



North Carolina
CE Spring Edition 2024



PERG

Professional Education & Resource Guide

FOR MASSAGE THERAPISTS AND BODYWORKERS



PERG

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FOR MASSAGE THERAPISTS AND BODYWORKERS

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Greetings and Happy New Year!

My last letter referred to inspiring our passion for our profession through making connections. With that in mind, I set off to locate four unique events in 2023 where massage therapists were gathering together. I may not have been able to attend them all but I was so pleased to see so many groups and individuals that were there for each other. When The North Carolina State Massage Championship reached out about advertising in PERG, I knew that their event would be perfect for this edition's cover photo! What a great idea for an event!

In August, I met Julie Marciniak from Bull City Soles and we had a wonderful walk in Duke Gardens in Durham. Before departing, I was invited on a tour of her massage studio and saw her newly installed cold plunge tub that she added as a compliment to her sauna service.

In May, I had a chat with Desiree Sawyer and learned about her fun special events for massage therapists. Lastly, I was able to spread the word about the Healwell sponsored dance-a-thon fundraiser in Virginia.

This year PERG will be planning a few more events and gatherings of our own. We'll share these events and outside events that we hear about on our facebook page at **facebook.com/pergce**

- ***Do you have an event in your region that you'd like us to share? Stay in touch and we'll pass the word.***

As always, we look forward to connecting with you in class or at an event someday soon. Have a great new year full of opportunity.

***Warm regards,
Laura Landsiedel Ford,
Publisher***

About the PERG

NEXT NORTH CAROLINA EDITION JULY 2024

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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resources**

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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 \$399

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

Asheville, NC March 26-28, August 6-8

Charlotte, NC October 18-20

Raleigh, NC May 3-5, October 4-6

Nashville, TN June 7-9, September 20-22

Orlando, FL April 26-28

Harrisburg, FL May 31-June 2

Pottstown, PA May 17-19, November 1-3

Thai Massage Weekend Immersion

15 CEs \$339

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

Asheville, NC April 27-28, November 2-3

Charlotte, NC June 8-9

Raleigh, NC August 3-4

Nashville, TN June 29-30

Orlando, FL February 24-25, August 24-25

Harrisburg, FL September 21-22

Pottstown, PA August 24-25

Traditional Thai Foot Massage

7 CEs \$199

Learn the Thai approach to reflexology.

Asheville, NC December 4

Charlotte, NC June 7, October 25

Raleigh, NC August 2, December 7

Nashville, TN June 28, December 14

Orlando, FL February 23, August 23

Harrisburg, PA April 6, September 20

Pottstown, PA August 23, December 13

Thai Massage for the Table

7 CEs \$199

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

Asheville, NC December 5

Charlotte, NC March 15, October 26

Raleigh, NC December 8

Nashville, TN March 2, December 15

Harrisburg, PA April 7

Pottstown, PA March 22, December 14

Thai Herbal Compress Massage

7 CEs \$229

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 27, October 9

Charlotte, NC March 16

Pottstown, PA March 23

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 February 28, October 10

Master Class

16 CEs \$329

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

Asheville, NC May 15-16

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

FH
FLOATING HAMMOCK
~Massage~

About

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

Learn

Students will learn foundational techniques core to FHM as well as a full hour sequence and basic polyvagal theory. You won't understand the depth of this work until you receive it yourself in The Cloud Hammock, the only non-tipping 90 degree spreader bar hammock designed for FHM. The awareness cultivated in this training will improve your table massage experience.

WARNING: You may be inspired to abandon table massage altogether!

Level 1 Floating Hammock Massage
The Hilton Greenville, NC
16 CE \$499
February 4-5
October 12-13

**LIMITED SPACE
AVAILABLE!**



Reserve your space by contacting Anna Dixon:
206.948.7645, anna@yogabreathingwellness.com
NCBTMB Approved Provider #312941-00

May 8-10
DRURY INN AND SUITES
CHARLOTTE NC
2024



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:

James Funk Approved Provider # 1000610
Forearm Fusion Foundations
One Day Course 8CE

Tina Hopkins Approved Provider# 1000348
Good Massage Gone Bad -
Knowing the Red Flags 8CE

Both classes are held on May 10th, space is
limited. Discount for Championship participants.



www.ncmassagechampionship.com



(866) 784-5940

info@massagetherapyceu.com

NCBTMB #: 409296-00

www.massagetherapyceu.com

Save 15% on Online and Home Study CE Hours

Use Code PERG15 at Checkout

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

More than 110 courses available including:

CEs	Course	Tuition	With 15% off
18	Medical Massage Therapy	\$200	\$170.00
16	Pregnancy Massage	\$175	\$148.75
15	Applied Kinesiology	\$160	\$136.00
14	Reflexology NEW	\$150	\$127.50
14	Lymphatic Drainage Massage	\$155	\$131.75
14	Structural Bodywork	\$150	\$127.50
12	Chair Massage	\$135	\$114.75
12	Thai Yoga Massage	\$135	\$114.75
12	Evidence Based Massage	\$135	\$114.75
11	Facilitated (PNF) Stretching NEW	\$125	\$106.25
10	Craniosacral Therapy	\$115	\$97.75
10	Cancer and Massage Therapy	\$110	\$93.50
10	Integrated Massage	\$110	\$93.50
9	Cupping for Massage Therapists	\$100	\$85.00
9	Massage for the Elderly and Ill	\$100	\$85.00
9	Myofascial Release Techniques NEW	\$100	\$85.00
9	Traditional Thai Massage	\$100	\$85.00
9	Acupressure Basics	\$95	\$80.75
8	Deep Tissue for Muscular Conditions	\$90	\$76.50
8	Lymphatic Drainage Basics	\$90	\$76.50
7	Massage and Fibromyalgia	\$75	\$63.75
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, Beliefs and Regulations NEW	\$35	\$29.75
3	Ethics, Boundaries and Relationships NEW	\$35	\$29.75
1	Plantar Fasciitis	\$14	\$11.90
1	Human Trafficking and Massage	\$14	\$11.90

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

Visit our website for a FREE 1 CE Hour online ethics 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, 2024.



RENE SHUFORD SEMINARS

BLUE RIDGE HEALING
ARTS ACADEMY

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

NCBTMB Approved Provider #154677-00

2024 Continuing Education Courses:

Class Dates	Title	Location	#CE
3/1/2024	The Seven Healing Chakras and The Endocrine System Level I	Oak Island	24
3/22/2024	Manual Lymphatic Drainage	Swannsboro	24
4/5/2024	The Seven Healing Chakras and The Endocrine System Level I	Concord	24
4/19/2024	Manual Lymphatic Drainage	Lansing	24
5/17/2024	The Anatomy of A Teacher: Exploring the Mindful Relationship of Self, Student and Subject, Part 2	Lansing	72
6/7/2024	The Seven Healing Chakras and The Endocrine System Level I	Lansing	24
06/28/24	The Tao of Trauma	Lansing	24
09/20/2024	Manual Lymphatic Drainage	Concord	24
2/7/2024	The Psychosomatics of Ethics	Webinar	6
8/14/2024	The Psychosomatics of Ethics	Webinar	6
10/9/2024	The Psychosomatics of Ethics	Webinar	6



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

10% OFF all classes purchased by February 15, 2024

The Anatomy of a Teacher:

Exploring the Mindful Relationship of Self, Student and Subject

May 17 – August 25, 2024



The Anatomy of a Teacher is a unique 72-hour Teacher Training Living and Learning Program that offers an array of enriching education strategies that will benefit teachers with a desire to promote positive growth and to create an interactive community. If you wish to learn how to create a successful holistic classroom or workshop, this program is for you. Upon completion of this multi-dimensional learning experience, the participant will be able to:

- Create and maintain a sacred learning space
- utilize meditation skills for personal and classroom use
- Identify and effectively manage the beginning, middle and ending relationship in an educational process
- Recognize and explore relationships within an interactive community
- Understand and implement the concept of personal power and prosperity consciousness as a tool for daily living
- Explore and unleash their creative potential
- Create effective lesson plans and innovative self-awareness activities
- Demonstrate dynamic presentation skills
- Speak their authentic voice
- Identify the seven learning styles and implement personal instruction for each
- Grasp the importance of right communication and extinguish communication chaos
- Develop skills for unlocking the inner wisdom of intuition
- Embrace their vital essence through spirit and self-actualization

CLAIRE MARIE MILLER SEMINARS

Pregnancy Massage • Fertility Massage • Integrative Reflexology®



2024

CLASSES WITH CLAIRE MARIE MILLER



Nurturing the Mother®

Pregnancy and Postpartum Massage (21 CEs)

May 6-8

October 7-9

Fertility Massage Specialist (21CEs)

March 18-20

October 14-16

Wise Woman Menopause Massage (14 CEs)

April 22 & 23

October 28 & 29

Integrative Reflexology® (21 CEs)

April 15-17

September 9-11

Adv Integrative Reflexology®: Muscle Reflexology with Meridians

April 18 & 19

September 12 & 13

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

Lymphatic Massage for Detoxification (14 CEs)

March 11 & 12

Oct 21 & 22

Nurturing the Belly Visceral Abdominal Massage (7 CEs)

March 13

October 23

Take LMD & NTB
and save \$65!

All Classes:

New Hope Camp and Conference Center • Chapel Hill, NC

Winter sale! \$50 off Home Study Courses ❄ Jan 1-Mar 31

CLASSES WITH CLAIRE HEYMANS



Feb. 9-11 – NC Massage School • Cornelius, NC • *Integrative Reflexology®* 24 CE

May 10 & 11 – NC Massage School • Cornelius, NC • *Integrative Reflexology® Spa* 16 CE

May 18 & 19 – TBD • Winston-Salem, NC • *Lymphatic Massage for Detoxification* 14 CE

May 31- June 2 – Still Point Wellness • Asheville, NC • *Nurturing the Mother® Pregnancy and Postpartum Massage* 21 CE

June 21-23 – TBD • Winston-Salem, NC • *Integrative Reflexology®* 21 CE

July 14 & Sept 8 – NC School of Advanced Bodywork • Charlotte, NC • *Nurturing the Mother® Spa* 16 CE (Must attend both days)

Sept 9 & 10 – Still Point Wellness • Asheville, NC • *Lymphatic Massage for Detoxification* 14 CE

Oct 20 – NC School of Advanced Bodywork • Charlotte, NC • *Introduction to Integrative Reflexology®* 8 CE

Oct 28 & 29 – TBD • Winston-Salem, NC • *Nurturing the Mother® Spa* 16 CE

CLASSES WITH MICHELLE LOCKHART AND MONICA FOUTY



April 12-14 – NC Massage School • Cornelius, NC • *Fertility Massage Specialist* 24 CEs

June 28-30 – NC Massage School • Cornelius, NC • *Nurturing the Mother® Pregnancy and Postpartum Massage* 24 CEs

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

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

www.clairemariemiller.com

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





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
March 23 & 24	Introduction to Lymphatic Drainage - Upper Body	Hope DeVall	12	\$250.00
April 6 & 7	Introduction to Lymphatic Drainage - Lower Body	Hope DeVall	12	\$250.00
May 11 & 12	Stretching on the Table	Hope DeVall	12	\$250.00
May 18 & 19	NMT for Treating Shoulder Pain and Rotator Cuff Injuries	Darren Cadwell	12	\$250.00
June 29 & 30th	Aromatherapy for Emotional & Mental Wellbeing	Hope DeVall	12	\$250.00
July 6 & 7	NMT for Knee Pain	Darren Cadwell	12	\$250.00
July 20 & 21	Introduction to Lymphatic Drainage - Head, Neck & Face	Hope DeVall	12	\$250.00
July 27 & 28	NMT for Plantar Fasciitis	Darren Cadwell	12	\$250.00
August 17 & 18	Aromatherapy for Lymphatic Drainage & Immune Support	Hope DeVall	12	\$250.00
August 31 - September 1	NMT for Treating Sciatic Pain	Darren Cadwell	12	\$250.00
October 5 & 6	NMT for Treating Head and Neck Pain	Darren Cadwell	12	\$250.00
October 26 & 27	Aromatherapy for Pain Relief	Hope DeVall	12	\$250.00



In Partnership with the
Western North Carolina School of Massage
Located in scenic West Asheville

Completely Online CE Courses,
Test, and Certificates Also Available

2024



Bodywork Therapy Seminars

A Division of Hands On Health Massage Therapy & Wellness

NCBTMB Approved Provider #450679-08

Class Title

Instructor #CE Date (Live, except when noted)

Body Mechanics & Self Care	Jean Rowe	4	Feb 17, Mar 16, or May 11
Cupping Principles & Applications	Jessica Mai	4	May 19
Ethics (Standards of Practice)	Laura L. Ford	3	Apr 9 (Webinar), or May 23
Experience Zen As A Lifestyle	Jill Huffman	4	Mar 31, May 11, Aug 30, or Oct 27
Jill Huffman Thai Table Massage	Jill Huffman	8	Aug 16
I-NMT: Abdomen, Torso, & Breath	Laura L. Ford	16	Feb 3-4 or Jun 15-16
I-NMT: Lumb, Pelvis, & Posture	Jessica Mai	16	Apr 6-7
I-NMT: Neck, Int Jaw, Craniofacial	Jessica Mai	16	Oct 5-6
I-NMT: Thigh, Knee, Foot & Mech	Jessica Mai	16	Aug 3-4
I-NMT: Thor Outlet & Sh Mobilizers	Laura L. Ford	16	Feb 24-25
Thai Foot Reflexology	Jill Huffman	8	Mar 30, Apr 28, Aug 18, or Sep 13

**Live classes are in
Cary, NC**



**We welcome
invites to your
location!**

INSTRUCTORS:

Laura Landsiedel Ford, Jessica Mai, Jean Rowe,
Introducing Jill White-Huffman

CONNECT:

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

Register:

Full calendar available at **BodyworkTherapySeminars.com**
7980 Chapel Hill Road | Suite 125 | Cary, NC 27513 | 919.854.9555

Life Changing Technique

It's my goal to train Bowen Therapists in every city.

All classes are NCBTMB, GA, SC, FL Approved for 16CE

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



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

Enhance your practice with Bowen Therapy.

Michelle Lally, Instructor

(NCBTMB AP #1189) (GA,FL #20-634030)

Bowsage Therapy Live Hands on Training 2024 Dates:

Bowsage Therapy 16 CE \$325-\$375

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

Statesville NC:

- April 27/28
- May 18/19
- June 22/23
- July 27/28
- Aug 24/25
- Sept 28/29
- Oct 26/27

Other Cities and Dates:

- March 23/24 Fuquay NC
- June 1/2 Cornelius NC
- July 20/21 Asheville NC
- Aug 3/4 Cornelius NC
- Oct 12/13 Raleigh NC
- Oct 14/15 Surf City NC

Introduction to Bowen 8 CE \$189

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

Advanced Bowen 8 CE \$189

Previous Bowen Experience is required for this class. You must know and understand the Bowen Technique to take this class. See Website for Dates and Locations.

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

Thai Massage

Live 'Hands On' Workshops
and Home Study
Online Courses

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



2024 Spring Dates

LIVE 'HANDS ON' WORKSHOPS:

- March 9,10 - Next Level Thai in Asheville,NC - (12 CE's)**
- March 23,24 - Thai on the Table in John's Creek, GA - (18 CE's)**
- April 20,21 - Thai on the Table in Asheville, NC - (18 CE's)**
- May 4,5 - Thai on the Table in Charlotte, NC - (18 CE's)**
- May 18,19,25,26 & June 22 & 23 - Certification Training in Asheville,NC - (54 CE's)**

Each
Weekend-
18 CE's
\$195*

Full
Certification
in 3 weekends
\$545*

*with \$50 Early Discount | Repeat any class at a 50% discount

Certification is offered after completing 3 weekend modules
Registration & More Information:

828-774-2662 michaelisitzer@gmail.com

www.thaiyogatraining.com

www.thaiyogabodyworkacademy.com



Thai Yoga Trainings



Find the root cause of your client's pain to treat and eliminate pain and injury.

Advanced Pain Management & Medical Massage Techniques

16 CE \$425 Class Schedules:*

2024 classes

Mooresville, NC Jan 20-21
Mooresville, NC Feb 3-4
Mooresville, NC Apr 6-7
Mooresville, NC Sept 14-15
Mooresville, NC Sept 28-29
Mooresville, NC October 12-13

2024 classes

Charleston, SC Jan 27-28
Charleston, SC Feb 24-25
Charleston, SC April 13-14
Charleston, SC May 18-19
Charleston, SC Nov 2-3
Charleston, SC Nov 30-Dec 1

Your instructor:



Lara Fass,
BA, LMBT
Accomplished
Medical Massage
Therapist with over
30 years' experience
and a BA degree in
Sports Medicine.

Class Locations:

TBA at registration
& website fasswellness.com

Fass Wellness Massage CE Seminars

www.fasswellness.com

704-201-8653

fasslara@gmail.com

NCBTMB CE Provider # 1709



ABDOMINAL THERAPY COLLECTIVE

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

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

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

"Donna is an exceptional teacher. Her knowledge of anatomy, presented in a multi-dimensional way, has changed my understanding of the body in the most beautiful way. She fully integrates the teachings and responds to questions with real mastery that helps the information land for someone new to these techniques. Her teaching is humble, gracious, generous, and fun".
– C.M. 2022 Abdominal Therapy student

www.abdominaltherapycollective.com

2024 Dates (Spring and Fall): All ATP classes are 28ce hrs

Mar 7-10: **PART 1** (Tryon, NC)

Apr 24-28: **Pregnancy to Postpartum** (Corfu, Greece)

Jul 31-Aug 3, 2024: **Pregnancy to Postpartum** (Moose Jaw, SK, Ca)

Aug 12-15, 2024: **PART 1** (Whistler, BC, Ca)

Aug 17-20, 2024: **An Intensive with Rosita Arvigo ATP+** (Whistler, BC, Ca)

Sept 4-7, 2024: **Pregnancy to Postpartum** (Victoria, BC, Ca)

Inquire about additional Fall 2024 classes being held in NC



Register your place by contacting educator Donna Zubrod:

Email: donna@sevendgenerationswellness.com **Mobile:** 919-810-0003

NCBTMB Approved Provider #1000671



Work Smarter Not Harder

Morehead City

3/16-17: Hip & Shoulder Girdles (14CE)

Wilmington

3/20-21: Easy Deep Tissue (14CE)

Asheville @ Still Point Wellness

4/15-16: Easy Deep Tissue (14CE)

4/17-18: Hip & Shoulder Girdles (14CE)

Raleigh

5/3-4: Easy Deep Tissue (14CE)

5/5-6: Hip & Shoulder Girdles (14CE)

Charlotte: 9/20-22, Classes TBD



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



Mindfulness Based Business & Self-Care Classes



**Mindful Business Mastery 1:
Integrating Meditation, Mandalas
& Mind Mapping for Marketing**
4 CE PENDING

Thursday	3/14/24	8:30 AM
Friday	4/19/24	1:30 PM
Wednesday	5/15/24	1:30 PM
Friday	9/27/24	1:30 PM



**Yoga, Meditation & Breathwork
for Self-Care 4 CE**

Thursday	2/29/24	8:30 AM
Friday	4/19/24	8:30 AM
Wednesday	6/19/24	1:30 PM
Friday	9/27/24	8:30 AM

Cariann Stafford, LPN, LMBT #5093, e-RYT-200
NCBTMB Approved Provider #1001053
Burlington, NC

AlamanceTherapeuticMassage.com/massagece

ESALEN® MASSAGE 100 HR CERTIFICATION

Mar 6-10 | Apr 3-7 | May 1-5

**This program consists of three modules.*

Available to licensed massage and bodywork practitioners only, this unique 100 hour training will provide a deep understanding of the approach and techniques of Esalen massage, and allow you to become a recognized Esalen® Massage Practitioner.

stillpointwell.com/certification

Early Bird Discount ends Feb 6, 2024



ROBIN FANN-COSTANZO

Approved Provider Number: 283720-00
NC# 10171

World Massage Festival
Hall of Fame Inductee



Save \$200

Register using the code PERG24 for
a \$200 discount on the 100 hour
Esalen Massage Training Program.



World-Class Workshops

DATES	COURSE	INSTRUCTOR
Mar 16-17	Introduction to Esalen® Massage (12 CE)	Robin Fann-Costanzo
May TBD	5Rhythms® Workshop	Lucia Horan
Jun 8-9	Introduction to Esalen® Massage (12 CE)	Robin Fann-Costanzo
Aug 3-4	Introduction to Esalen® Massage for Men (12 CE)	Sam Sebastian and Malachi Stone
Sept 13-15	An Esalen® Massage Approach to Working with Trauma (21 CE)	Robin Fann-Costanzo
Oct 19-20	Introduction to Esalen® Massage (12 CE)	Robin Fann-Costanzo

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SEPT 21-22, Asheville

OCT 12-13, Wilmington

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NCBTMB Provider 288581-00

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

NCBMBT Approved
Provider #1627



Clinical Massage Strategies

Functional Assessment & Treatment of the Thoracolumbar Spine

June 22-23 | 14 CE \$345

Functional Assessment & Treatment of the Shoulder Girdle

August 3-4 | 14 CE \$345

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Feb 24 May 18 Sept 28 Nov 23
1 day 8 CE

Stepping Into Your Capabilities/ Business Development

Jan 22 April 29 Oct 20 Dec 16
1/2 day 4 CE

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

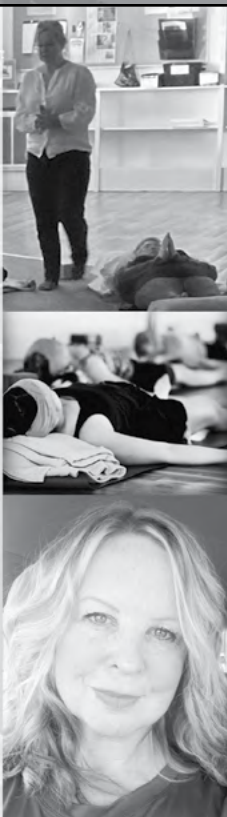
June 15-17 Oct 21-23 3 days
14 CE NCBTMB approved hrs 17 total

Forearm Techniques Save Your Hands

March 25 August 24 6 CE

Techniques for Your Clients Using Foam Rollers and Tennis Balls

Feb 26 July 20
1 day 8 CE



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252 422 0988

Holly Fisher

LMBT license #2180
NCBTMB Approved Provider
#1000694

Spurlin Institute for Breast and Lymphatic Health Breast Health Education

Ethics: Breast Massage

3 CE's \$95.00

Friday 8:30am - 11:30am

And

Foundation in Breast Health Massage

Pre-requisite for the Breast Health:

Advanced 16 Hr. CE Class

5 CE's \$160.00

Friday 12:00pm-5:00pm

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

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 CE's \$95.00

Friday 2:00pm-5:00pm

- 2/23/2024
- 5/17/2024
- 9/13/2024
- 2/21/2025
- 5/16/2025

Breast Health – Advanced

16 CE's \$520.00

Two Days (Sat. and Sun.)

8:30am - 5:30pm

- 4/20/2024
- 9/28/2024
- 4/5/2025
- 9/20/2025

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

Location: Charlotte, NC Area

Telephone: 704-724-1020

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HealShare



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Lymphatic & Cranial CE Classes

Basic Lymphatic Massage	21 CE's, \$379
3/15/24-3/17/24	Asheville, NC**
5/3/24-5/5/24	Cornelius, NC
8/9/24-8/11/24	Cornelius, NC
Basic Lymphatic Massage: Upper Extremities	14 CE's, \$269
6/29/24-6/30/24	Asheville, NC
The Cranial System: Structure and Motion 1	21 CE's, \$379
5/17/24-5/19/24	Asheville, NC**
The Cranial System: Structure and Motion Adv*	24 CE's, \$399
7/26/24-7/28/24	Asheville, NC
Cranial Sacral & Holistic Modalities: Emotional Release from Trauma*	21 CE's, \$379
7/12/24-7/14/24	Asheville, NC

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

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June 10+11, 2024

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2024 SCHEDULE:

March 11	Spa Facial Cupping	5 CE	\$175
April 5 & 6	Craniosacral, Level I	16 CE	\$350
April 7 & 8	Deep Lymph Flushing Massage	16 CE	\$350
April 19 & 20	Reiki I - Awaken	14 CE	\$320
April 29	Aromatherapy Essentials for Healthy Skin and Facial Gua Sha	8 CE	\$275
May 3 & 4	Easy Deep Tissue: More Pressure, Less Effort	14 CE	\$345
May 5 & 6	Getting Specific: Hip and Shoulder Girdles	14 CE	\$345
May 17	What Drugs are in Your System? Assessing Medications w/ Massage & Bodywork	6 CE	\$175
May 20	Gua Sha Fundamentals	8 CE	\$225
June 8 & 9	Reiki II - Serve	14 CE	\$320
June 17	Thai Herbal Poultice Facial Massage	5 CE	\$169
June 20	Psoas, Low Back and Hip Treatment Using Non-Force Deep Tissue	8 CE	\$175
June 21 & 22	Energetic Bodywork: Blending Massage and Energywork in the Treatment Room	16 CE	\$350
July 22	Herbal Poultice Massage (Luk Pra Kob)	8 CE	\$175

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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

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Upper Extremity & Back [14 CEs] \$275

March 23rd & 24th – Cornelius, NC

Lower Extremity & Anterior Torso

[14 CEs] \$275

June 29th & 30th – Johnson City, TN

September 14th & 15th – Baltimore, MD

Practical Orthopedic Assessment

Lower Extremity [16 CEs] \$300

May 11th & 12th – Greensboro, NC

Upper Extremity [16 CEs] \$300

June 8th & 9th – Cornelius, NC

Practical Cupping [16 CEs] \$300

May 18th & 19th – Charlotte, NC

September 21st & 22nd – Nashville, TN

October 5th & 6th – Greensboro, NC

November 9th & 10th – Johnson City, TN

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

August 17th & 18th – Cornelius, NC

October 26th & 27th – Johnson City, TN

Tui Na: Chinese Bodywork

[8/16 CEs] \$150/\$300

September 28th & 29th – Cornelius, NC

October 19th & 20th – Waynesville, NC

November 16th – Nashville, TN

Bodywork Lotion Making

[4 CEs] \$100

October 21st [Monday Course] – Cornelius, NC

November 17th – Nashville, TN

Acupressure: The First Needle

[7 CEs] \$145

April 27th – Cornelius, NC

Efficient Body Mechanics for Bodywork

[6 CEs] \$140

April 28th – Cornelius, NC

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Feb 11-13 DeepFeet 1
all levels

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all levels

Mar 18-19 Ashi-Thai
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Mar 28-29 DeepFeet 3
(DF1 is prerequisite)

April 18-19 DeepFeet 2
(DF1 is prerequisite)

April 28-30th DeepFeet 1
all levels BIPOC special only

May 12-14 DeepFeet 1
all levels

May 30-31 DeepFeet Silks
all levels

Aug 22-23 Ashi Thai
all levels

Sep 9-10 DeepFeet 2
(DF1 is prerequisite)

Sep 26-27 DeepFeet 3
(DF1 is prerequisite)

Oct. 9-10 DeepFeet Silks
all levels

Oct 20-22 DeepFeet 1
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This includes **"Mindfulness... stepping into the flow"** -

a meditation program for self care
(18 CEs awaiting NCBTMB approval),

Codes of Conduct (3 approved CEs)

& **Ethics** (3 approved CEs)

for a total of 24 NCBTMB CEs

Asheville Offerings:

**Mindfulness... stepping into the flow (\$399)*

4/5, 12, 19, 26, 5/3, 10 OR

8/9, 16, 23, 30, 9/6, 13, 2024 6-8p.

18 CEs for self-care awaiting NCBTMB approval.

**Codes of Conduct (\$55)* 3 NCBTMB approved CEs for self-care.

4/6 OR 9/7, 2024, 9a-noon.

**Ethics (\$55)* 3 NCBTMB approved CEs.

4/6 OR 9/7, 2024, 1-4p.

Contact **Jeri Senor**, MA, LMBT, E-RYT 500, YACEP, NCBTMB
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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 2024

JANUARY	CE hrs.	Tuition
28 * Developing Your Intuition Webinar	6	\$150
FEBRUARY		
25 * Marketing Your Business Webinar	6	\$150
MARCH		
13 * Building Your Business Webinar	6	\$150
APRIL		
03 * Developing Your Intuition Webinar	6	\$150
21 * Ethics Webinar	3	\$75
MAY		
08 * Building Your Business Webinar	6	\$150
19 * Marketing Your Business Webinar	6	\$150
JUNE		
09 * Developing Your Intuition Webinar	6	\$150
26 * Building Your Business Webinar	6	\$150
JULY		
10 * Marketing Your Business Webinar	6	\$150

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2/9	Integrative Reflexology w/ Claire Marie Miller Seminars	24
2/23	The Art of Japanese Zen Facial Massage w/ Wolfgang Luckmann	8
2/24	Lomi Lomi – Temple Style – Hawaiian Therapeutic Massage Workshop w/ Wolfgang Luckmann	18
3/1	What the Cup!? Intro to Orthopedic Cupping w/ Dr. Joi Edwards	8
3/2	What the Cup 2!? Advanced Techniques w/ Dr. Joi Edwards	8
3/9	Brazilian Chakras Reflexology w/ Janete Barringer	16
3/15	Thai Massage for the Table w/Living Sabai	7
3/16	Thai Herbal Compress Massage w/Living Sabai	7
3/23	Advanced Clinical Anatomy: Upper Extremity & Back w/ Nate Novgrod	14
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4/2	Aromatherapy Essentials for Healthy Skin & Facial Gua Sha w/ Fernanda Santiago	8
4/5	Indian head, face and foot massage with Ayurvedic oils w/ Wolfgang Luckmann	8
4/6	Chinese craniosacral therapy with QIGONG - A TAOIST healing art w/ Wolfgang Luckmann	18
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4/27	Acupressure – The First Needle w/ Nate Novgrod	7
4/28	Efficient Body Mechanics for Bodywork w/ Nate Novgrod	6
5/3	Basic Lymphatic Massage – aka Lymphatic Drainage w/ Ellen Gayle Sovinee	21
5/10	Integrative Reflexology- SPA w/ Claire Marie Miller Seminars	16
5/17	MediCupping bodywork therapy w/ Annie Garic	22
5/25	Brazilian Chakras Reflexology w/ Janete Barringer	16
5/31	Chair Massage For Career Longevity w/ Sheila Alexander	8
6/1	Bowsage Therapy/ Basic Bowen Therapy w/ Michelle Lally	16
6/3	Holistic Aromatherapy for Bodyworkers w/ Fernanda Santiago	16
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6/8	Thai Massage Weekend Immersion w/ Living Sabai	15
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6/22	What the Cup 3!? More Advanced Techniques w/ Dr. Joi Edwards	8
6/23	What the Cup 4!? More Advanced Techniques w/ Dr. Joi Edwards	8
6/28	Nurturing the Mother – Pregnancy Massage w/ Claire Marie Miller Seminars	24
7/12	What the Cup!? Intro to Orthopedic Cupping w/ Dr. Joi Edwards	8
7/13	What the Cup 2!? Advanced Techniques w/ Dr. Joi Edwards	8
7/19	Somatic Mindfulness - Grounding w/ Fernando Rojas	16
7/27	ACE Massage Cupping – 2 day training w/ Annie Garic	16
8/3	Bowsage Therapy/ Basic Bowen Therapy w/ Michelle Lally	16
8/9	Basic Lymphatic Massage – aka Lymphatic Drainage w/ Ellen Gayle Sovinee	21
8/17	Less Thumbs – More Prosperity w/ Nate Novgrod	16
8/23	Deep Lymph Flushing Massage w/ Theresa Wilkes	16
8/30	Psoas Day w/ Theresa Wilkes	8
8/31	Muscle Melting: Non-Force Deep Tissue Massage w/ Theresa Wilkes	8
9/6	What the Cup 3!? More Advanced Techniques w/ Dr. Joi Edwards	8
9/7	What the Cup 4!? More Advanced Techniques w/ Dr. Joi Edwards	8
9/13	Energetic Bodywork: Blending Massage and Energy Work in the Treatment Room w/ Theresa Wilkes	16
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10/12	ACE Massage Cupping – 2 day training w/ Annie Garic	16
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10/21	Bodywork Lotion Making w/ Nate Novgrod	4
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Professional Education & Resource Guide

FOR MASSAGE THERAPISTS AND BODYWORKERS

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Did you know that North Carolina is known nationwide as a strong industry leader in continuing education and professional advocacy of massage therapists and bodyworkers? This guide helps you jump into why NC is so special.

How to use this guide:

- *Flip through all the pages and get to know the CE providers.*
- *Stop by at the Provider and CE Sponsor list*
- *Search the index*
- *Flip through the resource pages at the back of the book.*
- *Enjoy!*

A friendly reminder for LMBTs renewals in 2024:
once again a minimum of **12 live (in person) CE hours**
are required for NC LMBT license renewal.

