



PERG

Professional Education & Resource Guide

FOR MASSAGE THERAPISTS AND BODYWORKERS

North Carolina
CE Spring Edition 2023





PERG

Professional Education & Resource Guide

FOR MASSAGE THERAPISTS AND BODYWORKERS

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Greetings!

I hope this letter finds you healthy, rested, and enjoying the new year.

For many years, PERG has been a successful organizing force for North Carolina's massage therapy and bodywork identity. Time and again I've heard therapists say how happy they are and the sense of pride they feel for their profession each time they discover that PERG has arrived in their mailbox. When our community bond supports all types of careers - solopreneurs, establishment owners and managers, and continuing education leaders, we all thrive!

I was so pleased when I learned that Nancy looked first to the massage therapy community when she was ready to pass on her PERG legacy to another publisher. Given the unique skill set required to publish a magazine, you might wonder, "Why would a bodywork therapist want to take on this task?" For me, if I think something is possible and interesting, I'm going to figure out how to do the job. I love solving puzzles and connecting others to community resources. PERG publishing is a great way to do both!

From online learning and back into live classroom learning, each type of environment is a unique experience that cannot be substituted by the other. There's nothing like sitting down in one's living room and working with a business coach or webinar instructor in order to gain a better understanding of soft skills or become proficient in technical skills. On the flip side, nothing can substitute for coming together in person as a powerful force for strengthening our ties with our profession and with ourselves.

I look forward to spending time with you and learning more about your career and lifestyle journeys.

Warm regards,
Laura Landsiedel Ford, Publisher

About the PERG

NEXT NORTH CAROLINA EDITION JULY 2023

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

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

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

***Find your
favorite
provider
and
resources***

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Also visit the:

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Resource Pages: Who's hiring, other resources. Follows after the index.

Contact information for any provider can easily be searched via the **PERGonline.com** supplemental website.

NC Massage School

Touching Lives - Expanding Awareness

www.NCmassageSchool.com

Located 20 minutes north of Charlotte
ON SITE COURSES LISTED BELOW

REGISTER ONLINE
or call 704-896-2636
NCBTMB # 450558-07

WEEKDAY CE CLASSES AVAILABLE!

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

1/28	Thai Massage Weekend Immersion w/Living Sabai	15 CE
2/24	Indian Head, Face and Foot Massage with Ayurvedic Oil w/Wolfgang Luckmann	8 CE
2/25	Treating Fibromyalgia, Chronic Fatigue and Depression w/Wolfgang Luckmann	18 CE
3/3	What the Cup!?: Intro to Orthopedic Cupping	8 CE
3/4	What the Cup 2!?: Advanced Techniques	8 CE
3/10	Thai Massage for the Table w/Living Sabai	7 CE
3/11	Thai Herbal Compress Massage w/Living Sabai	7 CE
3/25	Living Body: Palpatory Anatomy Part 1 - Upper Extremity	7 CE
3/26	Living Body: Palpatory Anatomy Part 2 - Lower Extremity	7 CE
4/10	Holistic Aromatherapy for Bodyworkers	16 CE
4/15	Acupressure: The First Needle w/Nate Novgrod	7 CE
4/16	Efficient Body Mechanics for Bodywork w/Nate Novgrod	6 CE
4/22	Runners Remedy w/Tori Shepherd	6 CE
4/28	Nurturing the Mother - Fertility Massage Specialist Certification w/Claire Marie Miller	24 CE
5/5	Medi-Cupping Therapy w/Annie Garic	22 CE
5/6	Usui/Holy Fire® III Reiki Level I Certification	8 CE
5/7	Usui/Holy Fire® III Reiki Level II Certification	6 CE
5/19	Basic Lymphatic Massage (aka - Lymphatic Drainage)	21 CE
6/2	Chair Massage For Career Longevity	8 CE
6/2	The Art of Japanese Zen Facial Massage w/Wolfgang Luckmann	8 CE
6/3	Lomi Lomi - Temple Style - Hawaiian Therapeutic Massage w/Wolfgang Luckmann	18 CE
6/9	Traditional Thai Foot Massage w/Living Sabai	7 CE
6/10	Thai Massage Weekend Immersion w/Living Sabai	15 CE
6/12	Aromatherapy Essentials for Healthy Skin & Facial Gua Sha	8 CE
6/16	Nurturing the Mother - Pregnancy Massage Specialist Certification w/Claire Marie Miller	24 CE
6/24	Practical Orthopedic Assessment: Upper Extremity	16 CE
7/15	What the Cup!?: Intro to Orthopedic Cupping	8 CE
7/16	What the Cup 2!?: Advanced Techniques	8 CE
7/22	Tragerwork Mindfulness - Fundamentals	16 CE
7/28	Clinical Aromatherapy I	12 CE
8/18	The Art of Japanese Zen Facial Massage w/Wolfgang Luckmann	8 CE
8/19	Less Thumbs - More Prosperity	16 CE
8/26	ACE Massage Cupping – 2 day training w/Annie Garic	16 CE
8/26	Usui/Holy Fire® III Reiki Level I Certification	8 CE
8/27	Usui/Holy Fire® III Reiki Level II Certification	6 CE
9/2	Meditation & Yoga Self Care Weekend with Sally Raspberry	18 CE
9/9	Senior Spa 1&2 - Geriatric Massage and Spa Therapies	16 CE
9/9	What the Cup!?: Intro to Orthopedic Cupping	8 CE
9/10	What the Cup 2!?: Advanced Techniques	8 CE
9/15	The Cranial System: Structure & Motion 1 w/Ellen Gayle Sovinee	21 CE

Trauma Informed Trigger Point Bodywork

Live & Livestream Classes

January/February Livestream/webinar Series

1/19-2/9 Self Care for Headaches 5CEs

March Live/In-person

3/25 Releasing the Glutes 7CEs

3/26 Awesome Neck Techniques 7CEs

April Livestream/webinar Series

4/3-4/24 Self Care: Releasing Stress & Anxiety 6CEs

April Live/In-person

4/29-4/30 Freeing the Shoulder Girdle 14CEs

May Livestream/webinar Series

5/4-5/25 Self Care for Healthy Hips 6CEs



Online Classes

FREE Body Mechanics!! - Ethics - Scalenes -

Prenatal - Psoas & QL - Quads & Hammies

Happy Hips: Self Care Series

NEW ONLINE CE CLASSES

Releasing Piriformis

Releasing Sternocleidomastoid

And many more to come!



NEW! YouTube Channel

Gain expert knowledge and instruction in
massage anatomy, trauma informed trigger
point release, & relieving pain



Cat Matlock, LMBT #1080

Trigger Point Therapist, 30 yrs experience
NCBTMB CE Provider 452039-12

FreeBodyNow.com

info@freebodynow.com - 828.551.8857
Live classes held in Asheville, NC

TABLE THAI



Complete Thai Massage on a Table
Less forceful, easier, as effective as floor Thai



Robert Wootton PhD, LMBT has
practiced Thai over 35 years and
taught workshops over 25 years. He lived
in Thailand for 6 years and knows the
language and culture. His style of
Thai brings out its dance, energy work,
and meditative qualities.

NEW teaching VIDEOS guide you
through everything. Study them on
your own, then join a 2-day in-person
class. Video work counts as 1 day, so total
is 21 CE hours. See website for details.

Level 1 Certification, 21 CE hrs

\$380 until 3 weeks before class, afterward \$400

MAY 6-7, Asheville

JUNE 24-25, Asheville

SEPT 23-24, Asheville

OCT 14-15, Wilmington

828-484-1778 www.Table-Thai.com

NCBTMB Provider 288581-00



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TEXT/CALL 980-622-5220

blueridge@ctc.net

www.reneshuford.com

NCBTMB Approved Provider #154677-00

2023 Continuing Education Courses:

TYPE OF CLASS	CLASS DATES	TITLE	LOCATION	# CE
Webinar	1/30/2023	The Psychosomatics of Ethics	Webinar	6
Live Class	3/3/2023-3/5/2023	The Seven Healing Chakras and The Endocrine System Level I	Oak Island	24
Live Class	3/18/2023-3/19/2023	The Tao of Trauma	Concord	16
Live Class	3/31/2023-4/2/2023	The Seven Healing Chakras and The Endocrine System Level I	Concord	24
NEW Live Class	4/16/2023	The Anatomy of A Teacher: Exploring the Mindful Relationship of Self, Student and Subject, Part I	Concord	8
Live Class	4/17/2023	TMJ Dysfunction and Massage	Concord	8
NEW Live Class	5/20/2023	The Anatomy of A Teacher: Exploring the Mindful Relationship of Self, Student and Subject, Part 2	Concord	8
Live Class	6/2/2023-6/4/2023	The Seven Healing Chakras and The Endocrine System Level I	Lansing	24
Live Class	06/23/2023-6/25/2023	Manual Lymphatic Drainage	Lansing	24
Webinar	7/10/2023	The Psychosomatics of Ethics	Webinar	6
Live Class	07/14/23-7/16/2023	Acutonics (NCCAOM approved)	Lansing	24
Live Class	07/22/2023-7/23/2023	The Seven Healing Chakras and The Endocrine System Level 2	Lansing	16
Live Class	08/19/2023-8/20/2023	The Essentials of Essential Oils	Lansing	12
Live Class	08/26/2023-8/27/2023	Gentle Waters Facial Lymphatics	Lansing	16
NEW Live Class	09/09/2023	The Anatomy of A Teacher: Exploring the Mindful Relationship of Self, Student and Subject Part 3	Concord	8
Live Class	09/10/2023	Orthopedic Neck Energetics	Concord	8
Live Class	09/29/2023-10/1/2023	Manual Lymphatic Drainage	Concord	24



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

10% OFF all classes purchased by February 15, 2023



Quality, Affordable CEs on a variety of great topics!

Practical Cupping [16 CEs] \$300

July 29th & 30th – Vancouver, WA
September 18th & 19th – Johnson City, TN
October 7th & 8th – Charlotte, NC
October 21st & 22nd – Baltimore, MD

Less Thumbs, More Prosperity [16 CEs] \$300

August 19th & 20th – Cornelius, NC
November 4th & 5th – Nashville, TN

Tui Na: Chinese Bodywork [16 CEs] \$300

July 8th & 9th – Baltimore, MD
September 30th & Oct. 1st – Cornelius, NC

Tui Na: Chair Bodywork [8 CEs] \$150

October 29th – Waynesville, NC

Practical Orthopedic Assessment:

Lower Extremity [16 CEs] \$300
April 29th & 30th – Waynesville, NC

Practical Orthopedic Assessment:

Upper Extremity [16 CEs] \$300
June 24th & 25th – Cornelius, NC

Living Body: Palpatory Anatomy & Chinese Medicine [14 CEs] \$290

March 25th & 26th – Cornelius, NC
May 7th & 14th – Charlotte, NC

Acupressure: The First Needle [7 CEs] \$140

April 15th – Cornelius, NC

Efficient Body Mechanics for Bodywork [6 CEs] \$140

April 16th – Cornelius, NC

Bodywork Lotion Making [4 CEs] (Monday Course) \$100

October 9th – Cornelius, NC

CEUSeminars.org

nate@waynesvillewellness.com

(828) 283 - 0268

NCBTMB Provider #1003



Spurlin Institute for Breast and Lymphatic Health Breast Health Education

Ethics: Breast Massage 3 CEs \$95.00

Friday 8:30am - 11:30am
And

Foundation in Breast Health Massage

Pre-requisite for the Breast Health:
Advanced 22 Hr. CE Class

5 CEs \$160.00

Fridays, 12:00pm-5:00pm

- 2/10/2023
- 4/14/2023
- 6/23/2023
- 8/25/2023
- 10/20/2023

Manual Lymphatic Drainage: Introduction

Pre-requisite to Cupping

4 CE's \$125.00

Fridays 9:00am-1:00pm

And

Cupping (Vacuum Therapy):

For Manual Lymphatic Drainage

3 CEs \$95.00

Fridays 2:00pm-5:00pm

- 2/24/2023
- 4/28/2023
- 7/7/2023
- 9/8/2023
- 10/27/2023

Breast Health – Advanced 22 CEs \$750.00

Includes 6hr home study

Prior to 16hr live class

Two Days (Sat. and Sun.)

8:30am - 5:30pm

- 2/11/2023
- 4/15/2023
- 6/24/2023
- 8/26/2023
- 10/21/2023

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

Location: Charlotte, NC Area

Telephone: 704-724-1020

Email: info@spurlininstitute.com

www.spurlininstitute.com

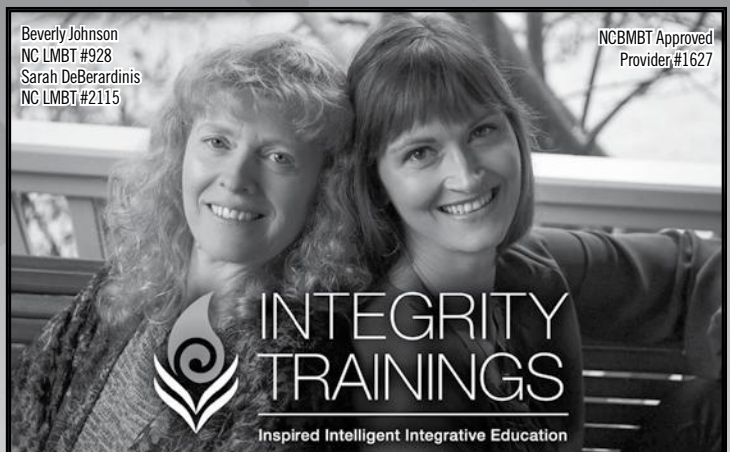
HealShare



NCBTMB Provider #100634
NCBTMB Provider #1366

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

NCBMBT Approved
Provider #1627



LIVE COURSES IN DURHAM, NC

Clinical Massage Strategies Series

\$335 each or as a series for \$1140

Functional Assessment & Treatment of the Pelvic Girdle April 22-23 | 14 CE

Functional Assessment & Treatment of the Cervical Spine May 20-21 | 14 CE

Functional Assessment & Treatment of the Thoracolumbar Spine July 22-23 | 14 CE

Functional Assessment & Treatment of the Shoulder Girdle September 16-17 | 14 CE


Therapeutic Stretching August 12-13 | 12 CE \$320

The Fascia Connection June 24-25 | 12 CE \$320

SAVE BIG WITH EARLY BIRD DISCOUNTS

www.integritytrainings.com 919-701-8434 info@integritytrainings.com

"This class has forever shifted my practice. My touch and approach to the body will never be the same."




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MEDITATION COMMUNITY


Mindfulness and Self Care


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Live Online Classes 4.5 CE: March 2nd, 9th, 16th



Small group, practice focused classes. Learn and deepen your mindfulness meditation. All levels welcome!
Taught by C. Rhea Colmar, RN/BSN, LMBT #6383
 NCMTBMT Approved Provider #1000742





FIND OUT MORE: www.opensky.community


Introduction to Spa Technique

Learn how to make your own body butter, scrubs, and other spa supplies!
 Confidently design, prepare, and perform full spa packages for your clients
 With or without a shower available!
 24 NCBTMB approved hands on CE hours ~ Tuition is 500


Body Wrap Technique

Learn to provide four unique body wraps using all natural ingredients.
 12 NCBTMB approved hands on CE hours ~ Tuition is 300

<u>Intro to Spa Technique</u>	<u>Body Wrap Technique</u>
April 18-20-Jekyll Island, GA	April 11-12-Jekyll Island, GA
September 19-21-Cape Fear Vineyard, Elizabethtown, NC	September 17-18-Cape Fear Vineyard, Elizabethtown, NC
November 7-9- Jekyll Island, GA	October 30-31-Jekyll Island, GA



Learn more and register online at
LauraSpaClasses.com



Experience Anatomy
2023 Course Calendar
 NCBTMB Provider # 1000661

Anatomical Dissection for Bodyworkers
 2-Day Dissection Intensive 16 CE's
 June 10 + 11, 2023 \$1150

Anatomy of Touch, A Hands-On Tour Through the Body
 2-Day Prosection and Palpation course 14 CE's
 September 23 + 24, 2023 \$750

Dissection Club 2023 - Open Lab
 Wednesdays 4:00-8:00 PM 4 CE's
 Spring session: Feb 15, Mar 15, Apr 19
 Fall session: Sep 20, Oct 18, Nov 15
 \$150 single or \$300 for 3 sessions


Learn from true human anatomy at our beautiful lab space located in Charlotte, NC. Our cadaver dissection courses uniquely feature our soft-fix embalming methods to allow joint mobilization and life-like textures and colors, and are led by our team of anatomists with expertise in fascia and biomechanics.


Experience Anatomy's mission is to bring quality anatomy education to all.

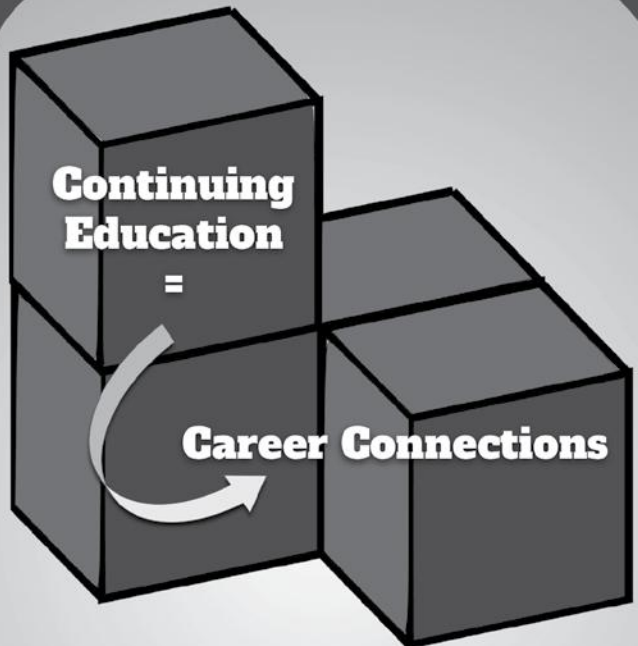
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Continuing Education = **Career Connections**

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WHERE TO NEXT ?



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info@massagetherapyceu.com

NCBTMB #: 409296-00

www.massagetherapyceu.com

Save 15% on Online and Home Study CE Hours

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- NC therapists can take all hours online through 2023

More than 110 courses available including:

CEs	Course	Tuition	With 15% off
21	Positional Release	\$225	\$191.25
20	Sports Massage	\$215	\$182.75
18	Medical Massage Therapy NEW	\$190	\$161.50
18	Trigger Point Therapy	\$190	\$161.50
17	Orthopedic Massage	\$180	\$153.00
16	Myofascial Release NEW	\$175	\$148.75
16	Pregnancy Massage	\$175	\$148.75
15	Hot Stone Massage	\$160	\$136.00
15	Applied Kinesiology	\$160	\$136.00
14	Reflexology	\$150	\$127.50
14	Lymphatic Drainage Massage	\$155	\$131.75
12	Evidence Based Massage	\$135	\$114.75
12	Chair Massage	\$135	\$114.75
10	Craniosacral Therapy	\$115	\$97.75
10	Cancer and Massage Therapy	\$110	\$93.50
9	Cupping for Massage Therapists	\$100	\$85.00
9	Acupressure Basics	\$95	\$80.75
8	Postural Assessment	\$90	\$76.50
8	Deep Tissue for Muscular Conditions NEW	\$90	\$76.50
7	Soft Tissue & Trigger Pt. Release	\$80	\$68.00
6	Massage and Migraines	\$65	\$55.25
6	Kinesiology and Acupressure Taping	\$65	\$55.25
5	Massage and Carpal Tunnel	\$55	\$46.75
4	Thumbs-Free Massage	\$45	\$38.25
4	Ethics for Massage Therapists	\$45	\$38.25
3	Ethics Refresher	\$35	\$29.75
3	Ethics: Professional Communication	\$35	\$29.75
1	Piriformis Syndrome NEW	\$14	\$11.90
1	Plantar Fasciitis NEW	\$14	\$11.90
1	Tension Headaches NEW	\$14	\$11.90

View a full list of online courses at www.massagetherapyceu.com!

Visit our website for a FREE 1 CE Hour online course!

We are approved by the NCBTMB, CE Broker, AMTA, ABMP, and State Boards. 15% off is valid on regular priced courses until July 31, 2023.

ABDOMINAL THERAPY COLLECTIVE

www.abdominaltherapycollective.com

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

Abdominal Therapy for Professionals classes are offered and taught worldwide, to our globally connected community of practitioners.

Based on the teachings of Dr. Rosita Arvigo, we work with the abdomen, to positively effect the mind, body, and spirit.

**2023 classes in Bear Creek, North Carolina
28 CE hours**

Part One: March 23-26

Part Two: March 30-April 2

Pregnancy to Postpartum: Sept 28-Oct 1

**Register your place by contacting Donna Zubrod:
donna@sevendgenerationswellness.com
919-810-0003**

NCBTMB Approved Provider #1000671



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.

Each class: 21 CE - Introduction class: 7 CE - Asheville, NC

C1: June 24-26, October 13-15

C2: March 24-26, October 20-22

C3: August 18-20

**Intro Class - A Brief Experiential Introduction To The Method:
June 22, October 11**

To register, visit cranialwork.com.

"Brian brought to this course a repertoire of skills... vast experience, eloquently articulated through his compassion and the integrity with which he crafted and maintained the container of this course!"

~ J L, Dr.PT, 2019 C1 Student



BRIAN LOFTIN, LMBT
Elemental CranioSacral Work

Contact: Instructor Brian Loftin

[828] 200-6717 or cranialworkinfo@gmail.com

NCBTMB approved provider # 1559



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 \$399

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

Asheville, NC March 14-16
Charlotte, NC October 13-15
Raleigh, NC April 28-30
September 15-17
Nashville, TN May 19-21
September 22-24

Thai Massage Weekend Immersion

15 CEs \$339

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

Asheville, NC April 15-16
Charlotte, NC January 28-29
June 10-11
Raleigh, NC August 19-20
Nashville, TN July 22-23

Traditional Thai Foot Massage

7 CEs \$199

Learn the Thai approach to reflexology.

Charlotte, NC June 9
October 27
Raleigh, NC August 18
Nashville, TN July 21
December 9

Thai Massage for the Table

7 CEs \$199

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

Charlotte, NC March 10
October 28
Nashville, TN March 5
December 10

Thai Herbal Compress Massage

7 CEs \$219

Prerequisites: Must have previously taken a course with Living Sabai

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

Asheville, NC February 21
Charlotte, NC March 11

Northern Thai Tok Sen Therapy

7 CEs \$339

Previous Thai massage training & experience required.

Asheville, NC February 22

Master Class

16 CEs \$339

Prerequisites: Thai Massage 3-Day Intensive and Thai Weekend Immersion
Asheville, NC May 23-24

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

“ This was the best CE course I’ve ever taken. I left ready to start practicing each day. The visual aids provided to take home made a big difference. I will be adding Thai to my practice and 100% recommend this course. It changed my whole approach to massage. ”

– Ashley



Bodywork Therapy Seminars

Division of Hands On Health Massage Therapy & Wellness

NCBTMB Approved Provider #450679-08

2023 Class Calendar

#CE

Date(s)



Body Mechanics & Self Care

7

Feb 5, Mar 19, Apr 16, May 21,
June 11, Aug 20, or Sep 10

Cupping Principles & Applications

4

May 25 or July 29

Ethics (Standards of Practice)

3

Feb 21 or May 25

Myofascial Release

7

Jun 10 or July 22



NMT: Neck/Jaw for TMD & Craniofacial Pain

16

Feb 11-12

NMT: Rotator Cuff, UE, NMT Tx Planning

16

Mar 11-12

NMT: Lumbar, Pelvis, Posture Analysis

16

May 6-7

NMT: Thoracic Outlet and Sh Mobilizers

16

May 27-28

Pelvic Floor Trauma - A Soft Tissue Approach

88

Aug 14

Classes are held
in **Cary, NC**
We welcome
invites to your
location!

Business



Ethics



Therapeutic Skills



In-Depth Courses

INSTRUCTORS:

Laura Landsiedel Ford
Jessica Mai

Sara Rusgrove
Dr. Elizabeth Etemad

Jean Rowe

CONNECT WITH US:

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IG www.instagram.com/bodyworkseminars

Visit us at **BodyworkTherapySeminars.com** for more information and to register.

7980 Chapel Hill Road | Suite 125 | Cary, NC 27513 | 919.854.9555

Thai Massage

Live 'Hands On' Workshops
and Home Study
Courses

with **Michael Sitzler**
LMBT #10273
NCBTMB #451645-11



2023 Spring Dates

Each
Weekend-
18 CEs
\$180*

LIVE 'HANDS ON' WORKSHOPS:

Mar. 18 & 19 - Thai on the Table in Johns Creek, GA - (18 CEs)

Apr. 1, 2, 29, 30 and May 6 & 7 - Certification Training
in Asheville, NC - (36 CEs)

Apr. 15 & 16 - Therapeutic Thai Stretches in Aiken, SC - (18 CEs)

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Lymphatic, Trauma & Cranial CE Classes

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5/19/23-5/21/23

21 CEs, \$369
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Cornelius, NC

Working w/Trauma: (self-care) Care for Others

5/6/23

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6/9/23-6/11/23

21 CEs, \$369
Asheville, NC

Cranial Sacral & Holistic Modalities: Emotional Release from Trauma*

7/14/23-7/16/23

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Asheville, NC

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



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DATES	COURSE	INSTRUCTOR
Feb 27 - Mar 1	Introduction to Esalen® Massage (12 CE)	Robin Fann-Costanzo
Mar 25 - 27	The Art of Essential Touch (24 CE)	Ellen Watson
Mar 31 - Apr 2	Resource & Renew: A 5Rhythms® Workshop	Lucia Horan
May 16 - 18	Intermediate/Advanced Esalen® Massage (21 CE)	Jesica Fagan
Jun 29 - 30	Introduction to Esalen® Massage (16 CE)	Peggy Horan
Aug 7 - 9	An Esalen® Massage Approach to Working with Trauma (21 CE)	Robin Fann-Costanzo

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- Dates subject to change, check website for added classes or changed dates

Bowsage Therapy Live Hands on Training 2023 Dates:

Bowsage Therapy 16 CE

Live 2 Days You will learn a series of Bowen moves, using a pattern to address the entire body.

- Feb 11/12 Ft Myers FL
- Feb 17/18 Daytona FL Thurs/Fri
- Feb 25/26 Statesville NC
- March 25/26 Statesville NC
- April 29/30 Statesville NC
- May 27/28 Statesville NC
- June 24/25 Statesville NC
- July 29/30 Statesville NC

- Feb 25 Statesville NC
- March 25 Statesville NC
- April 29 Statesville NC
- May 27 Statesville NC
- June 24 Statesville NC
- July 29 Statesville NC

Advanced Bowen 8 CE

Live 1 Day Ready for the Advanced Bowen Moves? Prerequisite = Previous Bowen Knowledge

- Feb 26 Statesville NC
- March 26 Statesville NC
- April 30 Statesville NC
- May 28 Statesville NC
- June 25 Statesville NC
- July 30 Statesville NC

Introduction to Bowen 8 CE

Live 1 Day Not sure what Bowen is? This is the perfect class as an introduction to a powerful, healing technique.

All dates are subject to change-please check the website. Looking for a class in your area? 4 or more and I will travel. Let's talk about it.

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

2023 SCHEDULE:

Thai Sole Therapy	16 CE	April 16-17
Thai Massage - 3 Day Intensive	21 CE	April 28-30
Easy Deep Tissue - 3-Day	18 CE	April 28-30
Easy Deep Tissue - Revisited	6 CE	May 1
Synergy Stone Massage	8 CE	May 8
Aromatherapy Essentials for Healthy Skin and Facial Gua Sha	8 CE	June 26
Holistic Aromatherapy for Bodyworkers	16 CE	July 10&11
Gua Sha Fundamentals	8 CE	July 17

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



The Healing Arts and Massage School

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



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



Hope DeVall
LMBT 10846

DATE	WORKSHOP	INSTRUCTOR	CE	PRICE
February 4 & 5	Aromatherapy for Skincare (Formulating Massage Products)	Hope DeVall, LMBT	12 CE	\$250.00
February 21	Thai Herbal Compress Massage	Jill Burynski, LMBT	7 CE	\$219.00
February 22	Northern Thai Tok Sen Therapy	Jill Burynski, LMBT	7 CE	\$219.00
March 18 & 19	Introduction to Lymphatic Drainage 1 - Upper Body	Hope DeVall, LMBT	12 CE	\$225.00
April 8 & 9	NMT for Treating Head and Neck Pain	Darren Cadwell, LMBT	12 CE	\$250.00
April 15 & 16	Thai Massage Weekend Immersion	Jill Burynski, LMBT	15 CE	\$329.00
April 22 & 23	Functional Integrative Therapy (The FIT Program)	Mark Carangelo, LMT	16 CE	\$280.00
April 29 & 30	Introduction to Lymphatic Drainage 2 - Lower Body	Hope DeVall, LMBT	12 CE	\$225.00
May 13 & 14	NMT for Computer Posture	Darren Cadwell, LMBT	12 CE	\$250.00
May 23 & 24	Thai Massage Master Class	Jill Burynski, LMBT	16 CE	\$339.00
May 27 & 28	Stretching on the Table	Hope DeVall, LMBT	12 CE	\$250.00
June 24 & 25	Aromatherapy for Pain Relief	Hope DeVall, LMBT	12 CE	\$250.00
July 8 & 9	NMT for Treating Shoulder Pain and Rotator Cuff Injuries	Darren Cadwell, LMBT	12 CE	\$250.00
July 22 & 23	Myofascial Components of Low Back and Hip Pain	Pete Whitridge, LMT	14 CE	\$275.00
August 5 & 6	Neuromuscular Techniques for Treating Plantar Fasciitis & Foot/Ankle Pain	Darren Cadwell, LMBT	12 CE	\$250.00
August 12	Cupping Therapy	Mark Carangelo, LMT	8 CE	\$140.00
August 13	Pin & Stretch Technique	Mark Carangelo, LMT	8 CE	\$140.00
August 26 & 27	Muscle Movement Mastery	Hope DeVall, LMBT	12 CE	\$225.00



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2023

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June 16-18 • NC Massage School • Cornelius, NC
Sept 11-13 • New Hope Camp and Conference Center • Chapel Hill, NC

Nurturing the Mother® Fertility Massage (24CE)

April 28-30 • NC Massage School • Cornelius, NC
Oct 9-11 • New Hope Camp and Conference Center • Chapel Hill, NC

Nurturing the Belly Visceral Abdominal Massage (7CE)

April 19 • New Hope Camp and Conference Center • Chapel Hill, NC
Oct 18 • New Hope Camp and Conference Center • Chapel Hill, NC

Nurturing the Mother® Wise Woman Menopause Massage (14CE)

Oct 23 & 24 • New Hope Camp and Conference Center • Chapel Hill, NC

Home study sale

\$75 off begins January 3 to March 31st. All are 16 CE's
Integrative Reflexology • Nurturing the Mother • Fertility Massage

Integrative Reflexology® (24CE)

April 3-5 • New Hope Camp and Conference Center • Chapel Hill, NC
Sept 25-27 • New Hope Camp and Conference Center • Chapel Hill, NC

Adv. Integrative Reflexology: Muscle Reflexology w/ Meridians (14CE)

April 6 & 7 • New Hope Camp and Conference Center • Chapel Hill, NC
Sept 28 & 29 • New Hope Camp and Conference Center • Chapel Hill, NC

Lymphatic Massage for Detoxification (14CE)

April 17 & 18 • New Hope Camp and Conference Center • Chapel Hill, NC
Oct 16 & 17 • New Hope Camp and Conference Center • Chapel Hill, NC

Webinars courses to be scheduled: Check website in January

Classes will be held during the months of February and March

Therapeutic Applications for Castor Oil - 2CE - \$45

Newborn and Infant Massage - 2CE - \$45 • Labor massage - 2CE - \$45

Intro to Fertility Massage - 4CE - \$90 • Intro to Lymphatic Massage - 4CE - \$90

Intro to Menopause Massage - 4CE - \$90



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

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Feb 19-21 DeepFeet 1
all levels

Feb 26-27 Sarga Silks
all levels

Mar 13-14 Ashi Thai
all levels

Mar 27-28 DeepFeet 3
(DF1 is prerequisite)

April 16-18 DeepFeet 1
all levels BIPOC special only

May 1-2 DeepFeet 2
(DF1 is prerequisite)

May 21-13 DeepFeet 1
all levels

July 10-11 Sarga Silks
all levels

Aug 28-29 Ashi Thai
all levels

Sep 11-12 DeepFeet 2
(DF1 is prerequisite)

Sep 25-26 DeepFeet 3
(DF1 is prerequisite)

Oct 8-10 DeepFeet 1
all levels

Oct. 23-24 Sarga Silks
all levels

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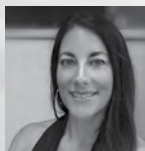
2023 classes

Lake Norman Jan 7-8
Lake Norman Feb 18-19
Lake Norman April 29-30
Lake Norman May 13-14
Lake Norman Sept 16-17
Lake Norman Oct 14-15
Lake Norman Nov 2-3

2024 classes

Lake Norman Jan 20-21
Lake Norman Feb 3-4
Asheville Apr 6-7
Lake Norman May 6-7
Lake Norman Sept 7-8
Asheville Sept 28-29
Lake Norman Oct 9-10
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1/14/2023

**A Full Body Lymph Drainage
Using Silicone Cups & a Honey
Facial** Morehead City 8 CE

2/11/2023

**Techniques For Your Clients to
Using Foam Rollers and Tennis
Balls** Morehead City 8 CE

2/12/2023

**Stepping Into Your Capabilities
Business Development**
Morehead City 4 CE

3/25-26/2023

**Breathwork, Meditation & Hands
On Restorative Yoga**
Statesville 16 CE

4/9-13/2023

**Breathwork, Meditation & Hands
On Restorative Yoga**
Pine Knoll Shores 16 CE

**Stepping Into Your Capabilities
Business Development**
Pine Knoll Shores 4 CE

5/13/2023

**A Full Body Lymph Drainage Using
Silicone Cups & a Honey Facial**
Morehead City 8 CE

6/10-11/2023

**Breathwork, Meditation & Hands
On Restorative Yoga**
Morehead City 16 CE

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Holly Fisher

LMBT license #2180
NCBTMB Approved Provider
#1000694

Don't Wait!

Friday Mar 24, 2023
Effective Strategies for Low Back Pain
8CE Cost \$200

This class covers quick, easy, and effective strategies for the most common causes of low back pain. This is a detailed course covering both direct and indirect anatomical structures that affect the function of the lumbar region.

Sat & Sun, Mar 25 & 26, 2023
Effective Strategies for Neck & Shoulder Pain
16CE Cost \$400

This covers easy and effective strategies for the most common causes of neck and shoulder pain. We'll cover antagonistic muscle systems, trigger points that cause proprioceptive issues, and basic palpation and assessment of frozen shoulder and rotator cuff damage.

Classes are small, no more than 12 participants, so everyone gets time and personal attention from an instructor with decades of experience.

All classes held at: Monroe Aquatic Center (outside of Charlotte) To sign up, please contact **Carmen Lazenby**, 704-221-5872, or e-mail her at Massage@MonroeNC.org Each class is **8a-5p**.

Instructor: Kay Warren

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Building Your Business	3	\$50
Marketing Your Business	2	\$40
Ethics (Standard V)	3	\$25
Building Your Business for Reflexology	3	\$50
Marketing Your Business for Reflexology	2	\$40

CONTINUING ED CLASSES 2023

JANUARY	CE hrs.	Tuition
29 • Developing Your Intuition Webinar	6	\$150
FEBRUARY		
12 • Marketing Your Business Webinar	6	\$150
MARCH		
5 • Building Your Business Webinar	6	\$150
22 • Developing Your Intuition Webinar	6	\$150
APRIL		
19 • Marketing Your Business Webinar	6	\$150
30 • Ethics	3	\$75
MAY		
7 • Developing Your Intuition Webinar	6	\$150
24 • Building Your Business Webinar	6	\$150
JUNE		
7 • Marketing Your Business Webinar	6	\$150

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 FL, GA, SC, TN Approved CE Broker #50-15726
 NC Board of Cosmetic Arts Approved. ARCB CE Provider #SA00170



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Dear Colleagues,

It's been an honor and a privilege to serve the community of Massage Therapists and Continuing Education Providers through PERG. From its conception, through its evolution, to the eventual hand-off to a trusted, enthusiastic colleague, it has been a journey of relationships, above all else. On whatever level I have interacted with you, dear reader, know that you have contributed to my personal and professional growth, and I hope that I have done the same for you!

Leaning into a new life chapter,

Nancy Toner Weinberger

Nancy Toner Weinberger



Note from the new publisher:

What gives me the biggest lift is knowing that Nancy was able to hand off this legacy successfully to another bodyworker. I look forward to doing the same one day in the far distant future. Knowing that bodyworkers can take care of their own and support each other is immensely satisfying.

Laura Landsiedel Ford

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5/22/2023	Crossing Boundaries and Borders	3 CE

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