



Fenny



PERG

Professional Education & Resource Guide
FOR MASSAGE THERAPISTS AND BODYWORKERS

North Carolina
CE Spring Edition 2026



PERG

Professional Education & Resource Guide
FOR MASSAGE THERAPISTS AND BODYWORKERS

PERG is published by Hands On Health, LLC.
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Front cover models: Fernanda Santiago from Apex Retreat Seminars (2026 ad on back cover of this edition) and student Lijing Liu.

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LETTER FROM THE PUBLISHER

EYE ON NC MASSAGE AND BODYWORK REGULATION

As members of the public, massage and bodywork licensees and owners of licensed establishments have a say in how the statutes (NC Laws) are written, It never hurts to get involved and share what you care most about - your career. Here are some ways you can get involved and stay informed about law changes and the rules review process.

- Stay informed with what is happening at the General Assembly and any laws that may be in the pipeline that could affect how you work. There is a great search tool available at your fingertips:
www.ncleg.gov/search/generalstatutes.
- Get active with your association. They can help you understand and help licensees and establishments advocate for their needs. AMTAmassage.org and ABMP.org are but a few of these advocacy organizations.

- Help the public stay informed. Share meaningful information about your profession online.
- Visit the www.bmbt.org website frequently for Board matters. Reach out with questions. Attend meetings of the board in person or phone in.
- Join unofficial watchdog groups and write letters to lawmakers (your NC House and NC Senate representatives). Network with other passionate massage and bodywork therapists.
- Know you are not alone. Law is complex and advocating for yourself can be difficult. Others are around who can help.

Keep in mind that laws don't change the moment you realize that something needs to change. But change begins with you. In the meantime, follow the law as written and seek guidance when interpretation is needed.

Have a great 2026!
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 JUNE 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
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LIVE CLASSES

DATES	CLASS	CE
1/11/2026	Stepping Into Your Capabilities Business Development + 1 Ethics (Greater Freedom With Healthy Boundaries)	5
1/17 - 1/18/2026	Breathwork, Meditation & Hands On Restorative Yoga	16
1/19/2026	Stepping Into Your Capabilities Business Development + 1 Ethics (Greater Freedom With Healthy Boundaries)	5
2/1/2026	Forearm Massage Techniques- Save Your Hands	6
2/2/2026	Lymphatic Drainage with Silicone Cups & Honey Facial	8
2/15 - 2/16/2026	Breathwork, Meditation & Hands On Restorative Yoga	16
2/21 - 2/23/2026	2.5 Days Side by Side- End of Life Care & End of Life Doula Certification + 2CE Ethics	16
3/14/ - 3/15/2026	Breathwork, Meditation & Hands On Restorative Yoga	16
3/16/2026	Techniques to share with clients: Foam Rollers, Tennis Balls, and Mindfulness Exercise	8
3/20/2026	Stepping Into Your Capabilities Business Development + 1 Ethics (Greater Freedom With Healthy Boundaries)	5
3/21/2026	Lymphatic Drainage with Silicone Cups & Honey Facial	8
3/27 - 3/28/2026	Live AMTA NC State Conference : Side by Side End of Life Care & End of Life Doula Certification + 2CE Ethics Location: New Bern, NC	16
4/11 - 4/12/2026	Breathwork, Meditation & Hands On Restorative Yoga Location: Virginia Beach	16
4/18/2026	Forearm Massage Techniques Save Your Hands	6
4/19/2026	Lymphatic Drainage with Silicone Cups & Honey Facial	8
4/20 - 4/21/2026	Breathwork, Meditation & Hands On Restorative Yoga	16
5/2 - 5/3/2026	Breathwork, Meditation & Hands On Restorative Yoga	16
5/4/2026	Stepping Into Your Capabilities Business Development + 1 CE Ethics	5
5/15/2026	Techniques to share with clients: Foam Rollers, Tennis Balls, and Mindfulness Exercise	8
5/16 - 5/18/2026	2.5 Days Side by Side- End of Life Care & End of Life Doula Certification + 2CE Ethics	16
6/6/2026	Forearm Massage Techniques- Save Your Hands	6
6/7 - 6/8/2026	Breathwork, Meditation & Hands On Restorative Yoga	16
6/13/2026	Lymphatic Drainage with Silicone Cups & Honey Facial	8

HOME STUDY

Greater Freedom With Healthy Boundaries (Ethics)	1
End of Life Care & Boundaries - Side by Side (Ethics)	1



Let's Go In Wellness & Massage
A Destination for Education

Morehead City, NC

Bundle and Save!

Email Holly (letsjoin.meditation@gmail.com) to receive a 10% discount code that you can use when registering for two or more classes (courses do not have to be consecutive).

Self Care class is held monthly.

Look for me at nationwide AMTA conferences & Edgar Cayce Institute in Virginia Beach



Let's Go In Wellness & Massage

Check out the website for all offerings throughout the year
www.letsjoinwellness.com
252-400-1591

Holly Fisher-Chalk

LMBT license #2180
NCBTMB Approved Provider
#1000694





RENE SHUFORD SEMINARS

BLUE RIDGE HEALING
ARTS ACADEMY

980-622-5220
blueridge@ctc.net
www.reneshuford.com

NCBTMB Approved Provider #154677-00

2026 Continuing Education Courses:

Class Dates	Title	#CE	City
February 16	The Psychosomatics of Ethics	6	Live Webinar
April 17-19	The Seven Healing Chakras and the Endocrine System Level 1	24	Lansing, NC
June 26-28	The Tao of Trauma	24	Lansing, NC
July 18/19	The Seven Healing Chakras and the Endocrine System Level 2	16	Lansing, NC



Rene's classes offer small size and step-by-step guidance.
10% OFF all classes purchased by February 15, 2026*

Light Hand

Clinical Massage Therapy

THERESA WILKES
NCBTMB # 450891-08

Teaching technical skills with deep presence and sensitivity for 30 years.

CLASS	CEs	DATES
Craniosacral, Level 1	16 CEs	3/14-15, 3/27-28
Deep Lymph Flushing	16 CEs	3/29-30, 4/10-11, 6-22-23
Positional Release	8 CEs	4/12, 5/4
Teaching with Presence	16 CEs	4/25-26
Muscle Melting	8 CEs	5/1
Neck and Shoulder	8 CEs	5/2
Psoas, Low Back & Hip	16 CEs	5/3
Energetic Bodywork	16 CEs	5/16-17, 6/12-13
Craniosacral - Level 2	16 CEs	6/14-15

“ Every now and then, you take a class that not only teaches you something new, but changes your whole practice. Theresa's are those kind of classes! ”

MORE DETAILS ON OUR WEBSITE
www.LightHandMuscleTherapy.com

Phone or Text: 864.387.0435

Learn

Barefoot Massage

Ashiatsu and DeepFeet Silks

Courses are beginner level unless noted otherwise.

Feb 22-24 DeepFeet 1	25CE
March 9-10 DeepFeet Silks	16CE
March 26-27 Ashi-Table Thai	16CE
April 13-14 DeepFeet 2*	16CE
April 23-24 DeepFeet 3*	16CE
May 3-5 DeepFeet 1	25CE
July 22-24 DeepFeet 1	25CE
August 17-18 Ashi-Table Thai	16CE
Sept 17-18 DeepFeet 2*	16CE
Sept 28-29 DeepFeet 3*	16CE
Oct 11-13 DeepFeet 1	25CE
Oct 26-27 DeepFeet Silks	16CE

*DF1 is prerequisite

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

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and Facebook
@CarolinaDeepFeet



Hope DeVall
LMBT 10846,MLD-C

**FREE
3-HOUR
ETHICS
COURSE**
WITH ANY
12+ CE
WORKSHOP

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	CE	INSTRUCTOR	PRICE
January 10 & 11	Introduction to Lymphatic Drainage - Upper Body	12 CE	Hope DeVall	\$300
January 31 & Feb 1	Aromatherapy for Lymphatic Drainage & Immune Support	12 CE	Hope DeVall	\$300
February 7 & 8	NMT for Treating Head & Neck Pain	12 CE	Darren Cadwell	\$300
February 28 & March 1	Introduction to Lymphatic Drainage - Lower Body	12 CE	Hope DeVall	\$300
March 7 & 8	Aromatherapy for Pain Relief	12 CE	Hope DeVall	\$300
March 14 & 15	Craniosacral I	16 CE	Theresa Wilkes	\$400
March 27 - 29	Anatomy Trains: In Structure & Function	21 CE	Tom Myers	\$650
April 3rd	Yoga for Selfcare	4 CE	Hope DeVall	\$75
April 11 & 12	NMT for Treating Plantar Fasciitis, Foot and Ankle Pain	12 CE	Darren Cadwell	\$300
April 18th	Tools for Lymphatic Drainage	8 CE	Hope DeVall	\$175
April 25 & 26	Thai Weekend Immersion	15 CE	Jill Burynski	\$349
May 16th & 17th	NMT for Sciatic Pain	12 CE	Darren Cadwell	\$300
May 23 & 24	Your Emotional Body: Decoding Repetitive Pain Patterns Through Mindful Movement	12 CE	Lavinia Plonka	\$300
May 30 & 31	Stretching on the Table	12 CE	Hope DeVall	\$300
June 6 & 7	NMT for Knee Pain	12 CE	Darren Cadwell	\$300
June 13 & 14	Introduction to Lymphatic Drainage: Head, Neck & Face	12 CE	Hope DeVall	\$300
June 26th	Deep Lymphatic Massage - Abdomen & Thorax: Opening the Four Corners	8 CE	Hope DeVall	\$175
July 11 & 12	Aromatherapy for Skin Care	12 CE	Hope DeVall	\$300
July 18 & 19	NMT for Treating Shoulder Pain & Rotator Cuff Injuries	12 CE	Darren Cadwell	\$300

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



Experience Anatomy

WHERE EDUCATION MEETS APPLICATION
NCBTMB Provider # 1000661

Bravely explore the world under the skin to forever change your practice and improve your skillset.

2026 Course Calendar

Anatomical Whole Body Dissection Intensives

NEW-3-Day Dissection Intensive 24 CE's \$1875

June 5-7, 2026

2-Day Dissection Intensive 15 CE's \$1450

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.



Use code: PERG for 15% off any program

Scan QR code for details + registration + calendar

Experience Anatomy's mission is to bring high quality anatomy education to all.
www.experienceanatomy.com

Sage Dragonfly Workshops

I want to thank all the AMAZING participants the last 26 years!!! I'm looking forward to seeing everyone in 2026. Check out classes and new exciting news at www.sagedragonflyworkshops.com

4/17-19 AMTA NY convention

5/4 Aromatherapy & Flower Essences on Acupressure Points



www.sagedragonflyworkshops.com

336-501-2031

Janet Wolf Blevins
#398323-00

2026 SCHEDULE:

March 7, 2026	Ethics: Right to Refuse	3 CE	\$75
March 7, 2026	Business and Marketing for Bodyworkers and Healers	3 CE	\$75
March 20, 2026	Massage for Temporomandibular Joint Dysfunction	7 CE	\$195
March 21 & 22, 2026	Easy Deep Tissue - More Pressure, Less Effort	14 CE	\$395
March 27 & 28, 2026	Craniosacral, Level 1	16 CE	\$400
March 29 & 30, 2026	Deep Lymph Flushing Massage	16 CE	\$400
May 1, 2026	Muscle Melting: Non-Force Deep Tissue Massage	8 CE	\$200
May 2, 2026	Neck and Shoulder Treatment Using Non-Force Deep Tissue Massage	8 CE	\$200
May 3, 2026	Psoas, Low Back and Hip Treatment Using Non-Force Deep Tissue Massage	8 CE	\$200
May 4, 2026	Positional Release Techniques	8 CE	\$200
May 15, 2026	Exceptional Foot Massage	8 CE	\$220
May 29, 2026	Cold Stone Facials	8 CE	\$220
June 5, 2026	Aromatherapy 101	4 CE	\$110
June 12 & 13, 2026	Energetic Bodywork: Blending Massage and Energy Work in the Treatment Room	16 CE	\$400
June 14 & 15, 2026	Craniosacral, Level II: Mastery through Sensitivity	16 CE	\$400
June 27, 2026	Thai Yoga Massage	8 CE	\$220

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

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

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

Bowsage Therapy Live Hands on Training 2026 Dates:

Bowsage Therapy 16CE

Jan 24/25 Statesville NC
Feb 28/29 Statesville NC
Mar 22/23 Statesville NC Sun/Mon
Feb 7/8 Mint Hill NC
Mar 29/30 Morehead City NC Sun/Mon
April 11/12 Mint Hill NC
April 25/26 Statesville NC
May 17/18 Statesville NC Sun/Mon
June 6/7 Mint Hill NC
June 13/14 Brunswick GA
June 27/28 Statesville NC
August 1/2 Mint Hill NC
August 4/5 Atlanta GA Tues/Wed
Intro to Bowen 8 CE
Jan 24th Intro Statesville NC Tues
February 7th Mint Hill NC
February 28th Statesville NC
April 11th Mint Hill NC
May 17th Gatlinburg TN Sunday
June 23rd Mooresville NC Tues
Aug 4th Atlanta GA Tues

16 CE Bowsage Therapy 2 Day Live \$400-425

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.

8 CE Intro to Bowen 1 Day Live \$225-\$250

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



Work Smarter Not Harder

Fayetteville, NC

Apr. 12: Ethics and Self-Care Ball Rolling (7CE)

Wilmington, NC

Apr. 13 & 14: Deep Dive: Forearm & Hand (12CE)
Apr. 15: Ethics and Self-Care Ball Rolling (7CE)

Morehead City, NC

Apr. 18 & 19: Easy Deep Tissue (14CE)
Apr. 20: Massage for TMJD w/Intraoral (7CE)

Raleigh, NC

Mar. 20-23: TMJD, Easy Deep Tissue, Ethics
Oct. 2-5: SAVE THE DATES/Classes TBD

Davison, Michigan

Jun. 15-18: Easy Deep Tissue, Forearm & Hand



Melissa D. Cope, LMBT
ashevillemassagetherapy.net
828-450-4555 / NC #4552
NCBTMB Provider #451901-12

Lymphatic, Cranial & Trauma

Basic Lymphatic Massage

3/20/26-3/22/26
5/01/26-5/03/26

21 CE's, \$389
Asheville, NC**
Cornelius, NC

The Cranial System: Structure and Motion 1

5/15/26-5/17/26

21 CE's, \$389
Asheville, NC**

Cranial Sacral & Holistic Modalities: Emotional Release from Trauma

6/05/26-6/07/26
7/17/26-7/19/26

21 CE's, \$389
Cornelius, NC
Asheville, NC

The Cranial System: Structure and Motion Adv*

8/07/26-8/09/26

24 CE's, \$410
Asheville, NC

*Pre-requisite: Initial Cranial Sacral training and Instructor's Approval

**Asheville Only: Special Discount for Repeat Students may apply



HOLISTIC SYMMETRY

www.holisticsymmetry.com

Register/More Information: call **828.450.0979**
or email: ellengayle@holisticsymmetry.com

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

est. 1989



Introduction to Lymphatic Massage June 6-7 | 14 CE | \$345

Ethics: Sex, Touch & Intimacy July 18 | 4 CE | \$90

Body Mechanics: Back to Center July 18 | 4 CE | \$95

The Fascia Connection August 15-16 | 12 CE | \$325

Side-lying Essentials September 12 | 7 CE | \$165

The Awesome Anterior: Myofascial Techniques for the Core & More
September 13 | 7 CE | \$165

Functional Assessment & Treatment of the Thoracolumbar Spine
October 10-11 | 14 CE | \$345

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."

Become the Therapist Clients Seek for Real Relief

LIVE 2-day class (16 CE hrs):

The Art of Deep Tissue & Proper Body Mechanics

DATES: April 18 & 19; Aug 15 & 16; or Oct 17 & 18

LOCATION: 1256 NW Maynard Rd., Cary, NC 27513



Floating Hammock Massage®

Fully clothed, hammock-based bodywork that uses three-dimensional traction and compression along with rhythmic movement to engage core pathways of nervous system regulation, guiding the body into deep relaxation.

Floating Hammock Nervous System Regulation™

(FHNSR) Unique breathwork combined with hammock manipulation and eye movement patterns to rewire stress pathways and increase the relaxation response when done alone or before FHM.

2026 CLASSES

March 31	Intro to FHM	Asheville	3CE	\$90
	FHNSR level 1	Asheville	4CE	\$120
April 18	Intro to FHM	Greensboro	3CE	\$90
	FHNSR level 1	Greensboro	4CE	\$120
April 27	12-CEUs-in-One-Day*	Greenville NC	12CE	\$280
July 5	Intro to FHM	Greenville NC	3CE	\$90
July 18	Intro to FHM	Nags Head	3CE	\$90
Aug 9	Intro to FHM	Charlotte	3CE	\$90
	FHNSR level 1	Charlotte	4CE	\$120
Sept 13	12-CEUs-in-One-Day*	Greenville NC	12CE	\$280
Oct 10-11	FHM Level 1**	Clayton NC	16CE	\$499
Nov 7	12-CEUs-in-One-Day*	Greenville NC	12 CE	\$280

*12-CEUs-in-One-Day: 7am-8pm

Breathwork 2CE, Intro to FHM 3CE, Ethics 3CE, FHNSR 4CE

** Intro to FHM is a prerequisite for FHM Level 1



ESALEN®

MASSAGE 100 HR PROFESSIONAL TRAINING SPRING 2026

MARCH 23-29 & APRIL 20-26

Available to licensed massage and practitioners only, this unique 100 hour training will allow you to become a recognized Esalen® Massage Practitioner.

stillpointwell.com/certification

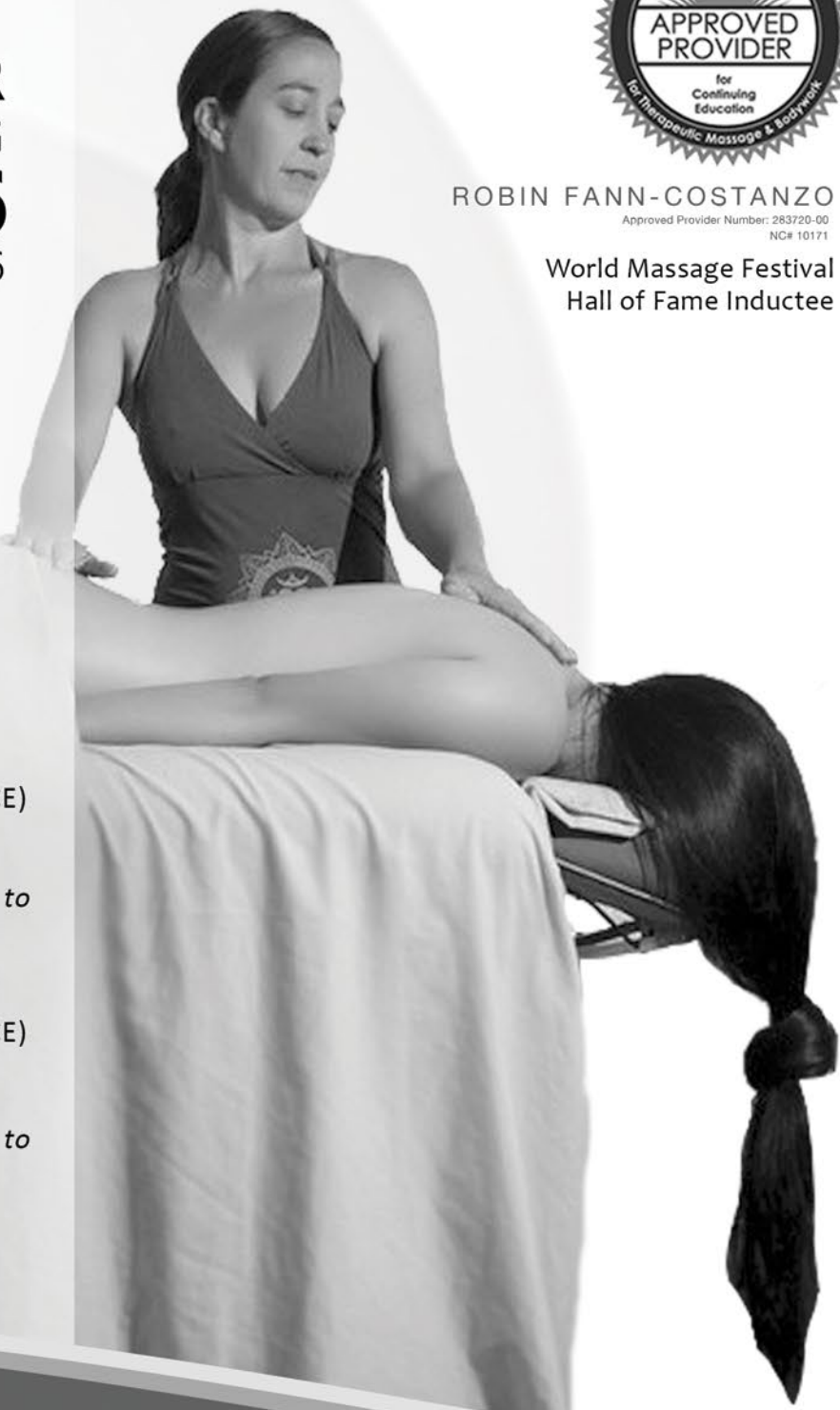
**Payment Plans Available*



ROBIN FANN-COSTANZO

Approved Provider Number: 283720-00
NC# 10171

World Massage Festival
Hall of Fame Inductee



DATE	COURSE
2/28 - 3/1	<i>Intro to Esalen® Massage (12 CE)</i> Robin Fann-Costanzo
6/5 - 6/7	<i>An Esalen® Massage Approach to Working with Trauma (21 CE)</i> Robin Fann-Costanzo
8/29 - 8/30	<i>Intro to Esalen® Massage (12 CE)</i> Robin Fann-Costanzo
10/3-10/5	<i>An Esalen® Massage Approach to Working with Trauma (21 CE)</i> Robin Fann-Costanzo



Contact us

For more information on our classes, venue rentals, applying to work with us or any other inquiries, please email us at learn@stillpointwell.com



STILL POINT

WELLNESS

Host Your Class in Asheville

Our workshop space is adjacent to Stillpoint Spa, offering massage, saltwater floatation, a far-infrared sauna, facials and more.



Includes:

- Kitchenette with fridge + microwave
- projector + drop down screen
- Earthlite massage tables included

- 2x private bathrooms
- private entry
- speaker system
- 900 sq. ft.
- cushioned dance floor

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

CE CLASSES AVAILABLE!

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

DATE	COURSE & CE PROVIDER	CE	PRICE
1-30-26	The Art Of Japanese Zen Facial Massage <i>Hosted By Wolfgang Luckmann</i>	8	\$190
1-31-26	Sound Healing and Tuning Forks, Chakras and Acupressure <i>Hosted By Wolfgang Luckmann</i>	16	\$310
2-20-26	Manual Lymphatic Drainage Massage <i>Hosted By Mary Gladden</i>	16	\$350
2-28-26	Abdominal Massage: The Visceral Approach <i>Hosted By Heather Marie Rowell</i>	7	\$199
3-7-26	Brazilian Chakras Reflexology <i>Hosted By Janete Barringer</i>	16	\$350
3-20-26	Decoding The Shoulder Puzzle <i>Hosted By Nate Novgrad</i>	16	\$325
4-10-26	Deep Lymph Flushing Massage <i>Hosted By Theresa Wilkes</i>	16	\$400
4-12-26	Positional Release Techniques <i>Hosted By Theresa Wilkes</i>	8	\$200
4-17-26	Intro To Bowen <i>Hosted By Michelle Lally</i>	8	\$225
4-18-26	Acupressure - The First Needle <i>Hosted By Nate Novgrad</i>	7	\$165
4-19-26	Practical Body Mechanics <i>Hosted By Nate Novgrad</i>	6	\$150
4-24-26	Integrative Reflexology-SPA <i>Hosted By Claire Marie Miller Seminars</i>	16	\$395
4-26-26	Wood Therapy <i>Hosted By Mary Gladden</i>	8	\$225
5-1-26	Basic Lymphatic Massage <i>Hosted By Ellen Gayle Sovinee</i>	21	\$389
5-8-26	ETHICS In Action <i>Hosted By Jules Wyatt</i>	8	\$190
5-9-26	Nurturing The Mother-Pregnancy & Postpartum Massage <i>Hosted By Claire Marie Miller Seminars</i>	16	\$395
5-15-26	MediCupping Bodywork Therapy <i>Hosted By Annie Garic</i>	22	\$550
5-22-26	The Art Of FACIAL REJUVENATION <i>Hosted By Lisa Esquivel-Clark</i>	8	\$399
5-23-26	Brazilian Chakras Reflexology <i>Hosted By Janete Barringer</i>	16	\$350
5-29-26	Thai Massage 3 day Intensive <i>Hosted By Living Sabai</i>	21	\$409
6-5-26	Cranial Sacral & Holistic Modalities: Emotional Release From Trauma <i>Hosted By Ellen Gayle Sovinee</i>	21	\$389
6-12-26	Tui Na: Chinese Bodywork Technique <i>Hosted By Nate Novgrad</i>	16	\$325
7-17-26	Somatic Mindfulness- GROUNDING <i>Hosted By Fernando Rojas</i>	8	\$189
7-18-26	Somatic Mindfulness- EXPANSION <i>Hosted By Fernando Rojas</i>	8	\$189
7-19-26	Somatic Mindfulness- RADIANCE <i>Hosted By Fernando Rojas</i>	8	\$189
7-25-26	ACE Massage Cupping <i>Hosted By Annie Garic</i>	16	\$450



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- 4/4/2026 Elemental CranioSacral Work™: An Introduction 7
- 9/16/2026 Elemental CranioSacral Work™: An Introduction 7
- 4/10/2026 Elemental CranioSacral Work™ I: Being in the Field 21
- 7/31/2026 Elemental CranioSacral Work™ II: Following the Path 21
- 10/23/2026 Elemental CranioSacral Work™ I: Being in the Field 21
- 8/15/2026 Elemental CranioSacral Work™: Upper Cervicals Trauma 14

Class location: Asheville To register, visit cranialwork.com



BRIAN LOFTIN, LMBT
Elemental CranioSacral Work

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[828] 200-6717 or cranialworkinfo@gmail.com
NCBTMB approved provider # 1559

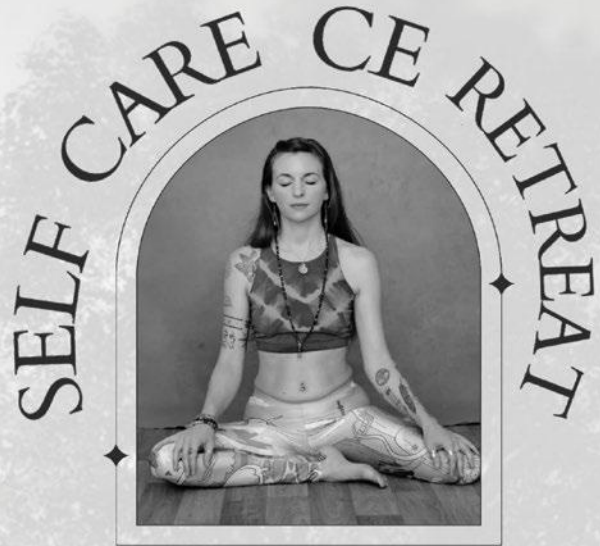
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Anatomy of Assessment
Sat, June 27, 8 CE – \$185
Durham, NC

Taut Band Therapy for Low Back, Sacrum and Hip
Sat, Sept 12 - Sun, Sept 13, 16 CE – \$385
Asheville, NC

Understanding Your Patient's Pain
Sat, Oct 17 - Sun, Oct 18, 14 CE – \$355
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CLASSES WITH CLAIRE MARIE MILLER

2026

Nurturing the Mother® Wise Woman Menopause Massage (14CE) • March 14-15, August 3-4
 Lymphatic Massage for Detoxification (14CE) • March 23 & 24, July 20 & 21, Oct 19 & 20
 Nurturing the Belly Visceral Abdominal Massage (7CE) • March 25, July 22, Oct 21
 Integrative Reflexology® (21CE) • April 13-15, Sept 14-16
 Adv. Integrative Reflexology: Muscle Reflexology w/ Meridians (14CE) • April 16 & 17, Sept 17 & 18
 Movement Moments Infant Massage (21CE) w/ Jillian Schoenherr • April 24-26
 Nurturing the Mother® Pregnancy and Postpartum Massage (21CE) • May 4-6, Oct 26-28
 Nurturing the Mother® Fertility Massage (21CE) • May 18-20, Sept 21-23

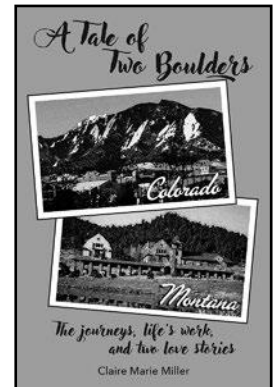
Claire's memoir is out now!
 Order on her website or get in person at any of her classes!

Classes at Luna Blues Farm • Chapel Hill, NC



Claire Marie's class size limited to 10.
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Massage Tables provided.



CLASSES WITH CLAIRE HEYMANS

Hot Rockin' Reflexology & Sweet Feet Aromatherapy (8CE)
 Feb 23 • Luna Blues Farm • Chapel Hill, NC

Lymphatic Massage for Detoxification (14CE)
 March 2 & 3 • Still Point Wellness • Asheville, NC

2-Day Integrative Reflexology® Spa (16CE)
 April 24 & 25 • NC Massage School • Cornelius, NC

At the Bethany Beach Beach House • Bethany Beach, DE
 Lymphatic Massage for Detoxification (14CE) • May 7 & 8
 Introduction to Integrative Reflexology® Spa (8CE) • May 9
 Nurturing the Mother® Wise Woman Menopause Massage (14CE) • May 11 & 12

Nurturing the Belly Visceral Abdominal Massage (7CE) • Sept 13
 North Carolina School of Advanced Bodywork • Charlotte, NC

Nurturing the Mother® Wise Woman Menopause Massage (14CE)
 Sept 14 & 15 • Still Point Wellness • Asheville, NC



CLASSES WITH

MICHELLE LOCKHART AND MONICA FOUTY

2-Day Nurturing the Mother® Fertility Massage (16CE)
 March 21 & 22, Dec 5 & 6 • Mount Airy Massage and Wellness • Mount Airy, NC

2-Day Nurturing the Mother® Spa Pregnancy Massage (16CE)
 May 9 & 10, August 1 & 2 - NC Massage School • Cornelius, NC
 September 12 & 13 - Mount Airy Massage and Wellness • Mount Airy, NC



CLASS WITH AULEANA JARMAN

Lymphatic Massage for Detoxification (14CE)
 April 20 & 21 • Morehead City, NC



CLASSES WITH JANIS PULLIAM

Lymphatic Massage for Detoxification (14CE) • Feb 23 & 24, Oct 27 & 28
 The Little Twisted Pottery Studio • Wilmington, NC

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

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Foam roll/self trigger pt release, stretch

2/28 & 29 Somatic Massage:
Trauma Informed Bodywork 1 14 CE live

3/20-22 Therapeutic Prenatal Massage 21 CE

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4/18 - 4/19/26	Table Shiatsu	15 CE	Durham
4/20/26	Side- Lying Position: A Flow-Based Approach	7 CE	Durham
5/30 - 05/31/26	Traditional Zen Shiatsu	15 CE	Durham
7/12/26	Fire: Connection, Warmth, and Transformation	5 CE	Rougemont
9/12/26	Earth: Nurturing, Nourishment and Stability	5CE	Rougemont

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www.healingstrength.org/liveclasses

Michael J. Savino
Licensed Massage and Bodywork Therapist
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NCBTMB Approved Provider #1001607



NMT: TMJD FOCUS MASSAGE 8CE
6/14/26 Greensboro | 8/23/26 Mooresville
10/11/26 Mooresville | 10/25/26 Charlotte

**ETHICS: CLEAR CONNECTIONS THROUGH
JUNGIAN SHADOW WORK 3CE**
5/31/26 Greensboro | 9/13/26 Mooresville | 11/8/26 Charlotte

NMT FOR HEADACHES, MIGRAINES, AND WHIPLASH 8CE
3/29/26 Greensboro | 5/17/26 Mooresville | 8/9/26 Charlotte

ENVISION: A GUIDED LIFE DESIGN WORKSHOP 4CE
4/12/26 Charlotte | 5/3/26 Mooresville | 12/6/26 Charlotte



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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.

- Asheville, NC** Mar 18-20, Aug 11-13, Dec 8-10
- Charlotte, NC** May 29-31, Oct 23-25
- Raleigh, NC** Apr 17-19, Oct 9-11
- Nashville, TN** Apr 24-26, Sept 25-27
- Pottstown, PA** May 15-17, Nov 6-8

Thai Massage Weekend Immersion 15 CEs \$349

Learn a full body Thai Massage in the side-lying and seated positions.

- Asheville, NC** April 25-26, November 7-8
- Nashville, TN** June 27-28
- Charlotte, NC** August 29-30
- Raleigh, NC** August 8-9
- Pottstown, PA** Aug 15-16, Dec 12-13

Traditional Thai Foot Massage 7 CEs \$209

Learn the Thai approach to reflexology.

- Asheville, NC** June 3
- Charlotte, NC** August 28
- Raleigh, NC** August 7
- Nashville, TN** June 26, December 13
- Pottstown, PA** March 28, August 14

Thai Massage for the Table

7 CEs \$209

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

- Asheville, NC** June 4
- Raleigh, NC** December 15
- Nashville, TN** Feb 7, Dec 12
- East Brunswick, NJ** June 14
- Pottstown, PA** March 29, December 11

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.

- Charlotte, NC** July 10

Northern Thai Tok Sen Therapy

7 CEs \$229

Prerequisites: Must have previously taken a course with Living Sabai Learn to apply tapotement with a wooden mallet and chisel along the Thai Sen energy pathways to release muscle tension and blocked energy.

- Asheville, NC** March 11, October 21
- Raleigh, NC** December 16
- Charlotte, NC** July 11, December 12

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.

- Asheville, NC** March 12, October 20
- Charlotte, NC** July 12, December 11

Master Class

16 CEs \$349

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

- Asheville, NC** Apr 15-16, Nov 17-18

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

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Spring 2026 Course Schedule

~ Burlington ~

Hosting Location: Alamance Community College

March 28	Cold Stone Facials (8 CE) 9am – 6pm	\$284
June 7	Exceptional Foot Massage (8 CE) 9am – 6pm	\$284

~ Raleigh ~

Hosting Location: The Healing Arts Massage

May 15	Exceptional Foot Massage (8 CE) 9am – 6pm	\$220
May 29	Cold Stone Facials (8 CE) 9am – 6pm	\$220
June 5	Aromatherapy IOI (4 CE) 12 – 4pm	\$110
June 27	Thai Yoga Massage (8 CE) 9am – 6pm	\$220
June 29	Self-Care Practices (4 CE) 12 – 4pm	\$110

~ Greensboro ~

Visiting Instructor: Lydia C Ritenour

She also offers these 3 courses in the Charlotte area

March 29	Neuromuscular Therapy (8 CE) 9am – 6pm <i>for Headaches, Migraines & Whiplash</i>	\$220
May 31	Ethics: <i>Clear Connections</i> (3 CE) 12 – 3pm	\$99
July 12	TMJD Focus Massage (8 CE) 9am – 6pm	\$220

****All registrations handled online with hosting locations****

FOR INFORMATION:
Text/call: **336-944-7525**

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

NEW LOCATION:
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Greensboro, NC 27410



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This 3-Module Program (24 CE course, which includes 4 in ethics) guides participants through the process of developing and delivering courses that are engaging, professional and powerful. Participants will leave Module I with all the information required to apply to become an approved provider and with a first draft of the course they plan to deliver.

SPRING 2026 COURSE SCHEDULE

March 22	Teacher Training I – <i>Basics of Course Design</i> (8 CE)	\$220
April 19	Teacher Training II – <i>Designing Powerful Courses</i> (8 CE)	\$220
May 17	Teacher Training III – <i>Presenting Powerful Courses</i> (4 CE)	\$110
May 17	Ethics: <i>Integrity in Teaching</i> (4 CE)	\$110

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

ONLINE REGISTRATION: www.lifeintouchlearningcenter.coursestorm.com





Bodywork Therapy Seminars

A Division of Hands On Health Massage Therapy & Wellness
NCBTMB Approved Provider #450679-08

2026 CALENDAR



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

RALEIGH REGION

We welcome invites to your location!

SHORT COURSES

	# CE	DATE(S)
- Intro to Adv Modalities *NEW ~ Julie Barton	6 CE	04/25/26, 09/26/26, or 11/07/26
- Anatomy of ... Motion *NEW~ Julie Barton	6 CE	09/05/26, or 11/21/26
- Body Mechanics & Self Care ~ Jean Rowe	7 CE	03/14/26, 06/13/26, 09/12/26, or 10/10/26
- Cupping Principles & Applications ~ Jessica Mai	4 CE	01/25/26 or 06/21/26
- Ethics: Standards Of Practice ~ Laura L. Ford	3 CE	02/06/26 (Webinar) or 10/23/26 (Live)
- Foam Roll'g & Mvmt Repattern'g ~ Julie Barton	4 CE	05/23/26, 10/03/26
- Solving Body Puzzles (Posture) *NEW ~ Julie Barton	8 CE	08/22/26 or 10/24/26

NEUROMUSCULAR-MYOFASCIAL (I-NMT Courses*)

- Abdomen, Torso, and Breath ~ Laura Ford	16 CE	11/14 - 11/15/26
- Neck (emphasis on anterior cervicals) ~ Laura Ford	8 CE	02/21/2026
- Internal Jaw for TMD-Craniofacial ~ Jessica Mai	8 CE	02/22/26
- Rot Cuff, Upper Extrem, Tx Planning ~ Jessica Mai	16 CE	05/03 - 05/04/26

*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, Julie Barton

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8:30am-5:30pm

- 4/17/2026
- 10/9/2026
- 4/9/2027
- 10/8/2027

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 CEs \$100.00
Friday 2:00pm-5:00pm

- 2/27/2026
- 9/18/2026
- 2/26/2027
- 9/10/2027

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Email: info@holisticblc.com

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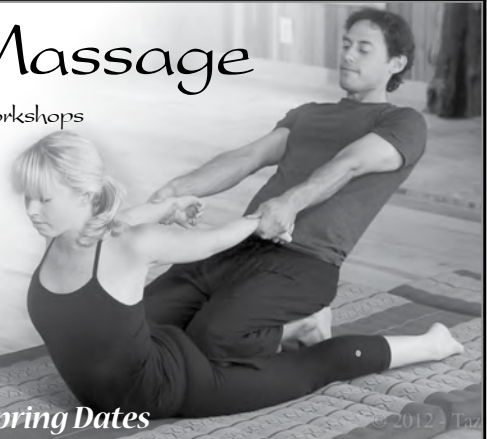


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Thai Massage

Live 'Hands On' Workshops
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with **Michael Sitzer**
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NCBTMB #451645-11



2026 Spring Dates

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May 16 & 17 - *Therapeutic Stretches* (18 CEs)

Complete Certification (all 6 modules)
\$595*

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 July 11th & 12th - Grand Rapids, MI
 July 25th & 26th - Vancouver, WA
 Sept. 19th & 20th - Nashville, TN
 Oct. 3rd & 4th - Charlotte, NC
 Nov. 7th & 8th - Johnson City, TN

Less Thumbs, More Prosperity

16 CEs \$325
 Sept. 12th & 13th - Peachtree City, GA

Practical Orthopedic Assessment: Upper Extremity

16 CEs \$325
 Dec. 5th & 6th - Johnson City, TN

Practical Cupping & Gua Sha

16 CEs \$325
 Mar. 28th & 29th - Grand Rapids, MI
 May 16th & 17th - Charlotte, NC
 Aug. 15th & 16th - Cornelius, NC
 Sept. 26th & 27th - Johnson City, TN
 Oct. 10th & 11th - Nashville, TN
 Nov. 14th & 15th - Greensboro, NC

Practical Body Mechanics

6 CEs \$150
 April 19th - Cornelius, NC
 Aug. 2nd - Tumwater, WA

Practical IASTM

8 or 12 CEs \$175 | \$245
 Oct. 24th & 25th - Peachtree City, GA
 Dec. 12th - Nashville, TN

Bodywork Lotion Making

4 CEs \$125
 Oct. 31st - Cornelius, NC

Acupressure: The First Needle

7 or 14 CEs \$165 | \$300
 Feb. 28th & Mar. 1st - Silver Spring, MD
 April 18th - Cornelius, NC
 Aug. 1st - Tumwater, WA
 Dec. 13th - Nashville, TN

Decoding the Shoulder Puzzle

16 CEs \$325
 Mar. 20th & 21st - Cornelius, NC
 May 2nd & 3rd - Silver Spring, MD
 Nov. 21st & 22nd - Nashville, TN

Decoding the Knee & Ankle Puzzle

16 CEs \$325
 Aug. 29th & 30th - Silver Spring, MD



Index To Live and Webinar Classes

2026 Live (L) and Webinar (W) Classes

January

- 10 (L) Introduction to Lymphatic Drainage - Upper Body; Asheville, NC; 12CE; p.4
- 11 (L) Stepping Into Your Capabilities Business Dvlpmt + 1 CE Ethics; Morehead City, NC; 5CE; p.2
- 17 (L) Breathwork, Meditation & Hands On Restorative Yoga; Morehead City, NC; 16CE; p.2
- 19 (L) Stepping Into Your Capabilities Business Dvlpmt + 1 CE Ethics; Morehead City, NC; 5CE; p.2
- 20 (L) The Art of Japanese Zen Facial Massage Hosted by Wolfgang Luckmann; Cornelius, NC; 8CE; p.10
- 21 Home Study Dissection Club 2026- Open Lab; Charlotte, NC; 4CE; p.5
- 24 (L) Bowsage Therapy; Statesville, NC; 16CE; p.6
- 24 (L) Intro to Bowen; Statesville, NC; 8CE; p.6
- 25 (L) Cupping Principles and Applications; Raleigh, NC; 4CE; p.16
- 25 (L) Chair Massage 101; Chimney Rock, NC; 7CE; p.19
- 26 (L) Advanced Chair Massage and Business Practices; Chimney Rock, NC; 7CE; p.19
- 31 (L) Sound Healing and Tuning Forks, Chakras and Acupressure Hosted by Wolfgang Luckmann; Cornelius, NC; 16CE; p.10
- 31 (L) Aromatherapy for Lymphatic Drainage & Immune Support; Asheville, NC; 12CE; p.4

February

- 1 (L) Forearm Massage Techniques- Save Your Hands; Morehead City, NC; 6CE; p.2
- 2 (L) A Full Body Lymph ... Using Silicone Cups & a Honey Facial; Morehead City, NC; 8CE; p.2
- 6 (W) Ethics (Standards Of Practice); Raleigh, NC; 3CE; p.16
- 7 (L) Bowsage Therapy; Mint Hill, NC; 16CE; p.6
- 7 (L) Intro to Bowen; Mint Hill, NC; 8CE; p.6
- 7 (L) Thai Massage for the Table; Nashville, TN; 7CE; p.14
- 7 (L) NMT for Treating Head & Neck Pain; Asheville, NC; 12CE; p.4
- 15 (L) Breathwork, Meditation & Hands On Restorative Yoga; Morehead City, NC; 16CE; p.2
- 16 (W) The Psychosomatics of Ethics; ; 6CE; p.3
- 18 (L) Dissection Club 2026- Open Lab; Charlotte, NC; 4CE; p.5

- 20 (L) Manual Lymphatic Drainage Massage Hosted by Mary Gladden; Cornelius, NC; 16CE; p.10
- 21 (L) I-NMT: Neck (emphasis on anterior and upper cervicals); Raleigh, NC; 8CE; p.16
- 21 (L) Side by Side- End of Life Care & EOL Doula Cert+ 2CE Ethics; Morehead City, NC; 16CE; p.2
- 22 (L) I-NMT: Jaw for TMD and Craniofacial Pain; Raleigh, NC; 8CE; p.16
- 22 (L) DeepFeet 1; Asheville, NC; 25CE; p.3
- 22 (L) Make an Analgesic Salve with Essential Oils; Chimney Rock, NC; 4CE; p.19
- 23 (L) Therapeutic Use of Essential Oils for Massage; Chimney Rock, NC; 7CE; p.19
- 23 (L) Hot Rockin' Reflexology and Sweet Feet® Aromatherapy; Chapel Hill, NC; 7CE; p.12
- 23 (L) Lymphatic Massage for Detoxification; Wilmington, NC; 14CE; p.12
- 26 (L) Cupping (Vacuum Therapy): For Manual Lymphatic Drainage; Charlotte, NC; 3CE; p.16
- 27 (L) Cupping (Vacuum Therapy): For Manual Lymphatic Drainage; Charlotte, NC; 3CE; p.16
- 28 (L) Bowsage Therapy; Statesville, NC; 16CE; p.6
- 28 (L) Intro to Bowen; Statesville, NC; 8CE; p.6
- 28 (L) Acupressure: The First Needle; Silver Spring, MD; 14CE; p.17
- 28 (L) Trauma Informed Somatic Massage; Asheville, NC; 14CE; p.13
- 28 (L) Abdominal Massage: The Visceral Approach Hosted by Heather Marie Rowell; Cornelius, NC; 7CE; p.10
- 28 (L) Introduction to Esalen® Massage; Asheville, NC; 12CE; p.8-9
- 28 (L) Introduction to Lymphatic Drainage - Lower Body; Asheville, NC; 12CE; p.4

March


- 2 (L) Comprehensive Thai Massage (2-day class); Apex, NC; 12CE; p.22
- 2 (L) Lymphatic Massage for Detoxification; Asheville, NC; 14CE; p.12
- 7 (L) Brazilian Chakras Reflexology Hosted by Janete Barringer; Cornelius, NC; 16CE; p.10

- 7 (L) Ethics: Right to Refuse; Raleigh, NC; 3CE; p.5
- 7 (L) Business and Marketing for Bodyworkers and Healers; Raleigh, NC; 3CE; p.5
- 9 (L) Deepfeet Silks; Asheville, NC; 16CE; p.3
- 11 (L) Northern Thai Tok Sen Therapy; Asheville, NC; 7CE; p.14
- 12 (L) Thai Pha Khaw Ma Massage; Asheville, NC; 7CE; p.14
- 14 (L) Body Mechanics & Self Care; Raleigh, NC; 7CE; p.16
- 14 (L) Nurturing the Mother® Wise Woman Menopause Massage; Chapel Hill, NC; 14CE; p.12
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- 14 (L) Reiki Level II - Serve; Raleigh, NC; 14CE; p.5
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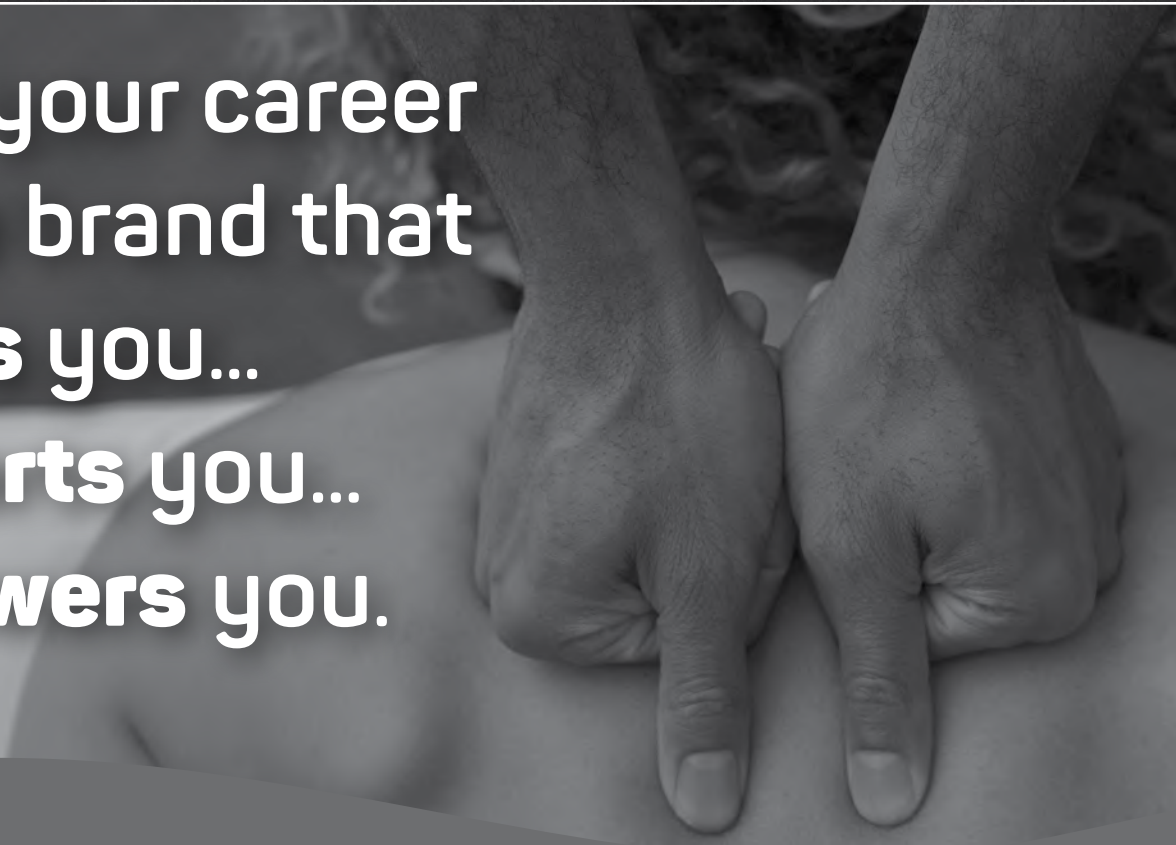
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TCM: Bojin Facial Meridian Therapy and Gua Sha Intensive (8 CE) - 4/16

TCM: Bo Jin Meridian Therapy for the Body (16 CE) - 4/20-4/21 & 8/24-8/25

Therapeutic Thai Oil Massage (15 CE) - 5/7-5/8

Gua Sha Fundamentals (8 CE) - 5/4

Facial Gua Sha Fundamentals (7 CE) - 5/11

Fundamentals of Table Thai Massage (8 CE) 6/1

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Thai Herbal Poultice Massage (Luk Pra Kob) (8 CE) - 8/31

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Thai Herbal Poultice Facial Massage (7 CE) - Lynchburg, VA - 3/23

Thai Prenatal Herbal Poultice Massage (13 CE) - Lynchburg, VA - 3/30-3/31

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