V) Webinar	3	\$75

Register: www.shirleyknapp.com
(828)736-7100 • Shirley@shirleyknapp.com
Sylva, NC

Board Approved Continuing Education Provider #450819-08
FL, GA, SC, TN Approved CE Broker #50-15726
NC Board of Cosmetic Arts Approved. ARCB CE Provider #P00192



Cutting-edge CranioSacral training with Brian Loftin, LMBT, MLD-C

With Elemental CranioSacral Work™, you can learn a truly new and inventive Way of helping your clients to access the enormous potential within the Central Nervous System. "The craziest magic show I have ever seen," as one student put it, this Method is rooted in anatomical precision and skillful, hands-on contacts that will empower your clients to release traumas and held patterns within their bodies, providing freedom from headaches, migraines, encoded stress, TMJ dysfunction, and so much more!

Certification track and single class enrollment is now open.

7/26/2025	Elemental CranioSacral Work™: Mandible and TMJ	14
9/26/2025	Elemental CranioSacral Work™ III: Tending the Fire	21
10/1/2025	Elemental CranioSacral Work™: An Introduction	7
10/3/2025	Elemental CranioSacral Work™ I: Being in the Field	21
10/26/2025	Elemental CranioSacral Work™ II: Following the Path	21
8/23/2025	Elemental CranioSacral Work™: Upper Cervicals Trauma 14	

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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your practice and improve your skillset.*

2025-26 Course Calendar

Anatomical Whole Body Dissection
\$1450, use code: PERG for \$200 off of full price
2-Day Dissection Intensive 15 CE's

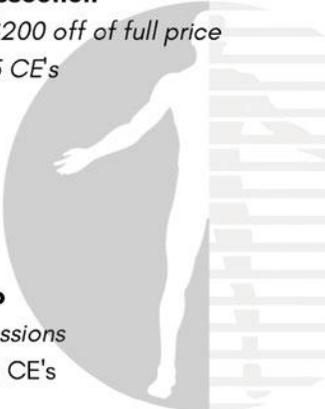
August 9 + 10, 2025
October 18 + 19, 2025
June 6+7, 2026
August 8+9, 2026
October 10+11, 2026

Dissection Club - Open Lab
\$200 single or \$425 for 3 sessions
Wednesdays 4:00-8:00 PM 4 CE's
Meets once per month

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

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**Payment Plans Available*



ROBIN FANN-COSTANZO

Approved Provider Number: 283720-00
NC# 10171

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Hall of Fame Inductee



UPCOMING COURSES

DATE	COURSE
Aug 4	<i>Ethics (3 CE)</i> Robin Fann-Costanzo
Aug 5-6	<i>Intro to Esalen® Massage (12 CE)</i> Robin Fann-Costanzo
Sept 19-21	<i>An Esalen® Massage Approach to Working with Trauma (21 CE)</i> Robin Fann-Costanzo
Oct 3-5	<i>Advanced Esalen® Massage (21 CE)</i> Patrick Stockstill



HEALING THE PELVIC CORE SUZANNE SCURLOCK OCT 29 - NOV 2, 2025

Healing the Pelvic Core is a deep, supportive, five-day transformative experience where women gather to reclaim the power of their pelvic core - the true energetic seat of **creativity, intuition, and feminine vitality.**

"Physical, emotional, or spiritual trauma can cause the potent creative energy in our pelvic area to become blocked preventing us from feeling fully alive...until we intentionally release, heal, transform and integrate it."
- Suzanne Scurlock

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Approved for 36 CE



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- John E. Upledger, D.O., O.M.M

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CE CLASSES AVAILABLE!

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Cornelius, NC 28031 704/896-2636*

DATE	COURSE & CE PROVIDER	CE	PRICE
7-18-25	Aromatherapy for the Mind, Body and Spirit Hosted by Wolfgang Luckmann	8	\$190
7-19-25	Lomi Lomi - Temple Style - Hawaiian Massage Hosted by Wolfgang Luckmann	18	\$310
7-25-25	ACE Level 2 Vacutherapies Hosted by Garret Brown	22	\$500
8-2-25	Manual Lymphatic Drainage Hosted by Mary Gladden	16	\$350
8-8-25	Nurturing the Mother - Pregnancy Hosted by Claire Marie Miller Siminars	21	\$485
8-16-25	Less Thumbs - More Prosperity Hosted by Nate Novgrod	16	\$325
8-22-25	Intro to Bowen Hosted by Michelle Lally	8	\$225
8-23-25	ETHICS in Action Hosted by Jules Wyatt	8	\$190
8-29-25	ACE Massage Cupping Hosted by Annie Garic	16	\$450
9-13-25	Meditation & Yoga Self Care Weekend Hosted by Sally Arnold	12	\$222
9-19-25	Basic Lymphatic Massage Hosted by Ellen Gayle Sovinee	21	\$379
9-26-25	Traditional Thai Foot Massage Hosted by Living Sabai	7	\$209
9-27-25	Thai Massage Weekend Immersion Hosted by Living Sabai	15	\$349
10-3-25	Chair Massage for Career Longevity Hosted by Sheila Alexander	8	\$170
10-4-25	Tui Na: Chinese Bodywork Technique Hosted by Nate Novgrod	16	\$325
10-10-25	Massage for TMJD with IntraOral Hosted by Melissa Cope	7	\$175
10-11-25	Easy Deep Tissue: More Pressure, Less Effort Hosted by Melissa Cope	14	\$350
10-17-25	The Cranial System: Structure & Motion 1 Hosted by Ellen Gayle Sovinee	21	\$379
10-24-25	Thai Massage 3 Day Intensive Hosted by Living Sabai	21	\$409
10-31-25	Calcium Deposits (Neck, Shoulder Mobilization) Hosted by Tatyana Richmond	12	\$380
11-1-25	Energetic Bodywork: Blended Approach Hosted by Theresa Wilkes	16	\$400
11-7-25	ACE Level 2 Vacutherapies Hosted by Garret Brown	22	\$500
11-14-25	Somatic Mindfulness - Grounding Hosted by Fernando Rojas	16	\$389
11-16-25	Somatic Mindfulness Hosted by Fernando Rojas	8	\$194
11-21-25	Intro to Bowen Hosted by Michelle Lally	8	\$225
12-5-25	Thai Herbal Compress Massage Hosted by Living Sabai	7	\$229
12-6-25	Thai Massage for the Table Hosted by Living Sabai	7	\$209

FREE BODY MASSAGE

Trauma Informed Trigger Point Bodywork

FreeBody: Small class size = Individual attention
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Live Classes 2025

8/9 **Awesome Back Techniques** 7CE
 8/10 **Suboccipitals** 4CE
 9/13 -14 **NEW Somatic Massage: Trauma Informed Bod**
 9/27 **Psoas and QL** 7CE
 9/28 **Traps and Levator Scap** 4CE
 9/29 **Quads and Hamstrings** 7CE
 10/11-12 **Freeing the Shoulder Girdle** 14 CE
 10/25 **Awesome Neck Techniques** 7CE
 10/26 **Shoulder/Arm/Hand Techniques** 7CE




Online Classes
 FREE Body Mechanics!!
 Ethics - Scalenes - Prenatal - Psoas & QL - Quads & Hammies - Piriformis - Sternocleidomastoid
 Happy Hips: Self Care - Shoulder Girdle - +more



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Work Smarter Not Harder

Asheville, NC
 Sept 17: Massage for TMJD w/Intraoral (7CE)
 Oct 20 & 21: Hip & Shoulder Girdles (14CE)

Raleigh, NC
 Sept 26 & 27: Easy Deep Tissue (14CE)
 Sept 28 & 29: Hip & Shoulder Girdles (14CE)

Charlotte Area, NC
 Oct 10: Massage for TMJD w/Intraoral (7CE)
 Oct 11 & 12: Easy Deep Tissue (14CE)

Knoxville South & Johnson City, TN
 Knox - Nov 1 & 2: Easy Deep Tissue (14CE)
 Knox - Nov 3 & 4: Forearm & Hand (12CE)
 JC - Nov 15 & 16: Forearm & Hand (12CE)
 JC - Nov 17 & 18: Easy Deep Tissue (14CE)



Melissa D. Cope, LMFT
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- ✓ LOCAL HOST FOR INFO & SUGGESTIONS



TECHNIQUES

Forearm Techniques Save Your Hands 6 CE

August 16, September 29, October 22

Lymphatic Drainage with Silicone

Cups & Honey Facial 8 CE

September 13, October 8, October 27, November 17

Techniques To Share With Your Clients Using Foam Rollers & Tennis Balls 8 CE

July 19, Oct 15

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Self Care ~ Breathwork, Meditation & Hands-On Restorative Yoga 16 CE

September 27-28, October 11-12, October 25-26, November 15-16

Side by Side End of Life Care & End of Life Doula Training (incl 2 CE Ethics class) 16 CE 2 ½ days

August 23-25, October 18-20, December 5-7

Stepping into your Capabilities Business Development (incl 1 CE ethics class) 5 CE

July 20, September 14, October 10, December 8

Look for me at nationwide AMTA conferences.



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252-400-1591

Holly Fisher

LMBT license #2180
NCBTMB Approved Provider
#1000694



Chair Massage 101 7CE

07/20/2025, 08/02/2025, 08/18/2025, 09/07/2025,
09/22/2025, 10/06/2025, 10/19/2025

Advanced Chair Massage and Business Practices 7CE

07/21/2025, 08/03/2025, 08/19/2025, 09/08/2025,
09/23/2025, 10/7/2025, 10/20/2025

The Ethical Challenges of the Bartering System 3CE

07/18/2025, 09/21/2025, 10/27/2025

Ethics in Advertising 3CE

08/01/2025, 10/05/2025

Make an Analgesic Salve with Essential Oils 4CE

07/18/2025, 08/01/2025, 09/21/2025, 10/5/2025,
10/27/2025

Therapeutic Use of Essential Oils for Massage 7CE

08/04/2025, 09/09/2025, 10/21/2025

Massage & Aromatherapy Interventions for Sickle Cell Disease 8CE

10/13/2025



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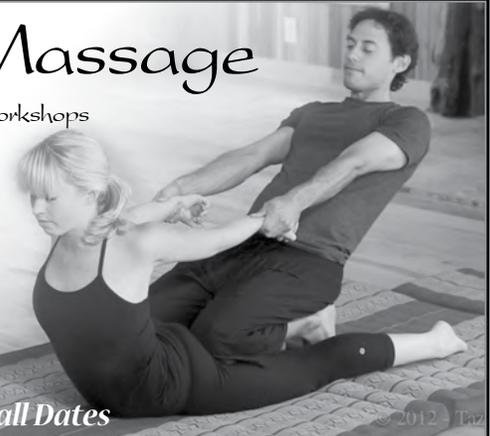
Thai Massage

Live 'Hands On' Workshops
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Online Courses

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LMBT #10273

NCBTMB #451645-11



2025 Fall Dates

Each
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LIVE 'HANDS ON' WORKSHOPS:

Sep.20 & 21 - **Thai Teacher Training - Asheville, NC** (12 CE's)

Oct. 11 & 12 - **Thai on the Table - Asheville, NC** (18 CE's)

Feb. 1-12 - **Thailand Study Abroad Adventure - Chiang Mai**

Online
Certification
\$345*

HOME STUDY CLASSES:

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Registration & More Information:

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Fall 2025 Course Schedule

All Tools & Supplies Provided
Bodywork Practiced in Every Course
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~ Charlotte Area ~		
September 14	TMJD Focus Massage (8 CE) 9am – 6pm	\$220
October 12	Ethics: <i>Clear Connections</i> (3 CE) 12 – 3pm	\$ 99
October 26	Hydrotherapy (8 CE) 9am – 6pm	\$220
~ Greensboro Area ~		
August 3	Thai Yoga Massage (8 CE) 9am – 6pm	\$220
August 10	Hydrotherapy (8 CE) 9am – 6pm	\$220
August 24	TMJD Focus Massage (8 CE) 9am – 6pm	\$220
September 7	Ethics: <i>Clear Connections</i> (3 CE) 12 – 3pm	\$ 99
September 23	Ethics – <i>Mastering the Client Experience</i> (4 CE) 4pm – 8pm	\$110
October 5	Cold Stone Facials (8 CE) 9am – 6pm	\$220
October 14	Aromatherapy IOI (4 CE) 9am – 1pm	\$110
October 14	Self-Care Practices (4 CE) 2pm – 6pm	\$110
October 21	Ethics – <i>Maintaining Boundaries with Clients</i> (4 CE) 4pm – 8pm	\$110
November 2	Exceptional Foot Massage (8 CE) 9am – 6pm	\$220
November 16&23	Two-Day Hot Stone Therapy (16 CE) 9am – 6pm	\$380
~ Raleigh Area ~		
August 15	Cold Stone Facials (8 CE) 9am – 6pm	\$220
September 5	Self-Care Practices (4 CE) 12 – 4 pm	\$110
September 12	Exceptional Foot Massage (8 CE) 9am – 6pm	\$220
September 15	Aromatherapy IOI (4 CE) 12 – 4 pm	\$110
October 24 & 25	Two-Day Hot Stone Therapy (16 CE) 9am – 6pm	\$380
~ Swansboro Area ~		
November 9	Thai Yoga Massage (8 CE) 9am – 6pm	\$220
November 10	Aromatherapy IOI (4 CE) 9am – 1pm	\$110
November 10	Self-Care Practices (4 CE) 2pm – 6pm	\$110

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Lydia Rentz Whitley
LMBT 9411 & Lead Instructor
NCBTMB Approved CE Provider #925

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FALL 2025 COURSE SCHEDULE

August 17	Teacher Training I – <i>Basics of Course Design</i> (8 CE)	\$220
September 21	Teacher Training II – <i>Designing Powerful Courses</i> (8 CE)	\$220
October 19	Teacher Training III – <i>Presenting Powerful Courses</i> (4 CE)	\$110
October 19	Ethics: <i>Integrity in Teaching</i> (4 CE)	\$110

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



CLAIRE MARIE MILLER SEMINARS

Pregnancy Massage • Fertility Massage • Integrative Reflexology®

Classes at Luna Blues Farm • Chapel Hill, NC

2025

- Lymphatic Massage for Detoxification (14CE) • July 21 & 22, Oct 20 & 21
- Nurturing the Belly Visceral Abdominal Massage (7 CE) • Aug 4, Oct 22
- Nurturing the Mother® Spa Pregnancy Massage (16CE) • Aug 11 & 12
- Integrative Reflexology® (21CE) • Sept 8-10
- Adv. Integrative Reflexology: Muscle Reflexology w/ Meridians (14CE) • Sept 11 & 12
- Nurturing the Mother® Fertility Massage (21CE) • Oct 6-8
- Nurturing the Mother® Pregnancy and Postpartum Massage (21CE) • Oct 13-15
- Nurturing the Mother® Wise Woman Menopause Massage (14CE) • Oct 27 & 28
- Ethics: Balanced Professionalism (3CE) • Oct 26



CLASSES WITH CLAIRE HEYMANS

- Nurturing the Belly Visceral Abdominal Massage (7 CE) • Sept 14
- Hot Rockin' Reflexology & Sweet Feet Aromatherapy (7 CE) • Oct 19

North Carolina School of Advanced Bodywork • Charlotte, NC

Claire Marie's class size limited to 10.
Sign up early!

Massage Tables provided.



CLASSES WITH MICHELLE LOCKHART AND MONICA FOUTY

- Nurturing the Mother® Pregnancy and Postpartum Massage (21CE) • August 8-10
NC Massage School • Cornelius, NC
- Nurturing the Mother® Spa Pregnancy Massage (16CE) • October 18 & 19
Mount Airy Massage and Wellness • Mount Airy, NC



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

www.clairemariemiller.com

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CLASS	CEs	DATES
Muscle Melting DT	8 CEs	7/22, 10/20
Neck & Shoulder Tx	8 CEs	7/12, 10/11
Psoas & Low Back Tx	8 CEs	7/13, 10/12
Positional Release	8 CEs	9/22
Deep Lymph Flushing	16 CEs	9/20-21
Energetic Bodywork	16 CEs	10/5-6, 11/1-2
Craniosacral 1	16 CEs	7/14-15, 7/26-27, 10/3-4
Craniosacral 2	16 CEs	8/16-17

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Working with Trauma (Self-Care): 7 CEs, \$130
Care for Others 9/6/25 Asheville, NC

Basic Lymphatic Massage 21 CEs, \$379
9/12/25-9/14/25 Asheville, NC*
9/19/25-9/21/25 Cornelius, NC

The Cranial System: Structure and Motion 1 21 CEs, \$379
10/10/25-10/12/25 Asheville, NC*
10/17/25-10/19/25 Cornelius, NC

Cranial Sacral & Holistic Modalities: 21 CEs, \$379
Emotional Release from Trauma 10/24/25-10/26/25 Asheville, NC

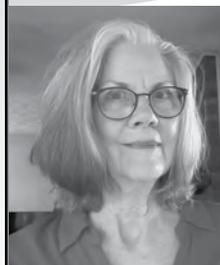
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Ellen Gayle Sovinee, HHP
NCBTMB Approved Provider #450498-07 est. 1989
LMBT NC #6520



Index To Live and Webinar Classes

Renewing from 2025? CE renewal classes can now be taken and submitted until December without a late renewal penalty. Remember: a minimum of 12 CE must be taken Live (in person).

2025 Live (L) and Webinar (W) Classes

July

- 12 (L) Incorporating Therapeutic Stretching w/ Your Massage Clients; Durham, NC; 12CE; p.14
- 12 (L) Neck & Shoulder; Cornelius, NC; 8CE; p.16
- 12 (L) Neck and shoulder treatment: Non-force deep tissue; Cornelius, NC; 8CE; p.12
- 12 (L) I-NMT for Thoracic Outlet & Shoulder Mobilizers; Raleigh, NC; 16CE; p.7
- 13 (L) Psoas, Low Back, Hips; Cornelius, NC; 8CE; p.16
- 13 (L) Psoas, low back and hip treatment; Cornelius, NC; 8CE; p.12
- 13 (W) Developing Your Intuition; 6CE; p.9
- 14 (L) CranioSacral Level 1; Charlotte, NC; 16CE; p.16
- 15 (L) Body Mechanics & Self Care; Raleigh, NC; 7CE; p.7
- 16 (L) Dissection Club 2025 - Open Lab; Charlotte, NC; 4CE; p.9
- 18 (L) Make an Analgesic Salve with Essential Oils; Chimney Rock, NC; 4CE; p.14
- 18 (L) The Ethical Challenges of the Bartering System; Chimney Rock, NC; 3CE; p.14
- 18 (L) Aromatherapy for the mind, body and spirit; Cornelius, NC; 8CE; p.12
- 19 (L) Therapeutic Use of Essential Oils for Massage; Chimney Rock, NC; 7CE; p.14
- 19 (L) Tech's ... Clients - Foam Rollers, Tennis Balls, Mindfulness; Morehead City, NC; 8CE; p.14
- 19 (L) Lomi Lomi - Temple Style - Hawaiian Therapeutic Massage; Cornelius, NC; 18CE; p.12
- 19 (L) NMT for Treating Head and Neck Pain; Asheville, NC; 12CE; p.6
- 20 (L) Chair Massage 101; Chimney Rock, NC; 7CE; p.14
- 20 (L) Fire: Connection, Warmth, Transformation; Rougemont, NC; 3CE; p.3
- 20 (L) Stepping Into ...Capabilities Business Develop't + 1 CE Ethics; Morehead City, NC; 5CE; p.14
- 20 (L) Bowsage Therapy; Statesville, NC; 16CE; p.5
- 21 (L) Advanced Chair Massage and Business Practices; Chimney Rock, NC; 7CE; p.14
- 21 (L) Lymphatic Massage for Detoxification; Chapel Hill, NC; 14CE; p.16
- 23 (W) Ethics (Standard V); 3CE; p.9
- 25 (L) ACE Level 2 Vacuotherapies; Cornelius, NC; 22CE; p.12
- 26 (L) Elemental CranioSacral Work™: Mandible and TMJ; Asheville, NC; 14CE; p.9
- 26 (L) Reiki Level I - Awaken; Raleigh, NC; 14CE; p.3
- 26 (L) Deep Lymphatic Massage - Abdomen & Thorax...; Asheville, NC; 8CE; p.6
- 26 (L) Introduction to Advanced Massage Modalities; Raleigh, NC; 6CE; p.7
- 30 (L) DeepFeet1; Asheville, NC; 25CE; p.9
- 31 (L) Ethics (Standards Of Practice) (Webinar); 3CE; p.7

August

- 1 (L) Make an Analgesic Salve with Essential Oils; Chimney Rock, NC; 4CE; p.14
- 1 (L) Ethics in Advertising; Chimney Rock, NC; 3CE; p.14
- 2 (L) Chair Massage 101; Chimney Rock, NC; 7CE; p.14
- 2 (L) The Fascia Connection: Addressing the Fascial Strata; Durham, NC; 12CE; p.14
- 2 (L) Traditional Thai Foot Massage; Raleigh, NC; 7CE; p.4
- 2 (L) Manual Lymphatic Drainage Massage; Cornelius, NC; 16CE; p.12
- 2 (L) Introduction to Lymphatic Drainage - Upper Body; Asheville, NC; 12CE; p.6
- 2 (L) Practical Orthopedic Assessment: Upper Extremity; Vancouver, WA; 16CE; p.7
- 2 (L) I-NMT for Abdomen, Torso, and Breath; Raleigh, NC; 16CE; p.7
- 3 (L) Advanced Chair Massage and Business Practices; Chimney Rock, NC; 7CE; p.14

- 3 (L) Thai Massage Weekend Immersion; Raleigh, NC; 15CE; p.4
- 3 (L) Thai Yoga Massage; Greensboro, NC; 8CE; p.15
- 3 (W) Building Your Business; 6CE; p.9
- 4 (L) Therapeutic Use of Essential Oils for Massage; Chimney Rock, NC; 7CE; p.14
- 4 (L) Nurturing the Belly Visceral Abdominal Massage; Chapel Hill, NC; 7CE; p.16
- 4 (L) Ethics: Roles and Boundaries; Asheville, NC; 3CE; p.10
- 5 (L) Introduction to Esalen® Massage; Asheville, NC; 12CE; p.10
- 8 (L) Nurturing the Mother® Pregnancy and Postpartum Massage; Cornelius, NC; 21CE; p.16
- 8 (L) Nurturing the mother - Pregnancy Massage; Cornelius, NC; 21CE; p.12
- 9 (L) Awesome Back Techniques; Asheville, NC; 7CE; p.13
- 9 (L) 2-Day Whole Body Anatomical Dissection Intensive; Charlotte, NC; 15CE; p.9
- 9 (L) Bowsage Therapy; Boca Raton, FL; 16CE; p.5
- 9 (L) NMT for Treating Sciatic Pain; Asheville, NC; 12CE; p.6
- 10 (L) Releasing the Suboccipitals; Asheville, NC; 4CE; p.13
- 10 (L) Tok Sen; Greensboro, NC; 8CE; p.2
- 10 (L) Hydrotherapy for Optimal Health; Greensboro, NC; 8CE; p.15
- 11 (L) Nurturing the Mother® Spa; Chapel Hill, NC; 16CE; p.16
- 11 (L) DeepFeet 2; Asheville, NC; 16CE; p.9
- 12 (L) Thai Massage 3-Day Intensive; Asheville, NC; 21CE; p.4
- 13 (W) Marketing Your Business; 6CE; p.9
- 15 (L) The Cranial System: Structure & Motion Advanced; Asheville, NC; 24CE; p.16
- 15 (L) Cold Stone Facials; Raleigh, NC; 8CE; p.15
- 15 (L) Don't Age Out of Your Profession! Proper Body Mechanics ...; Charlotte, NC; 6CE; p.13
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Ethics: Within Scope or Beyond Practice 3 CE
 8/19/2025, 9/23/2025, 10/14/2025, and 11/18/2025

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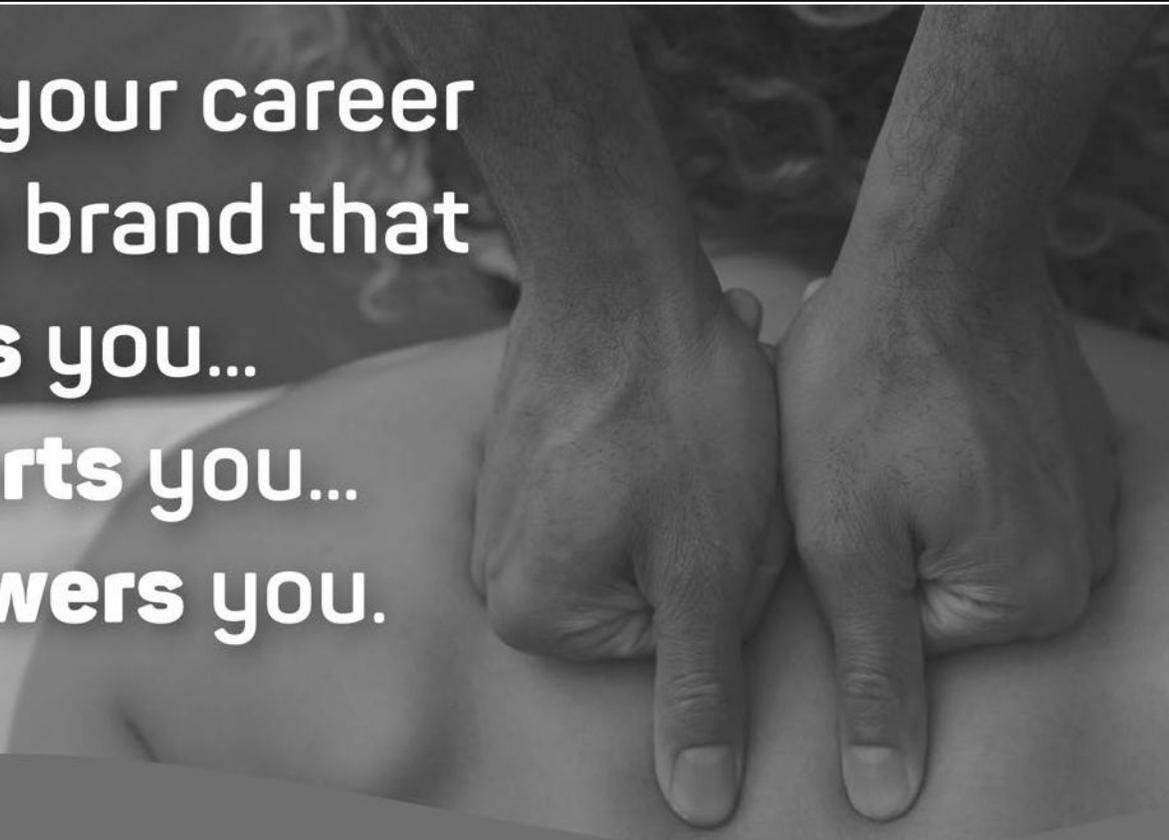
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