



PERG

Professional Education & Resource Guide

FOR MASSAGE THERAPISTS AND BODYWORKERS

North Carolina
CE Spring Edition 2025



NC ★ STRONG



PERG

Professional Education & Resource Guide
FOR MASSAGE THERAPISTS AND BODYWORKERS

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Cover Photo: Hope DeVall from WNC Massage School (left) and Jill Buryinski from Living Sabai. The subject of the photo is about the Helping Hands Initiative and fundraisers for WNC therapists.

Design by Killer Creative Group, Raleigh, NC 919.832.5073 www.killercreative.com

Greetings and Happy New Year.

It's been quite a year for North Carolina. I set myself the intention to reach out and connect with therapists far and wide. Having that in mind, there were plenty of activities to choose from where I could make those connections happen. By the time you read this I will have attended Laughter is Medicine, a formal event by MT Banquets. What a fun way to connect with other therapists at the end of the year! I plan to wear my British fascinator to help doll up my locks and off I'll go, swishing away in my fancy dress.

Western North Carolina is coming back strong. The cover photo came to me when I heard about two different therapists from neighboring states who named their massage therapy fundraisers the same name, Helping Hands Initiative. Thank you Virginia Lee and Jill Buryinski! We tried to capture a photo of Virginia Lee from Tennessee but another photo won the cover. So, she gets a mention in the letter. Thank you Virginia for reaching across borders!

One of my biggest passions of mine is traveling across borders to take continuing education classes near and far. I'm looking forward to seeing everyone in class this season. Hang in there WNC – we're all coming your way with more supplies!

Warm regards,
Laura Landsiedel Ford, Publisher

About the PERG

NEXT NORTH CAROLINA EDITION JUNE 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**.

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The Seven Healing Chakras and The Endocrine System Level I

Come enjoy the beautiful Blue Ridge Mountains of North Carolina in late Spring

June 4-10, 2025

Moon Rising Retreat (moonrisingretreat.org)

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blueridge@ctc.net

www.reneshuford.com

NCBTMB Approved Provider #154677-00

2025 Continuing Education Courses:

Class Dates	Title	#CE	City
2/10/2025	The Psychosomatics of Ethics [Live Webinar]	6	Webinar
3/7/2025	The Seven Healing Chakras and The Endocrine System Level 1	24	Concord
4/11/2025	The Seven Healing Chakras and The Endocrine System Level I	24	Lansing
6/4/2025	The Seven Healing Chakras and The Endocrine System Level 1	24	Blowing Rock
7/11/2025	The Tao of Trauma	24	Lansing
8/11/2025	The Psychosomatics of Ethics [Live Webinar]	6	Webinar
9/26/2025	The Tao of Trauma	24	Concord



Rene's classes offer small size and step-by-step guidance.

10% OFF all classes purchased by February 15, 2025*

**Discount does not apply to Retreats*

Light Hand

Clinical Massage Therapy

THERESA WILKES
NCBTMB # 450891-08

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

CLASS	CEs	DATES
Energy Bodywork	16 CEs	2/23-24, 6/28-29
Deep Lymph Flushing	16 CEs	3/8-9, 3/23-24, 4/4-5
Craniosacral Level 1	8 CEs	3/21-22, 4/26-27
Positional Release	8 CEs	4/6, 5/2, 6/14
Muscle Melting DT	8 CEs	5/3, 5/17, 7/11
Neck & Shoulder Tx	8 CEs	5/4, 6/15, 7/12
Psoas, Low Back Tx	16 CEs	5/5, 5/18, 7/13

“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 CLASSES ON OUR WEBSITE

www.LightHandMuscleTherapy.com

Phone or Text: 864.387.0435



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a HealShare Company (fka Spurlin Institute)

Breast Health Education

Lymphatic Drainage and Palpation for Breast Health

Empowering Women with Tools for Proactive Breast Health

24 CEs \$840.00

Three Days (Fri/Sat/Sun)
8:30am-5:30pm

- 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

- 3/14/2025
- 9/5/2025
- 3/13/2026

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:

3/14/2025	Deep Dive: Forearm & Hand	12 CE	\$310
3/16/2025	Easy Deep Tissue: More Pressure, Less Effort	14 CE	\$355
3/21/2025	Craniosacral, Level I	16 CE	\$400
3/23/2025	Deep Lymph Flushing Massage	16 CE	\$400
5/2/2025	Positional Release Techniques	8 CE	\$200
5/3/2025	Muscle Melting: Non-Force Deep Tissue Massage	8 CE	\$200
5/4/2025	Neck and Shoulder Treatment Using Non-Force Deep Tissue Massage	8 CE	\$200
5/5/2025	Psoas, Low Back and Hip Treatment Using Non-Force Deep Tissue Massage	8 CE	\$200
5/23/2025	Muscle Release Techniques for the Upper Extremity	5 CE	\$125
5/30/2025	Aromatherapy 101	4 CE	\$110
6/6/2025	Self-Care Practices	4 CE	\$110
6/20/2025	Cold Stone Facials	8 CE	\$220
6/23/2025	Exceptional Foot Massage	8 CE	\$199

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



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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:

2 Day 16 CE

(NO Bowen Experience Required)

North Carolina

Statesville Retreat -
Feb 22/23 | March 22/23 |
March 29/30 | April 26/27 |
May 31/June 1 | June 28/29
July 19/20
Charlotte Free Bowen
Samples

@NCSMC March 16

Cary March 15/16

Morehead City

April 13/14 Sun/Mon

Florida

Feb 1/2 Longwood

Feb 8/9 Palm Coast

June 7/8 Tallahassee

1 Day 8 CE Intro Only

(NO Bowen Experience Required)

North Carolina

3/15 Cary

March 16 Charlotte

April 9th AMTA Statesville

April 13 Sunday

Morehead City

August 22 Cornelius

California

May 15th Thurs

Lake Arrowhead CA

Nevada

August 2nd Las Vegas

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.

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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 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

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HELP OTHERS PROGRAM THEIR BODY TO HEAL MORE EFFICIENTLY

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Approved 18 CE's by NCBTMB

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* Must Complete Both Classes for Reiki III Certification



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Basic Lymphatic Massage	21 CEs, \$379
3/14/25-3/16/25	Asheville, NC**
4/25/24-4/27/25	Cornelius, NC
The Cranial System: Structure and Motion 1	21 CEs, \$379
5/16/25-5/18/25	Asheville, NC**
Working with Trauma: Care for Others	7 CEs, \$124
6/7/24	Asheville, NC
Basic Lymphatic Massage: Upper Extremities	14 CEs, \$269
6/21/25-6/22/25	Asheville, NC
Cranial Sacral & Holistic Modalities: Emotional Release from Trauma*	21 CEs, \$379
7/11/25-7/13/25	Asheville, NC
The Cranial System: Structure and Motion Advanced*	24 CEs, \$399
8/15/25-8/17/25	Asheville, NC

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

**Asheville Only: Special Discount for Repeat Students



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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

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positively affect the body, mind, 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
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real mastery that helps the information land for someone new to these
techniques. Her teaching is humble, gracious, generous, and fun".

- C.M. 2024 Abdominal Therapy Professional student

www.abdominaltherapycollective.com

2024/2025 Dates (Winter/Spring)

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

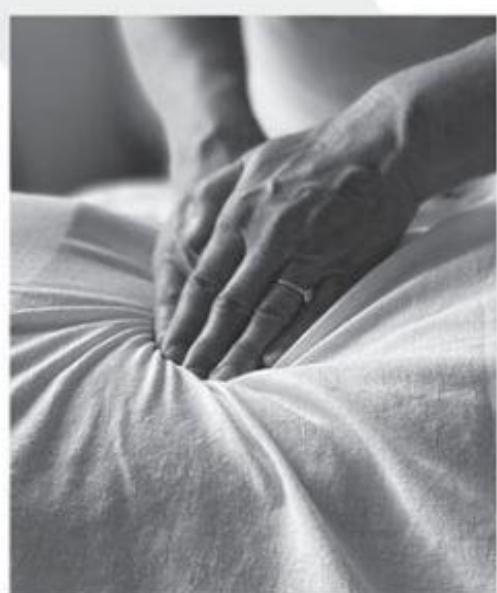
Jun 05-08, 2025: **PART 1** (Halifax Nova Scotia, Canada - international)

All ATP classes are 28ce hrs
NCBTMB Approved Provider #1000671



Register your place by contacting educator Donna Zubrod:
Email: donna@sevensgenerationswellness.com

Mobile: 919-810-0003





(712) 490-8245

info@massagetherapyceu.com

NCBTMB #: 409296-00

www.massagetherapyceu.com

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CEs	Course	Tuition	With 15% off
18	Trigger Point Therapy	\$195	\$165.75
17	Orthopedic Massage	\$180	\$153.00
15	Oncology Massage NEW	\$160	\$136.00
15	Psychology of the Body NEW	\$160	\$136.00
14	Lymphatic Drainage Massage	\$155	\$131.75
12	Assessment and Treatment Methods	\$135	\$114.75
12	Chair Massage	\$135	\$114.75
12	Thai Yoga Massage	\$135	\$114.75
12	Shiatsu Therapy	\$135	\$114.75
11	Facilitated (PNF) Stretching	\$125	\$106.25
10	Craniosacral Therapy	\$115	\$97.75
10	Essential Oils Overview	\$110	\$93.50
10	Muscle Testing for Massage Therapists NEW	\$115	\$97.75
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	Postural Assessment	\$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	\$35	\$29.75
1	Plantar Fasciitis NEW	\$14	\$11.90
1	Human Trafficking and Massage	\$14	\$11.90

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Hope DeVall
LMBT 10846, MLD-C


**The Mind Body
Connection**

NCBTMB Provider #451758-11

INFORMATION & REGISTRATION:

www.wncsom.com

WNC School of Massage
707 Haywood Rd, Ste 001
Asheville, NC 28806

(828) 761 1553

info@wncmassageschool.com



Darren Cadwell
LMBT 16367, NMT-C

DATE	WORKSHOP	INSTRUCTOR	CE	PRICE
February 1 & 2	Yoga for the Body Worker - A Self Care Course	Hope DeVall, LMBT	12	\$300
February 8 & 9	NMT for Knee Pain	Darren Cadwell, LMBT	12	\$300
March 15 & 16	NMT for Treating Sciatic Pain	Darren Cadwell, LMBT	12	\$300
March 29 & 30	Introduction to Lymphatic Drainage - Lower Body	Hope DeVall, LMBT	12	\$300
April 5 & 6	NMT for Treating Shoulder Pain and Rotator Cuff Injuries	Darren Cadwell, LMBT	12	\$300
April 12 & 13	Stretching on the Table	Hope DeVall, LMBT	12	\$300
April 26 & 27	Aromatherapy for Pain Relief	Hope DeVall, LMBT	12	\$300
May 17	Ethics - Mindfulness & Loving Kindness: Bringing Greater Awareness to the Client-Therapist Relationship	Hope DeVall, LMBT	6	\$100
May 31 & June 1	Aromatherapy for Skincare (Formulating Massage Products)	Hope DeVall, LMBT	12	\$300
June 7 & 8	NMT for Treating Tennis/Golfer's Elbow and Carpal Tunnel	Darren Cadwell, LMBT	12	\$300
June 28 & 29	Introduction to Lymphatic Drainage - Head, Neck & Face	Hope DeVall, LMBT	12	\$300
July 19 & 20	NMT for Treating Head and Neck Pain	Darren Cadwell, LMBT	12	\$300
July 26	Deep Lymphatic Massage - Abdomen & Thorax: Opening the Four Corners	Hope DeVall, LMBT	8	\$150
August 2 & 3	Introduction to Lymphatic Drainage - Upper Body	Hope DeVall, LMBT	12	\$300
Aug 9 & 10	NMT for Treating Sciatic Pain - 12 CE	Darren Cadwell, LMBT	12	\$300
August 30 & 31	Neuromuscular Techniques for Treating Plantar Fasciitis & Foot/Ankle Pain	Darren Cadwell, LMBT	12	\$300
Sept 6 & 7	Stretching on the Table	Hope DeVall, LMBT	12	\$300



Western North Carolina
School of Massage

In Partnership with the
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Located in scenic West Asheville

Completely Online CE Courses,
Test, and Certificates Also Available



**Work Smarter
Not Harder**

FAYETTEVILLE

March 8 & 9: Easy Deep Tissue (14CE)

WILMINGTON

March 10 & 11: Massage for TMJD (14CE)

RALEIGH *

March 14 & 15: Forearm & Hand (12CE)

March 16 & 17: Easy Deep Tissue (14CE)

CORNELIUS / CHARLOTTE AREA

Sept 10: TMJD w/IntraOral Work (7CE)

Sept 11 & 12: Easy Deep Tissue (14CE)

OBX - NAGS HEAD

May 12 & 13

Easy Deep Tissue (14CE)

May 14 & 15

Hip & Shoulder Girdles (14CE)

OBX LOCALS

SAVE Hotel Costs !

SAVE Travel Time !

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7CE \$175 - 12CE \$300 - 14CE \$350

***Raleigh - 12CE \$310 - 14CE \$355**



Courses



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



Monthly Updates





TECHNIQUES

Forearm Techniques Save Your Hands 6 CE

February 22, June 2, August 16

Lymphatic Drainage with Silicone

Cups & Honey Facial 8 CE

April 5, June 1, September 13

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

April 6, July 19, Oct 15



MORE THAN TECHNIQUE & OPEN TO EVERYONE

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

February 8-9, May 3-4, September 27-28

Side by Side End of Life Care & End of Life Doula Training 14 CE 2 ½ days

March 15-17, June 28-30, August 23-25

Stepping Into Your Capabilities 4 CE

February 10, May 5, July 20

*I'm heading to TX for the AMTA state conference offering 3 classes.
If you would like to connect in your town, shoot me a message.*



Let's Go In Wellness & Massage

Check out the website for all offerings throughout the year

www.letsjoinwellness.com

252-400-1591

Holly Fisher

LMBT license #2180
NCBTMB Approved Provider
#1000694



Ocone School of Therapeutic Massage

Offering continuing education in myofascial release, therapeutic treatment, spa modalities, and practice enrichment.

Upcoming Classes:

Orthopedic Treatment Low Back and Pelvis: Treatment Protocols for Low Back Pain, Sacro-iliac Joint Dysfunction, and Piriformis Syndrome

4/7 - 4/8/2025, 12 CE

Practical Myofascial for the Full Body

5/19 - 5/20/2025, 12 CE

Orthopedic Treatment of Upper Extremity: Treatment Protocols for Shoulder, Elbow, and Wrist

6/9 - 6/10/2025, 12 CE

Orthopedic Sidelying Massage: Prenatal and Beyond

6/23 - 6/24/2025, 12 CE

More dates and classes available. Please check our website for details:

www.oconeemassageschool.com/workshops

10 Simonton Bridge Rd
Suite B
Watkinsville GA 30677

706-225-9489

admin@oconeemassageschool.com

www.oconeemassageschool.com

NCBTMB Approved Provider # 1000625

The Finer Details Mentor

Kelly Clark - NC LMBT #1322

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- Regularly Scheduled Zoom Sessions Available Beginning January 19th (See Website For Topics)



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professional
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March 16&17

DRURY INN AND SUITES
CHARLOTTE NC

2025



Our Vision is to Elevate the industry by
Educating and Evaluating our skills as
professionals by participating in the

NC STATE MASSAGE CHAMPIONSHIP

Brand your business
in a whole new way.

CLASSES- CHOOSE FROM:

Tok Sen Thai 8 CE
Bowen Therapy 8 CE

Both classes are held on March 18, space is
limited. Discount for Championship participants.

Get prepped for the championship
by joining Shamaya Shah for Medical
Massage Practitioner classes.
March 12-15, 2025 32 CE



www.thencsmc.com

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	CE PROVIDER	COURSE	CE	PRICE
2-15-25	Mary Gladden	Manual lymphatic drainage massage	16	\$350
2-22-25	Janet Barringer	Brazilian chakras reflexology	16	\$350
2-28-25	Wolfgang Luckmann	Indian head, face and foot massage with Ayurvedic oils	8	\$190
3-1-25	Wolfgang Luckmann	Massage for cancer	16	\$310
3-21-25	Living Sabai	Traditional Thai Foot Massage	7	\$209
3-22-25	Living Sabai	Thai massage for the table	7	\$209
3-29-25	Nate Novgrod	Advanced Clinical Anatomy: Lower Extremity	14	\$300
4-4-25	Theresa Wilkes	Deep Lymph Flushing massage for Chronic Pain and Illness	16	\$400
4-6-25	Theresa Wilkes	Positional Release Techniques	8	\$200
4-11-25	Living Sabai	Thai massage 3 day intensive	21	\$409
4-19-25	Nate Novgrod	Acupressure - The first needle	7	\$165
4-20-25	Nate Novgrod	Practical body mechanics	6	\$150
4-25-25	Ellen Gayle Sovinee	Basic lymphatic massage	21	\$399
5-3-25	Claire Marie Miller Seminars	Nurturing the mother - Fertility massage	16	\$395
5-9-25	Claire Marie Miller Seminars	Integrative Reflexology - SPA	16	\$375
5-17-25	Sheila Alexander	Senior Spa 1 & 2 - Geriatric Massage	16	\$350
5-23-25	Janete Barringer	Brazilian chakras reflexology	16	\$350
6-21-25	Nate Novgrod	Practical Orthopedic Assessment: Lower Extremity	16	\$325
6-27-25	Annie Garic	MediCupping bodywork therapy	22	\$550
7-5-25	Fernando Rajos	Somatic Mindfulness - Radiance	16	\$389
7-11-25	Theresa Wilkes	Muscle Melting: Non-force deep tissue massage	8	\$200
7-12-25	Theresa Wilkes	Neck and shoulder treatment: Non-force deep tissue	8	\$200
7-13-25	Theresa Wilkes	Psoas, low back and hip treatment	8	\$200
7-18-25	Wolfgang Luckmann	Aromatherapy for the mind, body and spirit	8	\$190
7-19-25	Wolfgang Luckmann	Lomi Lomi - Temple Style - Hawaiian Therapeutic Massage	18	\$310
7-25-25	Garret Brown	ACE Level 2 Vacutherapies	22	\$550
8-2-25	Mary Gladden	Manual lymphatic drainage massage	16	\$350
8-8-25	Claire Marie Miller Seminars	Nurturing the mother - Pregnancy massage	21	\$485
8-16-25	Nate Novgrod	Less thumbs - more prosperity	16	\$325
8-22-25	Michelle Lally	Intro to bowen	8	\$225

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 4/5-6 NEW Somatic Massage: Trauma Informed Bodywork 14 CE
 4/27 Piriformis and the Deep 6 7 CE
 5/17 Scalenes 7 CE 5/18 Psoas and QL 7CE
 6/28-29 Freeing the Shoulder Girdle 14 CE
 7/18-20 Freeing the Pelvis 21 CE
 8/9 Awesome Back Techniques 7CE
 8/10 Suboccipitals 4CE
 9/13 -14 NEW Somatic Massage: Trauma Informed Bodywork 14 CE
 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
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Mar 1-2	Oct 18-19
April 12-13	Nov 1-2
May 17-18	

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 Sat, Sept 27 - Sun, Sept 28, 14 CE – \$325
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Joints: Pain Reduction for Osteoarthritis
 Sat, October 18, 8CE – \$185
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May 11-13	<i>Intermediate/Advanced Esalen® Massage</i> (16 CE) Dean Marson
Aug 5-6	<i>Intro to Esalen® Massage</i> (12 CE) Robin Fann-Costanzo
Sept 19-20	<i>An Esalen® Massage Approach to Working with Trauma</i> (21 CE) Robin Fann-Costanzo



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- private entry
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- yoga mats and props
- chairs and backjacks

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

NCBMBT Approved
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Introduction to Lymphatic Massage June 7-8 | 12 CE | \$325

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

The Fascia Connection August 2-3 | 12 CE | \$325

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September 13-14 | 14 CE | \$345

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

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June 7 + 8, 2025

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October 18 + 19, 2025

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FHM Level 1 March 16-17, 2025

FHM Level 1 October 10-11, 2025

FHM Level 2 October 12-13, 2025

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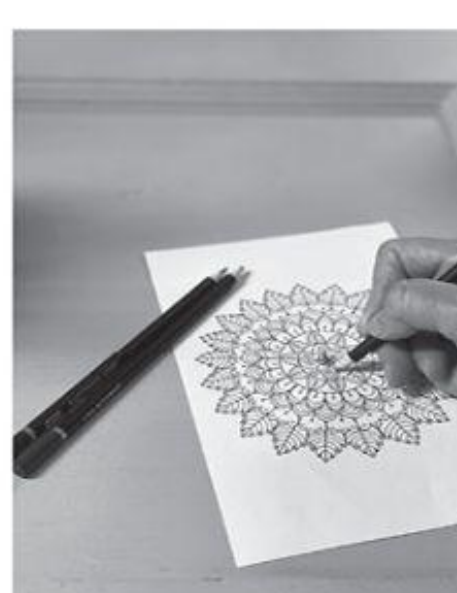



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Monday 6/23/25 8:30 AM
Friday 9/26/25 8:30 AM
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Living Sabai

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. Class is mat based.

Asheville, NC Mar 25-27, Aug 12-14

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Raleigh, NC Apr 25-27, Oct 10-12

Nashville, TN May 31-Jun 2, Sept 19-21

Pottstown, PA May 16-18, 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.

Asheville, NC May 3-4, November 8-9

Charlotte, NC September 27-28

Raleigh, NC August 3-4

Nashville, TN June 28-29

Pottstown, PA August 23-24

Traditional Thai Foot Massage

7 CEs \$209

Learn the Thai approach to reflexology.

Asheville, NC May 2, November 7

Charlotte, NC March 21, September 26

Raleigh, NC August 2

Nashville, TN June 27, December 13

Pottstown, PA August 22, December 12

Indianapolis, IN August 21

Thai Massage for the Table

7 CEs \$209

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

Asheville, NC June 4

Charlotte, NC March 22, December 6

Raleigh, NC December 6

Nashville, TN Feb 1, December 14

Pottstown, PA March 15, December 13

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 February 18, October 7

Charlotte, NC December 5

Pottstown, PA March 14

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.

Asheville, NC February 18, October 8

Charlotte, NC March 18

Indianapolis, IN August 22

Raleigh, NC December 7

Master Class

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March 3rd: Thai Herbal Poultice Massage (Luk Pra Kob) (8CE) Apex, NC
March 8th: Fundamentals of Table Thai Massage (8 CE) Southport, NC
March 17th: Gua Sha Fundamentals (8CE) Cary, NC
March 24th: TCM: Bojin Facial Meridian Therapy and Gua Sha Intensive (8CE) Mooresville, NC
April 7th: Integrative Spa Facial Cupping (5 CE) Apex, NC
April 14th & 15th: Comprehensive Table Thai Massage (12 CE) Rutherfordton, NC
April 21st: TCM: Bojin Facial Meridian Therapy and Gua Sha Intensive (8CE) Myrtle Beach, SC
April 28th: Fundamentals of Table Thai Massage (8CE) Cary, NC
May 5th & 6th: Holistic Aromatherapy for Bodyworkers (16 CE) Apex, NC
May 15th & 16th: Comprehensive Table Thai Massage (12 CE) Mooresville, NC
May 19th & 20th: Thai Sole Therapy: The Art of Thai Foot Massage (12 CE) Cary, NC
June 2nd: Fundamentals of Table Thai Massage (8CE) Apex, NC
June 9th: Integrative Spa Facial Cupping (5 CE) Apex, NC
June 21st: Fundamentals of Table Thai Massage (8CE) Rutherfordton, NC
July 9th & 10th: Comprehensive Table Thai Massage (12 CE) Fuquay-Varina, NC
August 18th: Integrative Spa Facial Cupping (5 CE) Apex, NC
August 23rd: Fundamentals of Table Thai Massage (8CE) Southport, NC

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2025

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Nurturing the Belly Visceral Abdominal Massage (7 CE) • Mar 5, Aug 4, Oct 22
Nurturing the Mother® Wise Woman Menopause Massage (14CE)
 Mar 12 & 13, Oct 27 & 28
Integrative Reflexology® (21CE) • April 28-30, Sept 8-10
Nurturing the Mother® Pregnancy and Postpartum Massage (21CE) • May 5-7, Oct 13-15
Nurturing the Mother® Fertility Massage (21CE) • June 9-11, Oct 6-8
Nurturing the Mother® Spa Pregnancy Massage (16CE) • Aug 18 & 19
Adv. Integrative Reflexology: Muscle Reflexology w/ Meridians (14CE) • Sept 11 & 12
Ethics: Balanced Professionalism (3CE) • Oct 26

Classes limited
to 10 students



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Lymphatic Massage for Detoxification (14CE) • Sept 22 & 23
Nurturing the Mother® Wise Woman Menopause Massage (14CE)
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~ Greensboro ~

April 13	Hydrotherapy (8 CE) 9am – 6pm	\$220
April 27	TMJD Focus Massage (8 CE) 9am – 6pm	\$220
May 18	Ethics: Clear Connections (3 CE) 12 – 3pm	\$ 99

~ Raleigh ~

May 30	Aromatherapy IOI (4 CE) 12 – 4pm	\$110
June 6	Self-Care Practices (4 CE) 12 – 4pm	\$110
June 20	Cold Stone Facials (8 CE) 9am – 6pm	\$220
June 23	Exceptional Foot Massage (8 CE) 9am – 6pm	\$220

~ Charlotte ~

May 4	TMJD Focus Massage (8 CE) 9am – 6pm	\$220
June 1	Ethics: Clear Connections (3 CE) 12 – 3pm	\$ 99
June 8	Hydrotherapy (8 CE) 9am – 6pm	\$220

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May 4	Ethics: Integrity in Teaching (4 CE)	\$110

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Ethics (Standard V)	3	\$25
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Marketing Your Business for Reflexology	2	\$40

CE LIVE WEBINAR CLASSES 2025

MARCH

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

APRIL

16 • Building Your Business Webinar	6	\$150
27 • Marketing Your Business Webinar	6	\$150

MAY

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

JUNE

08 • Building Your Business Webinar	6	\$150
25 • Marketing Your Business Webinar	6	\$150

JULY

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

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3/23/2025	The Wood Element: Vision and Growth	3 CE	Rougemont
4/20/2025	Side-Lying Position: A Flow-Based Approach	7 CE	Durham
5/10/2025-5/11/2025	Table Shiatsu	15 CE	Durham
6/14/2025- 6/15/2025	Traditional Zen Shiatsu	15 CE	Durham
7/13/2025	Fire: Connection, Warmth, Transformation	5 CE	Rougemont
9/14/2025	Earth: Nurturing, Nourishment and Stability	5 CE	Rougemont

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Lower Extremity & Anterior Torso
March 29th & 30th – Cornelius, NC
Upper Extremity & Back
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November 8th & 9th – Nashville, TN

Acupressure: The First Needle [7 CEs]
April 19th – Cornelius, NC
September 28th – Greensboro, NC
November 15th – Johnson City, TN

Practical Body Mechanics for Bodywork
[6 CEs] April 20th – Cornelius, NC

**Decoding the Shoulder Puzzle: Assessing
& Treating the Shoulder Region** [16 CEs]
May 3rd & 4th – Silver Springs, MD
June 28th & 29th – Waynesville, NC

Practical Orthopedic Assessment [16 CEs]
Lower Extremity
June 21st & 22nd – Cornelius, NC
Upper Extremity
August 2nd & 3rd – Vancouver, WA

Tui Na: Chinese Bodywork
July 26th & 27th – Tumwater, WA [16 CEs]
September 27th – Greensboro, NC [8 CEs]
October 4th & 5th – Cornelius, NC [16 CEs]

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

Less Thumbs, More Prosperity [16 CEs]
August 16th & 17th – Cornelius, NC
October 25th & 26th – Waynesville, NC
November 1st & 2nd – Peachtree City, GA

Practical Cupping & Gua Sha [16 CEs]
August 23rd & 24th – Greensboro, NC
September 13th & 14th – Baltimore, MD
October 18th & 19th – Charlotte, NC

**Decoding the Hip Puzzle: Assessing
& Treating the Hip Region** [16 CEs]
September 15th & 16th – Silver Springs, MD

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

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💰 Cost: \$70.55
📍 CEIC 109, 8CE, Kat Greenfield

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Trigger Point Made Simple: Posterior

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Foam Rolling & Mvmt Repatterning
Myofascial Release
I-NMT: Abdomen, Torso, Breath
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: Int Jaw for TMD-Craniofacial

INSTRUCTOR #CE DATE(S)

Jean Rowe 7 4/12/25 or 7/15/25 or 10/11/2025
Laura L. Ford 6 10/8/25 (incl optional business lunch)
Jessica Mai 4 6/4/25 or 11/07/2025 or Asheville: 10/2/25
Laura L. Ford 3 Webinar: 4/24/25 or 7/31/25; Live: 5/08/25 or 12/10/25
Jessie Mathers 4 4/26/25
Laura L. Ford 6 3/24/2025 or 9/19/25 or Asheville: 10/2/2025
Jessica Mai 16 8/02/25 and 8/03/25
Jessica Mai 16 5/17/25 and 5/18/25
Jessica Mai 16 10/04 and 10/5/25
Jessica Mai 16 2/08 and 2/09/25
Jessica Mai 16 9/26 and 9/27/25
Jessica Mai 16 7/12 and 7/13/25
Jessica Mai 8 1/12/25 or Asheville: 10/1/2025

INSTRUCTORS:

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

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2025 Intraoral TMJ, Hip & Cold Stones Therapy Classes 3 day course March 24-26,2025

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