



From the Director

Updates

by Nancy Dail, BA, LMT, NCTMB

Winter is finally showing signs of sliding into spring. In a desperate search for spring, I recently bought the most beautiful daffodils, imported from Holland. Daffodils mean "chivalry," because they stand tall through the snow to signal other flowers it is time to grow. The flowers definitely helped my cabin fever! The DSM Store has swung into the spirit of spring by presenting a prize to the student who can guess when the ice goes out on Moose Meadow Pond. We are all waiting for ice to melt and green to sprout!

DSM Store

Karen Towers, DSM Store Manager, has resigned to move on to full-time work. Although we will miss Karen, I am happy to announce that Emily Dail has jumped to the challenge and is the new DSM Store manager. For those of you who remember Emily, she is now 23 and has a Bachelor of Science with a minor in fine arts from the University of Rhode Island. She is familiar with massage and industry products, having grown up in the business. Throughout high school, Emily often took summer jobs here at DSM as receptionist, and, yes, she is my elder daughter. Emily plans to take the program in January '04. Besides the store, Emily will eventually manage the Web sites. By the time you receive this newsletter, many of you will have seen her at the New England Conference. She was as excited as I was to greet graduates, visit vendors, and attend workshops. The DSM Store now has 2 email addresses: order@dsmstore.net and dsmstore@dsmstore.net. Emily's hours are: Monday and Wed. 9 a.m. - 5 p.m. and Tues. and Thurs. 11 a.m. - 7 p.m., as well as Open Houses and Saturdays during workshops. She hopes you will stay In Touch with her!

New England Conference

The New England Conference was a great success this year! Don't forget, next year Maine will host the conference, and the Maine AMTA chapter will need much

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Clinical Flexibility

Treating the Golfer

by Timothy Agnew

Since a golfer's biomechanics so predict future injuries, one of the best areas a therapist can focus on is the golfer's flexibility. Clinical Flexibility and Therapeutic Exercise (CFTE) consists of a series of specific exercises that target problem areas. Limited tissue is opened and range of motion restored. These exercises are adapted to each individual and are easily learned and imported into a massage therapist's tool box. Without proper range of motion (ROM), a golfer is susceptible to countless injuries and poor performance in the game. If I could pinpoint the most important parts of the body to focus on, it would be the thorax and hips. Without proper ROM in these areas—rotation, flexion, and extension, respectively—a golfer has no chance to remain injury-free. The shoulders, too, will compensate if the core of the body is unstable or limited. While I treat the entire body of the athlete, treating isolated parts can be of great help, especially if time is short.

Begin by assessing the ROM in the patient's thoracic rotation. This can be done with the patient in a chair or sitting on the table. Ask him to sit as straight as possible and turn to the right and left with his torso. If there is any restriction or it is difficult for him, this is a good place to start. A good CFTE stretch involves having the patient perform the movement of thoracic rotation while seated, with the therapist assisting in the stretch at the end of the movement. Muscles that should be opened here include the rotators, spinalis, latissimus, and rectus abdominis. Rotation is something that takes time to change, so take it slowly and perhaps do a set of 8 active rotations after the massage. A little goes a long way. Teach the golfer how to perform this stretch before his golf game. In the CFTE protocol, we are always educating the patient on how he can perform the exercises himself. He can do this stretch from any bench or even in the golf cart. Explain why it is important, so that he understands the value of the exercise.

How does your golfer walk? Are there

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Pregnancy Massage

The Importance of Bodywork During the Childbearing Year

From Kate Jordan Seminars

Pregnancy is a time of major structural, physiological, psychological, spiritual, and social change in a woman's life. Massage therapy is a particularly appropriate form of adjunctive health care for women in both normal and high-risk pregnancies.

Some of the benefits of massage therapy and bodywork in pregnancy and labor include emotional support in a time of transition, relaxation and stress reduction, immune system enhancement, increased blood and lymph circulation, reduction of leg edema, relief of muscle spasms and myofascial pain, reduction of strain and dysfunction in weight-bearing joints and myofascial structures, development of sensory awareness to prepare for the experience of labor, improved labor outcome with reduced pain perception and shorter labors, and enhancement of a mother's ability to touch her own baby lovingly.

In the postpartum period, massage therapy can facilitate recovery from birth through enhanced circulation and lymphatic drainage; alleviate muscle strain and soreness caused by labor and delivery; provide adjunctive treatment of hemorrhoids, bladder disorders, and post-

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Now Available

2003 - 2004
DSM Catalog

COMTA accredited program in the heart of Midcoast Maine. If you

want some catalogs for your office, please do not hesitate to call! 207-832-5531. It's your official guide to DSM programs and policies.



help to keep the NEC a MAINE event! Think about volunteering your efforts to make the next NEC a very special regional conference.

DSM Student Clinic

The 2003 DSM Student Clinic opened April 4! Becky is now accepting appointments. We have additional flyers of all the clinic dates scheduled from April to October 2003. The September students will start out in the clinic, to be followed in July by the January students. All students are looking forward to their clinic experience. COMTA competencies are now in place for all courses, as well as for the clinic. Evaluation procedures had to be increased to beef up assessment of the competencies for the clinic. All clinic supervisors and staff have been part of the preparatory process. New this year is a discount for senior citizens; the price for the clinic is still \$25.00, with a senior discount of \$22.00. First-time card will get you in for \$22 for your first massage this year. Call Becky for an appointment, and we will see you at DSM!

Student Discounts?

Consider a student discount for students who need to fulfill their Professional Massage requirement! Send us your cards to display on the sideboard in the main massage room. Students are always looking for Licensed Massage Therapists to experience "first hand" a professional treatment. Thank you for your anticipated cooperation!

Continuing Ed Workshops

Workshops for 2003 are well underway. We have heard your desire to attend a wide variety and have endeavored to comply with your requests. I am sorry to say that Facial Rejuvenation has been cancelled. Linda is in the process of writing a book and had to cut back on her schedule. Hopefully we will be able to bring her back to Maine in the future. Included in this newsletter are articles from many of the presenters. Due to space limitations, we have not printed all articles in their entirety. However, we have made a separate space on our website for continuing education presenters to print their entire articles. To access these, click on "Forum" on the Continuing Education page. This way, if you are really interested in a particular workshop and presenter, you can visit www.downeastschoolofmassage.net to read the complete article. We hope this helps keep you IN TOUCH with making decisions about your continuing education. Those of you who have a connection

to the Internet can download the newsletter from the home page of the website. Just let us know you're getting your newsletter that way, and we will take your name off of our bulk newsletter mailing list. It will help us "save a tree."

New Catalogs

The new DSM 2003-04 catalogs are out! Should you want any copies of the catalog for your office, a presentation, or for a prospective student, please do not hesitate to contact our office at 207-832-5531, or email Cindi at admissionsdsm@midcoast.com. The catalog does reflect an increase in hours in Anatomy, Physiology, Pathology, Deep Tissue, and Intro to the Impact of Trauma. Movement Therapies have been reduced to 6 hours, and Tai Chi has been cut from the program. We may offer it as a part of Movement Therapies – those classes will be in one-and-a-half-hour sessions. Student evaluations, staff, the Curriculum Development Committee, and the Program Advisory Committee support all catalog changes. All changes have been made for us to stay IN TOUCH with industry standards and growing trends.

**Formula for Success
January 2003 Class**

The 2003 class began its journey at DSM this winter. Twenty-four full-time students are attending school with the following Formula for Success.

IN TOUCH

The Quarterly Newsletter of the
Downeast School of Massage



Downeast School of Massage
Director Nancy Waltz Dail
Director of Education Suzanne Ash
Director of Admissions and Placement
Cindi Yawdik
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DSM Store Manager Emily Dail



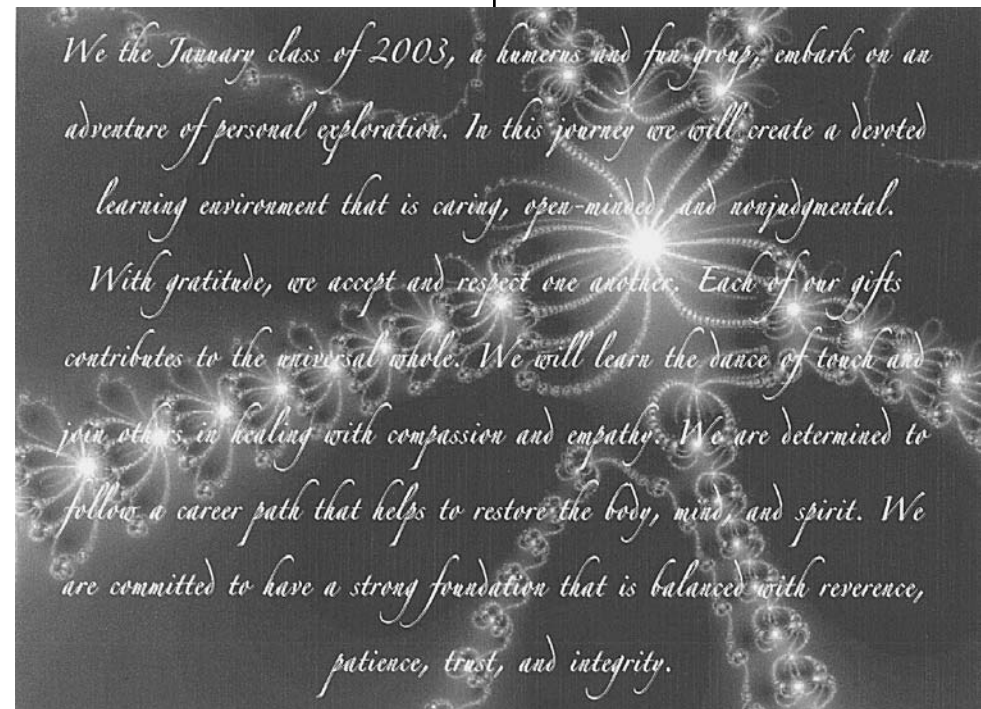
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Newsletter submissions, including editorial and advertising materials, may be sent to "DSM Newsletter" (address above). DSM reserves the right to accept, reject, edit, and/or place advertising and editorial matter at its discretion. Copyrighted material must be accompanied by written permission to print.

Advertising rates: full page: \$150, half page: \$75, quarter page: \$40, classified: \$25. Payment for ads must accompany request for placement and ad copy.

Ad Deadlines: November 15 for Winter issue, March 15 for Spring/Summer issue, July 15 for Fall issue. Each issue is mailed approximately one month after its ad deadline, i.e., the Winter issue is mailed in late December.

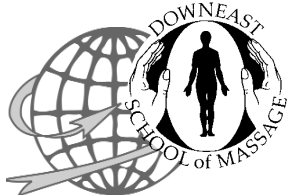


limitations in gait? Assess the hips during your massage, or after, if it is more comfortable for the patient. You can assess by moving the hip in every direction it should move: abduction, adduction, flexion, and hyperextension. Feel and look for restrictions. It is especially important to look at the psoas muscle. If your golfer cannot achieve 15 degrees of hyperextension in the hips while lying prone, you must open the psoas muscle using an active stretch. A good way to do this is by having the patient kneel on one knee with the other leg flexed forward. The torso remains straight as he leans into the stretch. To protect the knee joint, the support foot should be positioned so that the knee does not move over it during the movement. Show the patient how to perform this kneeling psoas stretch, and again be specific on when he should do the stretch. The best time is in the morning and always before he plays golf.

If time is an issue and you cannot perform many assisted stretches, at the very least, stretch the gastrocnemius. Another valuable and easy stretch are the gluteals. I usually teach the athlete both of these stretches as a minimum routine.

As a therapist, you are in a position to really help the golfer avoid the common weekend injuries and to improve his or her movement for a lifetime.

Timothy Agnew will be at DSM, Sept 20-21, teaching the CFTE hip course. See his complete article on golf at www.downeast-school-of-massage.net. Please see the Feb/Mar issue of *Massage and Bodywork* magazine for his article "Treating Sacroiliac Syndrome." For more information, visit his Web site: www.stretchme.com.



DSM Store on the World Wide Web

Downeast School of Massage Store now has its own Web site at www.dsmstore.net!! Now you can shop anytime without calling the school or visiting the store. You can order through the Internet and e-mail Emily Dail, bookstore manager, directly at: dsmstore@dsmstore.net.

Constructive Rest Position: The Basics of Postural Release and Self Care

by Robert K. King

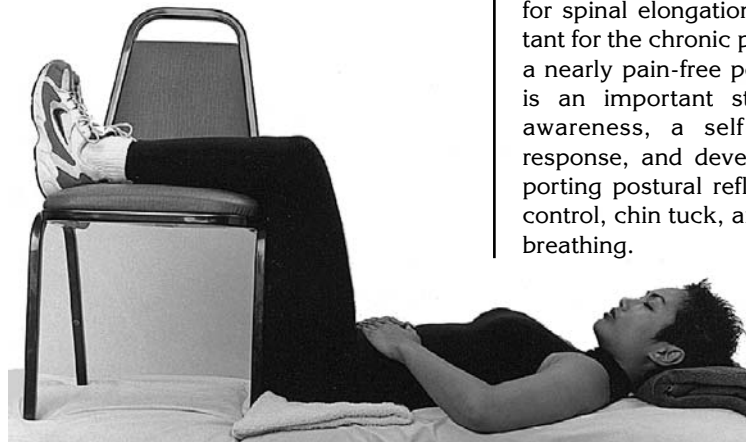
This position of biomechanical neutrality offers clients an opportunity for three-dimensional breathing, visualization techniques, circulatory refreshment, and pain-free positioning all at once! Have the client lie supine with a one-inch book or a folded towel under the occipital ridge. Do not place the support under the neck, which will only add to the jaw thrust position of cervical hyperlordosis. Have the client rest the head and gently tuck the chin which reciprocally extends the upper portion of the cervical spine. Relax the masticatory muscles and let the tongue rest on the bottom of the mouth.

Bend the client's knees gently into the chest in order to stretch the lumbar myofascia. Place the feet over a chair or stool, so that they are on an even horizontal plane, with the knees slightly elevated.

In this position, the client then places both hands on the pelvis and initiates slow, expansive breathing with the eyes

closed. Be sure that the lower back is flat, the chin is tucked, and the hands resting on the pelvis are being moved with each wave of respiration.

The Constructive Rest Position allows the lower extremities to drain, provides a slight traction to the lower back, facilitates breathing and places the head in a neutral yet supported position. Clients who practice this for 15 minutes daily report an increase in energy, concentration, and body awareness. It is ideal for the Type A personality who seldom slows down or processes inwardly. This position of rest and balance is one of the first steps of client self-awareness and removal from positions of strain or compromise. It allows the client to differentiate between posturally loaded positions of compensation and a stress-free, joint neutral, gravity-friendly position of ease. It is especially helpful in adding buoyancy to the intervertebral discs and allowing for spinal elongation. Even more important for the chronic pain client, it provides a nearly pain-free point of reference that is an important step toward postural awareness, a self-induced relaxation response, and development of self-supporting postural reflexes, such as pelvic control, chin tuck, and three-dimensional breathing.



DSM Open Houses

April 26, May 17, June 21, July 12, Aug 16, and Oct 11
at 2 PM

Know anyone who would like to become a Licensed Massage Therapist? Encourage him or her to attend our open house for information about the career of massage therapy and programs at DSM.

On April 26th, **Susan Green from Goddard College** will be here at 1PM to speak to anyone interested in expanding his/her DSM diploma into a BA degree. She will speak about all the programs at Goddard including the BA in Health, Science, and Art.

Cindi Yawdik, DSM Director of Admissions, will be available at each open house to greet prospective students and help him/her with questions, interviews, and the application process.

The DSM Store is always open at Open House events. We love having graduates at Open Houses—let us know if you can attend!

I know my dad loves me!

By Maria Mathias

"Can I massage you now?" I can hear my dad whisper this, swishing the cold-pressed oil in his hands, looking engagingly into my eyes and smiling his warm "I'm glad I'm your dad" smile at me. I can't contain my excitement. My enthusiastic arms and legs reach and flail as I hear myself squeal my approval. Yes! Once again dad's hands are beginning to gently and lovingly assure me that I am so special... and special to him. It is so wonderful to feel how cherished I am!

His big warm hands firmly but gently offer support as they mindfully touch, hold and slowly stroke in a way that says "I love you." His eyes also show how much he is enjoying being with me. Inside I feel everything relax; I feel my body expand as I take in Dad's life-giving touch. And he adjusts his touch so that it feels just right, and I can tolerate it. It's not too fast. It's not too slow. It's just right. He's watching my cues every second to make sure it's perfect for me.

My dad loves me. I know it. He shows me every day with massage. I really like to be touched, to feel safe, to feel supported, to feel loved. Dad can tell when I want to be played with and when I need to stop, or when I'm hungry, or if I need a comfort break to be held for a few minutes. Because we do infant massage a lot, he's learned to really know me by recognizing my own unique self. We really do communicate this way.

It's so good to feel listened to and understood... and to know my dad loves me!

Sincerely,
A Very Lucky Baby

INFANT MASSAGE is a parenting tradition of loving touch that parents of many cultures have used for centuries. First introduced as a parenting tool in the United States in the mid-1970s, it has gained an increasingly large and active following from professionals whose hearts have been drawn to facilitating the magical experience of the deep bonding of parents and babies.

Clinical studies support this gentle but powerful tradition that is now being taught in 41 countries. Infant massage is being used increasingly in medical settings, with fragile or at-risk infants, such as premature infants, infants with various delays, and infants with pre-natal drug exposure. The benefits are deep and lasting, helping to strengthen and regulate the respiratory, circulatory, and gastrointestinal functions, supporting organization of the nervous system, normalizing muscle tone, promoting attachment, and helping babies to relax and sleep deeper and longer.

The 4-day infant massage instructor certification course is information-based, with a strong experiential component, helping trainees to develop flexibility in facilitating the emerging dance of touch between the parent and child. Teaching and observing parent-baby classes throughout this training is an experiential immersion for learning to adapt strokes to the unique sensory system of each infant and adapt teaching style to the unique learning style of each parent. Being in partnership with parents and

facilitating a deep connection and communication by mindfully following the baby's non-verbal cues helps to fine-tune the many qualities of touch.

Maria Mathias is co-founder of the International Institute of Infant Massage. As one of the founding mothers and pioneers in the development of Infant Massage as a parenting tradition in western culture, Maria has been instrumental in designing the first curriculums of Infant Massage Instructor Certification Training. She also has initiated the implementation of infant massage as a parenting program in hospitals. Since 1992 she has been an Infant Massage Specialist with the University of New Mexico Health Sciences Center, Department of Pediatrics, Division of Neonatology, where she works in NICU with critically ill, biologically and environmentally at-risk infants and their families, as well as providing home visitation within the community.

Join Maria in Infant Massage Instructor Certification Training at DSM on June 12-15, 2003.

Fight or Flight

A friend and peer of mine owns and runs a massage school and recently sent this memo to his staff members:

"From my bodywork/teaching, I know that when there is "attack" energy aloft in the world-at-large, it is natural to feel a variety of emotions. And socially we don't often really take the time to sort the feelings out. It would not be surprising to notice such things as the desire to be angry at others or to be angry at oneself. For instance, it is common to be frustrated at one's impotence to affect larger realities.

If you notice with compassion how natural it is to be in "fight or flight" at this time, it can heighten our inclination to be kinder to ourselves and to others. We are so lucky to be in a context where kindness is something to which we all consciously aspire. This school is and continues to be a haven for all of us, in it we – the staff, the students, and faculty – with all our understandable human challenges are nonetheless doing things which are good, truthful, and beautiful.

Our feelings—fear, sadness, and psychosomatic responses are natural. Let us all practice heightened care for ourselves and others during this time. It is a relief to be day-after-day doing something which adds goodness, truth, and beauty to the world."

Thank you, David, I could not have said it better myself! It is an honor to be in the massage therapy profession, and I thank my lucky stars daily that I have found my life's work! DSM is also a safe haven in turbulent times, reflecting safe touch to the community and, through our graduates, to the world. Make sure to take care of yourselves. Massage therapists are extremely sensitive to energy—negative and positive. Stay **IN TOUCH** with your self-care and reflect it to your clients, family, and friends. Teach by example. We have strength in our good work, and it will make a difference.

—Nancy Dail

IN TOUCH on DSM Web site!

You can now download the **IN TOUCH** newsletter from the school Web site at www.downeastschoolofmassage.net. We expect this will be more convenient for some of our readers. Let us know if you become one of our "electronic subscribers" (downloading the newsletter at your convenience), so we can so we can take your name off our printed newsletter mailing list.

Contact Cindi at admissionsdsm@midcoast.com Thank you!

Nature Tools

by Kate Leigh

The Nature Tools system is based on safety and common sense. Any mystical overtones that arise in the being of the participant or the practitioner gain true significance only after the simple system basics are acquired.

1. Do no harm. This wisdom is supreme guidance in healing work.
2. Know thyself, for by knowing ourselves, we know others, too. One Love.
3. Do unto others as you would they do in return.

She with the open heart, fashioned by the carving of life and the quickening of service, can hear the voices of nature and speak with stones and seashells. Always ask permission to gather. Remember to dedicate the gathered materials to their highest purpose. Promise them good care, and deliver this care. Gather for others as well as for yourself. Love your tools.

I began with nature tools when my hands started to give out. Now my hands are back 100%, due to a combination of factors, significantly good body mechanics, which I learned in myofascial class, and also the use of the wonderful tools. Tools helped my hands, but I had no idea, originally, what else they would bring. My practice has been enhanced by their presence, and my clients grew attached to their use and presence from their first treatments back in 1990. Tools impart energy. This I know, but I am still discovering ways to talk about it. If the practitioner stays open-hearted and mindful, the tools will direct their own use. This is why formulas for their use often fall short. The client emanates his/her need to a precise degree through the responsiveness and vibratory tone of the tissues, and the practitioner reaches for the tool needed for that place or purpose:

- Stones for grounding
- Shells for soothing
- Corn bags for enclosing, and wrapping
- Heat for penetration
- Cold for drawing excess heat out of the body
- Crystals for alignment

In the garden, a plant will "exhale" its essential oils to form a field around itself for protection. What kind of protection do we put around ourselves when we go out into the socio/political/economic environment that surrounds and permeates us, acting as the source of much stress in our lives? Aromatherapy lets us in a secret door, within which we can explore potential

cures. All it takes, sometimes, is getting the essential oil near the person. Cure cannot be expected, but, with hope, anticipated.

Aromatherapy, like massage, is benign in the sense of being non-threatening to other simultaneous medical drug-taking protocols. Massage, in fact, can be widely used to deliver the essential oils to the person through his/her body. We have a unique opportunity to integrate the plant medicine into the wider system of humans, by working with oils that contain genuine, authentic essential oils. We hook the sense of smell onto the sense of touch, enhancing the body's holistic memories, inducing gradually deepening relaxation. These massage oil blends can be created by instinct of what essential oils are compatible scents, and they can be created deliberately to address a condition—or both! Our noses are uniquely well suited to draw us to essential oils that benefit us.

Sight, hearing, and taste we have covered, but touch and smell still need a boost. We, as massage therapists, can practice both, thus setting the building blocks of the five senses, from which to develop more subtle levels of sensing.

Kate Leigh will teach Massage Enhancement Using Stones, Shells, and Aromas at DSM, August 16 and 17, 2003. To read her complete article, go to www.downeastschoolofmassage.net

An Evening of Ethics with Robert Pfeiffer at DSM

Friday, September 12, 2003

6 PM - 9 PM (.3 CEIs) • Fee: \$35.00

Please register by September 1st

Fulfill your NCTMB requirements close to home, and join us for an evening of information and highly interactive discussion with Robert Pfeiffer. Robert is a counselor who has a double masters degree and is completing a doctorate degree in counseling. He has received specialized training in ethics from Global Ethics and has presented several ethics seminars. Robert teaches Ethics at DSM as part of the core curriculum. An accomplished speaker and storyteller, Robert will change your mind about the "necessity" of your requirement. The "necessity" of taking an ethics course will become thought provoking and interesting. Help us welcome Robert back to teach ethics as a continuing education event at DSM.

To register, send payment to: DSM, Ethics, PO Box 24, Waldoboro, ME 04572, or call 207-832-5531.

~ Tutors Needed ~

Graduates in the midcoast area interested in tutoring students can contact Cindi Yawdik at admissionsdsm@midcoast.com or by phone at 207-832-5531.

Placement Opportunities

- ✓ **Romanza Salon Day Spa**, 16 Pine Point Rd in Scarborough (Maine) has an opening for an "on staff" massage therapist. For more information, please call June at 207-883-8338.
- ✓ **Day spa in Blue Hill, Maine**, is looking for a therapist for room rental. The spa is in a prime location next to a busy upscale restaurant with very high visibility. Blue Hill is a seaside town with a thriving year-round and summer population. If you would like more details, please call Amie or Michele at 207-374-2501. What an opportunity for the right person!
- ✓ **Chair Massage Therapists needed**. Are you just starting out? Do you want to build a practice? This is the perfect opportunity. Come work out of a great space on India St. in Portland. Call Diane at 207-775-1416.
- ✓ **Massage Therapists** needed for out-call work in major Portland hotels. Must have own vehicle and table. Must be licensed in Maine and the city of Portland. Please call "The Hot Tub House" at 207-450-5091.
- ✓ **Massage Therapist** (seasonal position from May 1st to September 1st). Tree of Life Day Spa is about to enter its second season of providing the highest quality spa treatments to Bar Harbor residents and tourists. We are currently looking for two excellent therapists for 2003. The positions are seasonal, with the possibility of an extension or even long-term position depending on need. We are located in downtown Bar Harbor, one of the East Coast's most visited tourist towns. Call Dr. Baranowski or Ms. Geiger at 207-288-5551 for more information about qualifications needed and other details.

episiotomy soreness with reflex massage; rehabilitate the skin, connective tissue, and musculature of the abdomen; promote structural realignment of the psoas and pelvic musculature; facilitate healing from cesarean section using connective tissue and scar massage techniques; address the physical stress of caring for a

newborn; and provide nurturing and emotional support during the early postpartum period.

Bodywork for the Childbearing Year® presents the anatomy and physiology of pregnancy, labor, and birth in relation to those techniques that therapists can most effectively use to provide relief and support to their pregnant clients. Students learn to recognize contraindications, complications, and high-risk pregnancies, emphasizing appropriate consultation with other childbirth professionals. Relevant research documenting the benefits of touch, particularly during the childbearing year, is discussed to prepare students to present the benefits of pregnancy massage to healthcare providers.

Instruction is 25% lively lecture and discussions and 75% demonstration and practice of techniques. A practicum with

pregnant women completes this extensive hands-on learning experience. Certification is granted by Kate Jordan Seminars to those students who satisfactorily accomplish both written and practical evaluations. Students should be practicing therapists who are trained and experienced in Swedish massage and one or more of the other modalities utilized. Midwives, nurses, and childbirth educators are admitted to the course with instructor approval. Advance reading and anatomical review are recommended.

Kate Jordan is a nationally recognized expert in pregnancy massage. A massage therapist since 1972, she has been presenting programs on infant massage and pregnancy, labor, and postpartum massage to schools, hospitals, and professional associations since 1980. *Join DSM to welcome Kate in August 2003!*

CEUs Change

The National Certification Board now interprets one CEU to be equal to 10 contact hours. We have changed our ads to incorporate the board's mandate. Thus, 1.2 CEUs is equal to 12 contact hours. If you have any questions about any of the hours/CEUs on the continuing education advertisements, please do not hesitate to contact the school.

2003 Continuing Education Opportunities at DSM

Infant Massage Instructor Certification Training at DSM

with internationally recognized expert Maria Mathias

June 12 - 15, 2003 9:00 AM - 5:30 PM, last day 8:30 AM - 4:00 PM

Cost: \$645 (\$595 if paid in full by 5/30/03) This includes a \$100 non-refundable deposit.

CEUs: This activity for 26 contact hours has been approved by the New Mexico Nurses Association, which is accredited as an approver of continuing education in nursing by the New Mexico Board of Nursing, in conformity with nationally recognized accreditation standards for certification.

**NEW CHAIRS
will be available
in DSM Store!**

Take a Seat

with Cheryl Tardy

June 14, 2003, 9 AM - 4 PM .6CEUs

Cost: \$125.00 if registered before May 31, 2003, \$150.00 thereafter

This primarily hands-on course will introduce the participants to seated massage as a modality that can be incorporated into their practice and used as another source of income

Certification Course in: Bodywork for the Childbearing Year With Kate Jordan, NCTMB

Approved Provider for Category A for NCBTMB

August 21 - 24, 2003, 8:30 AM - 6:00 PM at DSM

3.4 CEUs. Includes 125-page handbook • Cost: \$545 if registered by July 14, \$595 thereafter

The Iliopsoas: The Living Cornerstone of the Musculoskeletal World

with David Lauterstein, Co-Founder/Director of the Lauterstein-Conway Massage School in Austin, Texas

October 10, 11, 12, 2003

Friday 6 - 9 PM, Sat 9 AM - 5 PM and Sun 9 AM - 4 PM • 1.6 CEUs • Cost: \$295 if registered before Sept 1, \$325 after this date.



Dr. Vodder's Manual Lymph Drainage - Basic - Level 1



With Anne Bramham
May 14, 15, 16, 17, 18, 2003, 9 AM - 5:30 PM

Additional dates: October 15, 16, 17, 18, 19, 2003

Cost: \$650 if registered by April 21, 2003, \$675.00 after

Course Description

Manual Lymph Drainage and Combined Decongestive Therapy is a unique, therapeutic method of stimulating the movement of fluids in the tissues. The gentle, rhythmic, pumping, massage movements follow the direction of lymph flow and produce rapid results. The training is offered in four consecutive parts: Basic, Therapy I, Therapy II, and III for a total of 160 hours. Basic is an intensive course involving extensive hands-on work. The basic strokes and their application to each body part are taught. The theory covers anatomy and physiology of the lymph vessel system, connective tissue, effects of MLD, and contraindications. Lymphedemas are described, with an emphasis on how MLD can affect them.

The course is open to licensed or certified health care practitioners, such as physical therapists, occupational therapists,

registered nurses, etc. There are certain prerequisites for entrance to the course. For massage therapists, a minimum of 500 hours in the curriculum of a massage therapy school or successful completion of the National Certification Exam is required. Proof of education, license, and/or certification required. Textbook included.

Anne Bramham is a certified instructor for the basic course for the Dr. Vodder School and has completed a thorough teacher-training program. After extensive clinical experience with patients, prospective teachers train in classes with certified Dr. Vodder School teachers and only teach under supervision while in the training program. Upon certification, the instructors must attend an annual Teachers Review to maintain and update their skills.

Downeast School of Massage is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider in Category A and meets AMTA CEU standards for membership.



Transcend your treatments™

Clinical Flexibility And Therapeutic Exercise Treatment of the Hip with Tim Agnew, BS, NCTMB

Saturday and Sunday, Sept. 20-21, 2003, 9 am-6 pm

8 CEU hours each day · NCBTMB Category A Approved · Total CEUs 1.6 hours

Timothy Agnew is a CEU provider for the National Certification Board for Therapeutic Massage and Bodywork, Category A

The Technique

Treatment of the Hip is a multifaceted approach to treating dysfunction in the lumbar-sacral area. Clinical Flexibility and Therapeutic Exercise (CTFE) combines traditional kinesiology, orthopedic assessment, and sports medicine for a common-sense approach to treating your patients' pain. A large component of this course is the method of Active Isolated Stretching (AIS), an effective, safe flexibility protocol for opening deep tissue without touching the muscles. Because of the precise capability to reach soft tissue at the deepest level, chronic dysfunction is corrected and maintained. This course also focuses on educating the patient during treatment. Solving the patient's pain will only be achieved by his/her full understanding of why he/she has the dysfunction and what he/she can do about it. This course is backed by over forty years of research in kinesiology and sports medicine and has an extremely high success rate when applied properly. Learn how to open tissue and strengthen joints by dynamic manual resistance techniques you can perform from a therapy table. Transform your treatments!

Specialize your practice! Learn:

- ✓ How to isolate and lengthen muscles in the hip and low back.
- ✓ Treating sciatica once and for all.
- ✓ Treating herniated disks.
- ✓ Treating sacral iliac syndrome.
- ✓ Biomechanics and anatomy as it relates to human movement.
- ✓ Injury: cause and effect.
- ✓ Specific manual resistance techniques for the hip.
- ✓ Get athletes back to their sport quickly.
- ✓ Solid treatment plans that work.
- ✓ Basic physical and gait assessments that save time.
- ✓ Improve your posture by the end of the course.

The Instructor

Timothy Agnew graduated from the University of South Florida, where he studied kinesiology and exercise science. He has over 6,000 hours of instruction in rehabilitative and manual therapies. He is a past member of the *National Strength Conditioning Association (NSCA)* and is a continuing education provider for the *National Certification Board for Massage and Bodywork (NCBTMB)*. He has written courses for the *American Massage Therapy Association*, and his articles have appeared in *Massage and Bodywork* magazine and other publications.

Cost: \$260 if registered by Sept 1, 2003. \$280 after cut-off date. **Register Early!** Call the Downeast School of Massage at 207-832-5531 to register.

Visa/MasterCard accepted
Visit Intent Publications at:

www.stretchme.com



Massage Enhancement of Stones, Shells, and Aromas

August 16 & 17, 2003

1.2 CEUs Cost: \$200 Early Registration by July 10: \$175

Time: Saturday 9 AM - 5 PM, Sunday 9 AM - 3 PM

Location: Downeast School of Massage, Waldoboro, Maine

In this 2-day workshop we will explore together the ways we can enrich the massage/healing experience by listening to nature and employing her gifts as our tools. They include:

- Smooth, contoured stones and seashells to carry heat, pressure, and comfort to muscles
- Essential oils with medicinal and aromatic benefits
- Hot/cold grain bags

Day One will be spent examining and practicing with stones and shells. Four different protocols with tools will be demonstrated and practiced with massage treatments. **Day Two** will dwell on essential oils—making blends and a water-based spray and using them on participants.

We will open ourselves and connect to nature's elements. All we learn can be brought to the massage table, regardless of the accustomed style of bodywork. We will deepen our intuitive skills, as we tune in to which of nature's tools to use under what conditions. The treatments we design will be inventive and individualized, rather than formulaic. You will receive 1.2 CEUs, a certificate of attendance, handouts, materials, and personal attention. Supplies needed include massage table, sheets, towels, and notebooks. **Prerequisites:** To be involved in a nurturing/healing profession – massage students, therapists, LMTs, nurses, aestheticians, Reiki practitioners, manicurists, etc., who want to save their hands with massage tools.

Kate Leigh, Licensed Massage Therapist, has operated a home-based practice called Midheaven for almost 20 years. Kate blends home-crafted medicinal aromatics and the application of heated stones, seashells, and corn bags with massage therapy for her clients. She has studied healing arts for over 30 years. During the past decade she has taught dozens of workshops, in the US and abroad, on Reflexology, Aromatherapy, nature-based massage tools and their applications, and more. Kate is Nationally Certified in Therapeutic Massage and Bodywork and is an assistant for Bob King Seminars in Myofascial Massage.

To register or for more information, call Downeast School of Massage at 207-832-5531.



The Royal Treatment Spa Certification with Steve Capellini October 3, 4, 5, 2003

Friday 7 - 9 PM, Saturday and Sunday 9 PM - 5 PM



Extensive hands-on practice during the seminar gives students confidence in their new abilities. They will leave the workshop knowing how to set up and perform basic spa **Ayurvedic** treatments, complete **body scrubs** in a dry-room situation, **seaweed masques**, **clay/fango/mud applications**, and **herbal wraps**. Contraindications, theory, and several alternative, related treatments are also covered. In addition, they will be familiarized with spa concepts, terminology, equipment, and products.

Steve Capellini has been working in the spa industry since 1983, first as a massage therapist, then as a trainer, supervisor, and writer. He teaches spa workshops across the country and has published 3 books: **The Royal Treatment**, **Massage Therapy Career Guide**, and **Massage For Dummies**.

SOME OF THE TOPICS COVERED:

- Networking information for therapists looking for jobs in spas
- Extensive spa product information with resources to buy at discount
- Marketing and development resources for people opening a day spa of their own
- Creating a spa space in a "dry room" without plumbing

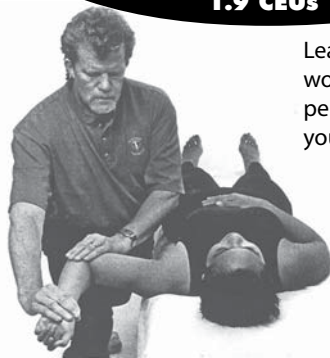
Workshop location: Downeast School of Massage, Waldoboro, Maine. Cost: \$395 (includes all spa products) if paid in one lump sum by September 8, 2003, or \$200 deposit, and balance of \$235 by Oct. 1, 2003 (\$435 General Tuition). To register, call DSM at 207-832-5531



Downeast School of Massage presents

FRIDAY, JULY 11, 9 A.M.-5 P.M.
SATURDAY, JULY 12, 9 A.M.-5 P.M.
AND SUNDAY, JULY 13, 9 A.M.-3 P.M.
1.9 CEUs

ROBERT K. KING *Therapeutic Muscle Stretching*



Learn how to unwind, decompress, and stretch all essential postural muscles to assist your work with athletes, stubborn clinical cases, fibromyalgia clients, and those seeking permanent resolution for chronic myofascial imbalance. During this innovative training, you'll learn to:

- detect misalignment from myofascial strain patterns
- balance postural and phasic muscles for dynamic equilibrium
- use clinical approaches for upper and lower crossed syndromes
- enhance your therapeutic sessions with Body Mobilization Techniques (BMT), Muscle Energy Techniques (MET), and Active Isolated Stretch (IAS) protocols
- integrate Therapeutic Muscle Stretching with sports, clinical, and relaxation massage for optimal results



Robert K. King demonstrates his passion for healing, athletics, and personal renewal in each of his dynamic workshop presentations. Over the course of a 30 year career in massage and bodywork, he has created a legacy of professional success and national leadership through his teaching, writing, and clinical practice. Founder and president of the Chicago School of Massage Therapy, Bob served two terms as AMTA National President. He regularly teaches advanced trainings at schools and conferences in the United States and Ireland.

For information contact Cindy Yawdik-207.832.5531 • 99 Moosemeadow Ln. • Waldoboro ME 04572 • dsm@midcoast.com

Tuition \$360
 Early registration (by June 23) \$320



Robert King Seminars is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider under Category A.

How to Register for Continuing Education Programs

In order to register for a workshop, please fill out the registration form below and mail it with your payment to DSM. Please PRINT all of the information clearly. Once we have received your registration form, the Workshop Coordinator will mail you a confirmation letter with a list of items you will need to bring to the workshop. If you need directions or lodging information, please mark the appropriate box on the registration form. **In order to receive an early registration discount, you must send in the full amount of the tuition fee by the early date listed for the workshop. Partial payments do not receive a discount. Late payments do not receive a discount.**

Downeast School of Massage Workshop Registration Form

Please return to Workshop Coordinator, PO Box 24, Waldoboro, ME 04572

Complete and return this form with a non-refundable deposit to guarantee your place in the class.

Name: _____ Phone: day: _____ eve: _____

Address: _____ City: _____ State/Zip: _____

Email address: _____

Name/Date of Workshop(s): _____

A. I am enclosing payment in full, which includes a \$50 non-refundable deposit for any class under \$300 or a \$150 non-refundable deposit for any class over \$300.

B. I am enclosing a non-refundable deposit of \$50 for each class under \$300**

C. I am enclosing a non-refundable deposit of \$150 for each class over \$300**

**The balance will be paid no later than one week prior to the date of the workshop.

Please remember that options B and C do not entitle one to early registration discounts.

D. I wish to pay with (check one): MasterCard Visa American Express Discover
 All credit card charges for workshops will be held and charged two weeks prior to workshop.

card# _____ - _____ - _____ - _____ exp. date: ___/___ C.I.D. _____ Signature: _____

- Lodging information

Directions

REFUND POLICY: Tuition refunds will be given only with written notice received at DSM at least one week prior to the first day of the workshop. Absences do not entitle a participant to a refund.



DSM STORE

We offer a wide variety of therapeutic supplies and products. Everything a massage therapist needs and wants, with one-stop shopping! You'll find an assortment of books, music, charts, linens, lotions, oils, crèmes, essential oils, self-care items, videos, spa and table equipment, exercise balls, jewelry, cards, clothing, and more.

GREETINGS FROM THE DSM STORE! My name is Emily Dail, and I would like to introduce myself as the new DSM Store Manager. At the end of March I was fortunate to be able to attend the New England conference in Boxboro, MA. It was a great opportunity to meet practicing massage therapists, attend a few classes, as well as visit some of our store's vendors, meeting face to face for the first time. As the DSM Store is dedicated to providing quality therapeutic supplies and alternative products for the enhancement of professional growth and holistic health, I would like to express my love for this industry—especially receiving massage! Massage has been a part of my life since before I can remember, and I am planning on taking the program here next January in order to fully understand a therapist's needs and better serve our customers. I invite you to stop by or visit the store's Web site (www.dsmstore.net) and see the new and exciting happenings here at the DSM Store.

DSM Store Hours

Monday 10 a.m. to 5 p.m.
Tuesday & Thursday 11 a.m. to 7 p.m.
Wednesday 9 a.m. to 5 p.m.

DSM Store

99 Moose Meadow Lane, PO Box 24,
Waldoboro, Maine 04572
(207) 832-5531/Fax (207) 832-0504
Email: dsmstore@dsmstore.net
Web: www.dsmstore.net

In health,
Emily Dail
DSM Store Manager

New Merchandise in the DSM Store!

Biotone Spa Muds, Butters, and Salt Glows
Theratherm Digital Moist Heating Pad
Mother Anita's Smokeless Sage Smudge
Pure Pro Arnica Concentrate and Arnica Massage Oil
Plus Oakworks, Custom Craft Works, and Pices Productions Seated Massage Chairs

Address Service Requested

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207-832-5531
Waldoboro, Maine 04572
PO Box 24, 99 Moose Meadow Lane
Downeast School of Massage
Newsletter of
Spring 2003

