



From the Director

## Computer Vision Syndrome

by Nancy Dail, BA, LMT, NCTMB

About a month ago, I noticed that I had what I would describe as a strobe outside the peripheral vision of my right eye. For over a year I have been actively writing *Structural Kinesiology for Manual Therapies* for McGraw-Hill (expected publication date 2010), and the time I have spent on the computer has been considerable. I had also noticed that rectus capitis posterior minor, the most superior suboccipital in the back of my head, has most recently been tight and sore. I made an appointment to see the optometrist and was diagnosed with computer vision syndrome. How to explain the tightness in the suboccipital? It appears that I have had to slightly extend my head to read out of the bottom of my trifocals. The doctor prescribed computer glasses with an anti-glare tint, and my vision should return to my normal nearsightedness over time. Of course hindsight is 20-20. I should have gotten the glasses before I started the book, but I really did not think of the repetitive action of slightly extending my head or that I would strain my eyes in the process of writing a book. Duh.

We do not think of the repetitive actions that we take for granted every day and neither will our clients. When a client reports active computer use, do not negate problems in the neck and shoulder area. Repetitive action issues will not be confined to hand and wrist. Neck and shoulder soft tissue discomfort is quite common among computer operators, even if they are just doing email and Facebook!

Speaking of Facebook, we have opened a page in Facebook and invite you to visit it and become a fan of DSM. We will develop it over time and use it to advertise placement and job opportunities. Alumni are invited to keep us updated on their exploits and use it as a space to plan reunions. It is in the fledgling stage, but we hope it will be a useful gathering place for our school community to stay IN TOUCH with each other.

*continued on page 3*

## Nurturing Massage for Pregnancy

by Leslie Stager, RN, LMT

For thousands of years, touch has been used to improve and enhance a woman's experience of her pregnancy and birth. Ongoing research supports the claims of psychological and physiological benefits of massage and touch specifically during the perinatal cycle. Some cited benefits include: improved physiological function; improved posture and emotional wellbeing; musculoskeletal pain reduction; enhanced lactation and increased prolactin production; decreased intra-uterine stress; increased ability to nurture others.

While the benefits are many, myths of dangers still circulate, resulting in fearful pregnant women and insecure massage therapists who are concerned that touch may trigger a miscarriage. With this in mind, some sources recommend avoiding massage in the first trimester when most pregnancy losses occur. Others contraindicate touch to particular areas of the body, such as the belly, legs, or ankles, with hopes of avoiding the stimulation of contractions. In general, these ideas are not accurate.

The first trimester is indeed a time of great physiological and emotional changes—all the more reason for a woman to receive nurturing touch, helping her integrate those changes. While miscarriage is extremely common, it generally occurs because the fetus is non-viable; massage has never been clearly implicated, legally or scientifically, as a cause.

Additionally, gentle touch to the pregnant abdomen does not hurt baby or mother. While one may choose not to offer belly rubs in the first trimester in order to avoid associations between the massage and a miscarriage, the touch itself is not dangerous. During the first trimester, the uterus is low in the pelvis and not palpable without applying deep abdominal pressure—a practice which is contraindicated for massage therapists during pregnancy. Instead, nurturing touch to the abdomen, especially in the second and third trimesters, can be extremely relaxing for the mother.

Certain acupuncture points in the lower

*continued on page 2*

## Formula for Success for September 2008 Class

The September 2008 Class began its new adventure on September 8, 2008. Full-time and part-time students are attending in a variety of schedules with the following Formula for Success.

We hope to gain competency in a holistic approach to massage therapy in our adventure through self-discovery and support of our DSM community.

We pledge to: have fun,  
Be compassionate,  
Non-judgmental,  
Nurturing,  
Patient,  
And to have integrity.

We also pledge to work in harmony while we develop our unique independent styles. We may (will) need extra chocolate to accomplish our goals.

Please honor, respect, and acknowledge this ambitious, studious, and humble pledge. We welcome the new students into our community and wish them success along their journey.

## Nurturing Massage for Pregnancy fr. p. 1

leg, feet, hands and shoulders, are generally contraindicated for acupressure or acupuncture, but they are not “magic buttons” that cause contractions when touched! General Swedish massage to these areas is not contraindicated, as it does not stimulate the points similarly to acupressure. If it were so simple for touch to stimulate labor or contractions to begin, women would happily avoid all medically induced labors and abortions!

There are many inaccurate beliefs about perinatal massage, but there are also real and important precautions during pregnancy, labor and the postpartum period. Massage therapists intending to work with this clientele need to cultivate an in-depth knowledge of the physiological changes during this time, along with the skill to implement adaptations relative to minor risks, and the ability to recognize some symptoms of high-risk situations. Practices of primary concern include using positioning variations on the massage table that provide safety while reducing risk of nausea, heartburn, increased lumbar lordosis, and uterine pressure on the inferior vena cava and aorta, as well as paying heed to the higher risk of blood clots during pregnancy and postpartum.

As perinatal massage education increases, fears and myths about its dangers can decrease. Therapists who learn accurate and appropriate cautions and contraindications, can help dispel myths and assuage unwarranted fears. Armed with knowledge and gifted with the ability to offer safe, caring touch, the massage therapist can help pregnant women reduce anxiety, and increase their pleasurable experiences of their pregnancy.

Details about risks, benefits, and methods of safely working with pregnant woman can be learned in specialty pregnancy massage classes, such as the series offered this June at DSM.

Excerpted and adapted with permission from Lippincott, Williams and Wilkins: *Nurturing Massage for Pregnancy: A Practical Guide to Bodywork for the Perinatal Cycle* by Leslie Stager, RN, LMT, 2009. See calendar for dates of Leslie's workshops at DSM.

## From the Director . . . . . fr. p. 1

The student clinic is about to start again at the Downeast School of Massage. It does not seem possible that yet another year has begun. We have posted the clinic schedule on our website at [www.downeastschoolofmassage.net](http://www.downeastschoolofmassage.net). Give us a call to make an appointment and do not forget the free children's, pregnancy, and geriatric clinics! It is a great experience for students to give massage to our graduates and veteran massage therapists; they give good feedback! We look forward to seeing you!

Emily and I are also going to exhibit *A Gift of Touch* and other supplies at the New England Conference. We are looking forward to going to the conference, seeing old friends and making new ones. The New England Conference is a great way to stay **IN TOUCH** with continuing education, retail therapy, friends and fellow massage therapists. We hope to see many of you there! Please visit us at the Downeast School of Massage booth.

If we do not see you at the New England Conference, we hope to see you at one or more of our continuing education workshops here at DSM. The workshops are advertised on our website where we will also have articles from the presenters. See you soon and Happy Spring!

### Housekeeping Issues

The National Certification Board has given us a new number for those of you who need to apply for the exam for the first time. Please call the school for the number.

Anyone interested in tutoring students? If you have an interest in tutoring, please call the school at 207-832-5531 or email us at [admissionsdsm@hughes.net](mailto:admissionsdsm@hughes.net). We would like to have a few tutors available in different areas as the students come from all over Maine. Thank you for your anticipated response!

**Available Now**

**New 2009 – 2010  
DSM Catalog**

Learn therapeutic massage in the heart of beautiful Midcoast Maine. COMTA accredited institution. Call to receive your free copy. 207-832-5531.



## IN TOUCH

The 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  
Emily Waltz  
Bookkeeper Kim Lash  
DSM Store Manager Emily Waltz

**Downeast School of Massage**  
PO Box 24, 99 Moose Meadow Lane  
Waldoboro, Maine 04572  
207-832-5531 • Fax 207-832-0504  
E-mail: [admissionsdsm@hughes.net](mailto:admissionsdsm@hughes.net)  
Web: [www.downeastschoolofmassage.net](http://www.downeastschoolofmassage.net)

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, May 15 for Summer issue. Each issue is mailed approximately one month after its ad deadline.

## Obituary

Reginald Lebel, 71, class of 1993, passed away Saturday February 14, 2009, after a long illness. We will all miss Reggie. He was a compassionate, caring man. The last time I saw Reggie was for an Ethics class last September. He was always eager to participate and share his experience. Reggie had the highest integrity and loved the profession of massage therapy. He was a member of the AMTA and was active with the sports massage team. Reggie touched the lives of many people in his life and not just with his passion of massage therapy. He was beloved by his family and friends. We wish to express our sympathy to his family and let them know that Reggie will be fondly remembered.



## Sports Massage for Injury & Prevention April 4th—5th, 2009

Saturday & Sunday 9—4pm

\$325 if registered by March 20th, 2009; \$350 thereafter  
DOWNEAST SCHOOL OF MASSAGE, WALDOBORO, ME  
12 CE HOURS

This workshop will focus on the Assessment and Treatment of Chronic Injuries & Conditions; introducing students to specific skills used when assessing chronic injuries & conditions common to active people. Become proficient with sports massage techniques and share in the extreme energy sports events have to offer!

**Michael Aitken, LATC, LMT**, has worked for the past 28 years as an athletic trainer at the college and high school levels as well as in a clinical setting. Mike graduated from the Downeast School of Massage in 1995, is certified as an AMTA National Sports Massage Team member, and is Nationally Certified in Therapeutic Massage and Bodywork. A Maine certified teacher, Mike has taught for SAD 16 since 1985 and is part of the Maine AMTA Sports Massage Team.

**Kate Anagnostis, LATC, LMT**, has worked with people with injuries and chronic conditions through athletic training and massage therapy for over 20 years. She is a DSM graduate, has a private practice in Brunswick, ME, and is the athletic trainer for Mt. Ararat High School. Kate is a member of the Maine AMTA Sports Massage Team and worked at the Olympics in Athens, Greece.

## BUILDING YOUR BUSINESS IN THE 21ST CENTURY: EFFECTIVE & EASY ONLINE MARKETING MAY 2ND, 2009

Saturday 9—4:30 pm

\$50 if registered by April 17th, 2009; \$75 thereafter  
DOWNEAST SCHOOL OF MASSAGE, WALDOBORO, ME • 3 CE HOURS

**YOUR CLIENTS ARE LOOKING FOR YOU ONLINE.**

**ARE THEY FINDING YOU?**

**DOES YOUR WEBSITE ENTICE THEM TO CALL OR VISIT?**

**You don't need to be a technical expert to market yourself online.**

LEARN HOW TO:

- Attract new clients & increase referrals
- Find EASY, free & low-cost ways to create a website
- Discover effective, respectful ways of using email
- Establish an online presence, including social networking
- Keep your clients coming back

JAN HANSETH, AB, LMT, has been working in computing for over a decade, as a systems administrator, database programmer, and website developer. She recently graduated from the Downeast School of Massage and now owns a rapidly-growing massage therapy practice in Portland. She regularly consults with other small business owners on improving their online presence.

## INTEGRATING CHIROPRACTIC & MASSAGE THERAPY

A DIMENSIONAL APPROACH TO

### EXPLORING THE PATHOLOGIES OF THE LOW BACK, HIP AND PELVIC GIRDLE

*Including:*

**SPINAL STEOSIS, DISC DEGENERATION, HERNIATED DISC, QUADRATUS LUMBORUM DYSFUNCTION, SACROILIAC SYNDROME, SOFT TISSUE SPRAINS & STRAINS, GREATER TROCHANTERIC PAIN SYNDROME, ILIOPSOAS BURSTITIS, SNAPPING HIP SYNDROME, SCIATICA, PIRIFORMIS SYNDROME, MERALGIA PERESTHETICA, DEGENERATIVE JOINT DISEASE, AND SPORTS INJURIES OF THE HIP AND PELVIS.**

**April 25<sup>th</sup> & 26<sup>th</sup>** Saturday & Sunday 9—4 pm **12 CE Hours**

Course Fee: \$275 before May 30<sup>th</sup>, 2009, \$300 thereafter

**COME LEARN HOW THE INTEGRATION OF CHIROPRACTIC AND MASSAGE CAN LEAD TO POSITIVE THERAPEUTIC OUTCOMES!**

☞ This workshop will use the combined expertise of chiropractic and massage therapy to explore, evaluate, and treat a variety of common difficult low back, hip joint and pelvic girdle conditions. Careful attention will be given to the execution of these techniques, specific muscles and their idiosyncrasies, and the individual structure of the receiving person on the table.

☞ Dr. West will lecture on the skeletal and neurological anatomy of the low back, hip joint and pelvic girdle, and specific etiologies, signs, symptoms and chiropractic treatments related to the pathologies of this area. He will demonstrate hands-on evaluation techniques designed to assess the postural considerations of pelvic unleveling and femoral anteversion. Hip range of motion, muscle length, muscle strength, and orthopedic tests will be explored.

**PETER WEST, BA, BS, DC**, operates a chiropractic office in Wiscasset, ME. A dynamic teacher, Peter teaches Pathology, Physiology, and Static and Motion analysis at DSM.

☞ Nancy will provide a thorough understanding of the muscular anatomy of the low back, hip joint and pelvic girdle, trigger points, referred pain patterns, and explore the relationship of the hip and pelvic girdle to the lower back. She will demonstrate techniques used in Dimensional Massage (techniques using deep tissue strokes and methods designed to balance joints by working on all the muscles that produce, assist in, or oppose the actions of, or stabilize the joint).

**NANCY DAIL, BA, LMT, NCTMB**, founder of the Downeast School of Massage, has been a massage therapist since 1974. She teaches Massage, Kinesiology, and has developed the philosophy and applications of Dimensional Massage Therapy techniques.



## Continuing Education Opportunities



### Spa Stone Massage

BASIC & ADVANCED TRAINING



May 16<sup>th</sup>—17<sup>th</sup>, 2009

Saturday 9–6 pm & Sunday 9–1 pm

DOWNEAST SCHOOL OF MASSAGE, WALDOBORO, ME

CALL 207-832-5531 TO REGISTER

**\$295 if registered by April 17<sup>th</sup>; \$325 thereafter**

12 Contact Hours, NCBTMB Approved

This is a class for therapists with no knowledge or beginners with stone massage. This class now includes a basic Thai foot massage protocol and an introduction to cold stones!

#### LEARN

- All about stones, their history & their selection
- How to perform a stone massage treatment
- How to integrate the use of stones into current practice
- Specific stone placement to address client issues
- Care of stones and tools
- How to leave your clients in a meditative state even deeper than that achieved with regular massage

About the Instructors: Spa Stone Massage was created in 1995 by Jackie Hauf. What sets us apart from other Hot Stone massage training? We are passionate about our instruction. We give depth and dimension to our workshops with a variety of techniques and 80% hands on class-time. We ensure that a student can leave the class and start using the modalities right away. We hope to help you deepen your personal practice!



### Equine Sports Massage Certification:

THE WILSON-MEAGHER METHOD

September 19<sup>th</sup>—21<sup>st</sup>, 2009

Saturday 9—4:30 pm, Sunday 9—5 pm, Monday 9—4:30 pm

\$350 if registered by August 1<sup>st</sup>, 2009; \$400 thereafter

DOWNEAST SCHOOL OF MASSAGE, WALDOBORO, ME • 18 CE HOURS

The Equine Sports Massage Certification trains professional therapists and students of massage the logic, technique, and application of the Wilson Meagher Method. Horses of various breeds, disciplines, and levels of performance will be used for clinical practice. Conditioning and strengthening is addressed, as well as the effects of saddle fit. This workshop includes one day of classroom study and two days of clinical work in private barns on competition horses throughout the general area.

#### LEARN HOW TO:

- Apply techniques to the horses to alleviate muscle tightness
- Understand the effects of specific muscle tightness
- Restore free motion and range of motion to the horses
- Recognize limitations of motion through the observation of equine movement

JO-ANN WILSON, MED, nationally certified and licensed massage therapist was a longstanding associate of the late Jack Meagher, pioneer of Sports Massage. Jo-Ann is the Director of Wilson Meagher Sportstherapy, a program which trains massage and physical therapists worldwide, as well offering workshops for horse-owners. She works with all levels of equestrian sports including eventing, dressage, hunters, jumpers, driving, racing and pleasure horse companions. Jo-Ann may be reached at: [wmst4@yahoo.com](mailto:wmst4@yahoo.com) or [www.sportsmassageinc.com](http://www.sportsmassageinc.com).



## PRENATAL, LABOR, & POSTPARTUM MASSAGE WORKSHOPS

WITH LESLIE STAGER

LEARN SAFE AND EFFECTIVE BODYWORK TECHNIQUES UTILIZING SWEDISH, MYOFASCIAL RELEASE, ACUPRESSURE, AND ENERGY WORK TO ENHANCE A CLIENT'S ENJOYMENT OF HER PRENATAL, BIRTHING, AND POSTPARTUM EXPERIENCE!

**PRENATAL MASSAGE June 5<sup>th</sup>—7<sup>th</sup>** Friday 9—6 pm, Saturday & Sunday 9—5:30 pm **23 CE Hours**

Course Fee: \$415 if registered by May 1<sup>st</sup>, 2009; \$450 thereafter

**BODYWORK FOR THE NEW MOTHER June 13<sup>th</sup>** Saturday 9—5:30 pm **7.5 CE Hours**

Course Fee: \$135 if registered by May 1<sup>st</sup>, 2009, \$155 thereafter

**BODYWORK FOR THE LABOR & BIRTH June 14<sup>th</sup>** Sunday 1—5 pm **4 CE Hours**

Course Fee: \$75 if registered by May 1<sup>st</sup>, 2009, \$100 thereafter

#### PRENATAL MASSAGE TOPICS INCLUDE:

- Pregnancy Physiology, Pathology & Contraindications
- Breath awareness
- Postural re-education & Essential exercises
- Side-lying positioning and draping
- Signs & symptoms of prenatal complications
- 1.5-hr Supervised Pregnancy Clinic

#### BODYWORK FOR THE NEW MOTHER TOPICS INCLUDE:

- Postpartum Physiology, Contraindications & Risks
- Positioning Concerns
- Hip Realignment
- Breast Massage & Lactation Issues
- General postpartum toning & recovery
- Abdominal work & Cesarean birth scar tissue work

#### BODYWORK FOR BIRTH TOPICS INCLUDE:

This class covers basic massage techniques, acupressure points, relaxation and positioning, which can help ease the pain of labor and possibly assist in quicker and less complicated delivery. Birth practices from other cultures will be discussed, and some Mayan midwifery techniques will be included. The practical segment will be followed by a birthing video. **You may bring a pregnant woman to practice with.** Anyone may attend this class.

Leslie Stager RN, LMT, is a certified pregnancy massage therapist, and formerly a labor and delivery nurse, doula and childbirth educator. Since 1991, her private massage practice has been focused on bodywork for pregnant, laboring, and postpartum women. She has taught massage in Oregon area schools since then, and recently authored a comprehensive textbook, *Nurturing Massage for Pregnancy: A Practical Guide to Bodywork for the Perinatal Cycle*, to be published by LWW. Leslie is the instructor on the 2006 DVD, *Mastering Pregnancy Massage*, and will soon be releasing a DVD entitled *Mother Touch: Nurturing Touch for Birth*.



## Continuing Education Opportunities



Clinical Flexibility and Therapeutic Exercise™

### Dynamic Flexibility: How to Change Your Quality of Life in Two Days

with Timothy Agnew

Sept. 26-27, 9-4 pm Sat; 9-3 pm Sun.

NCBTMB Approved • Total CEUs 11 hours

Join Kinesiologist Tim Agnew in this dynamic new course designed to show the professional therapist how to prevent and overcome work-related injuries. The field of bodywork has grown to amazing proportions in the last few years, with hundreds of modalities and endless techniques. With this growth, one thing has not changed; overuse injuries in the field remain steady, with practitioners sometimes undergoing surgeries to correct dysfunctions, and some just finding other careers that are less abusive. Bodywork—whether it is physical therapy, massage, or athletic training—is not easy on the body. Lifting, pushing, pulling, bending, grasping for hours a day, sometimes without a break, is brutal to our joints and muscles. In addition, therapists with dysfunctions often continue to work, thus

exacerbating an already irritated condition. In this two-day course, students will learn the complete Dynamic Flexibility Active Isolated Stretching (AIS) protocols from the new DVD (included in the course), plus advanced movements for specific issues. Also, specific strength routines for many common dysfunctions will help get you pain-free—and stay that way. If you currently suffer from injuries that are affecting your career, this course is for you. Work smarter and give better treatments! Change your quality of life now!

#### Course Features:

- 56-minute *Dynamic Flexibility* DVD
- Self-Maintenance routines for common dysfunctions
- Change your poor posture by the end of the course and more...

#### The Instructor

Timothy Agnew completed the ATC (Athletic Trainer Certified) course requirements under the guidance of Barry University in Miami, and finished the program at the University of South Florida. He has authored numerous articles in the kinesiology field, and is currently co-writing the textbook *Structural Kinesiology* for McGraw Hill. He has spent the last fifteen years studying biomechanics as it relates to human movement, including the Active Isolated Stretching protocols outlined in his book, *The Dynamic Flexibility Manual: A Safe and Effective Self Stretching Program*, and videos, *CFTE Assisted Flexibility*; *Dynamic Flexibility: A Safe and Effective Self-Stretching Program*. He can be reached at [www.stretchme.com](http://www.stretchme.com).

**Course Fee: \$345 before August 30th; \$365 after. For more information call Downeast School of Massage at 207-832-5531. Visa/MasterCard accepted Space is limited!**

The Downeast School of Massage is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider.

## The Iliopsoas The Lauterstein Method

A Full Three-Day  
Advanced Training  
with David Lauterstein

Oct. 9-11, 2009

Friday and Saturday 9-5, Sunday 9-4

Cost: \$295 if preregistered 30 days or more before the workshop (\$350 thereafter)

\$100 deposit required / 20 CE hours

All participants will receive FREE with their tuition: A 60 page workbook and a DVD With close-ups of each technique

Deep Massage: The Lauterstein Method is a unique approach to structural and energetic bodywork. "Deep" refers to the depth of the client's positive experience, not just to the amount of pressure used. Deep Massage systematically frees the body/mind/spirit. David Lauterstein has been teaching this approach since 1982 in the U.S. as well as in Britain since 1997.

### The Iliopsoas and its Neighbors:

#### A Workshop in Deep Structural and Energetic Work with the Core Person

The iliopsoas and its neighboring muscles, nerves and organs play a foundation role in the physical and energetic life of our clients. The iliopsoas is the only muscle which connects the spine and the lower body. It is the home of the lumbar plexus which enlivens the entire lower body. It is the strongest .exor of the hip. From an Asian standpoint, it is the muscular locus of the hara, the tan tien.

This workshop gives you the ability to provide the deepest of physical and energetic bene.ts for your clients:

- Relieve lower back pain connected with iliopsoas tension
- Address anterior tilt of the pelvis
- Deeply relax the belly and facilitate diaphragmatic breathing
- Amplify grounding and postural and energetic buoyancy
- Create ease in every forward step
- Learn how to contact energy and structure simultaneously
- Learn how to work deep without working hard
- Learn special new techniques for the psoas and iliacus (seated and supine), rectus abdominis, the diaphragm, hamstrings, gluteus maximus, the deep lateral rotators, and the lower back muscles.

David Lauterstein is Co-director of The Lauterstein-Conway Massage School in Austin, Texas. He is the founder of Deep Massage: The Lauterstein Method which he has taught throughout England and the U.S. since 1982. He has become one of the most highly respected educators in the massage therapy realm and was recently inducted into the Massage Therapy Hall of Fame. He is the author of the book, *Putting the Soul Back in the Body, the Seven Dimensions of Touch* (see <https://www.tlcschool.com/aboutarticles.asp>), and is former editor of *Massage Therapy Journal*. He is also a faculty member of the Zero Balancing Health Association and is certi.ed in Structural Bodywork, an outgrowth of Rolfing. His background prior to massage therapy was in music composition (BA, U of Illinois, 1972). He is the composer of the CD for massage and relaxation, *Roots and Branches*. Prerequisites: Participants must be health practitioners (massage therapists, acupuncturists, Chiropractors, physical therapists, Zero Balancers, or current advanced massage students.) Prior to this training please review the muscles mentioned above.

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



## Continuing Education Opportunities



### BODY WORK FOR REAL CHANGE

#### BLENDING EASTERN & WESTERN MODALITIES

#### Neck & Shoulder Conditions

&

#### Back, Hip & Knee Conditions

April 2<sup>nd</sup>—4<sup>th</sup>

June 18<sup>th</sup>—20<sup>th</sup>

THURSDAY, FRIDAY & SATURDAY 9—4 PM

18 CE HOURS PER WORKSHOP

Course Fee: \$295 per workshop, \$525 for both

ENHANCE YOUR MASSAGE PRACTICE WITH THE VITALITY OF SHIATSU!

Apply Oriental bodywork philosophies to help body mechanics, bring ease and comfort into your work, increase your health, and improve the longevity of your practice. Discover the holistic concepts of Five Element Theory and how to incorporate client's emotions, attitudes, and health issue's into each treatment.

Learn how easy it is to incorporate Shiatsu principles within each massage you give!

NO PRIOR KNOWLEDGE OF SHIATSU NEEDED!

#### LEARN HOW TO:

- ☞ Apply Shiatsu techniques taught on the table for the relief of neck & shoulder pain.
- ☞ Correlate muscles, meridians, and trigger points.
- ☞ Review meridians of the neck & shoulder
- ☞ Integrate massage therapy and Shiatsu on a massage table.
- ☞ Give a seated massage routine using meridian knowledge.

#### LEARN HOW TO:

- ☞ Apply Shiatsu techniques taught on the table for the relief of lower back, hip & knee pain.
- ☞ Correlate muscles, meridians, and trigger points.
- ☞ Review meridians of the back, hip & knee.
- ☞ Integrate massage therapy and Shiatsu on a massage table.
- ☞ Work on the Erector Spinae, QL, Psoas, Piriformis and lateral rotators, Quadriceps, Hamstrings, & Gastrocnemius using meridian knowledge.

**Lucy Goulet, B.A., M.A., LMT**, is a Licensed Massage Therapist with more than 37 years of professional experience and training in Eastern and Western Modalities. She studied at the Ohashi Institute in New York and is a member of the AOBTA and a past president of the Maine AMTA Chapter. Lucy's bodywork treatments use an exceptional combination of body healing techniques designed to address individual needs with unique insight as to what is actually occurring at a core level. Her extensive training in Bio-Energetic Therapy, Yoga, Polarity, and NMT allow for the blend of techniques to guide people toward real and lasting change. Lucy has been teaching at DSM for 21 years and has a private practice in Camden, Maine.

DOWNEAST SCHOOL OF MASSAGE *presents* **BOB KING**

### THE BALANCED PELVIS

POWERFUL CLINICAL OUTCOMES WITH MYOFASCIAL RELEASE TECHNIQUES

July 10<sup>th</sup>—12<sup>th</sup>, 2009 17 CE Hours

Friday & Saturday 9—5 pm, Sunday 9—12 pm

Course Fee: \$320 before June 24<sup>th</sup>, 2009, \$360 thereafter

**THIS UNIQUE WORKSHOP WILL BE OF SPECIAL INTEREST TO BOTH BODYWORKERS AND THEIR CLIENTS!**

Chronic low back pain, cranky piriformis problems, hamstring strain, sciatica and loss of flexibility are all problems stemming from an unbalanced pelvis. We will perform assessments and functional and structural testing methods along with advanced high impact techniques to release postural distortions, myofascial compensations and chronic lumbar and pelvic pain. Improve your clinical outcomes and receive some top notch bodywork at Bob's annual visit to the Downeast School!

#### HIGHLIGHTS OF THIS TRAINING INCLUDE:

- Anatomical review including dissection video
- Illustrated manual and original articles authored by Bob King
- New myofascial sidelying approaches for the lateral seam
- Tableside assistance from Bob and trained assistants
- An opportunity to practice and receive innovative myofascial techniques
- Self stabilization exercises for more permanent clinical outcomes

#### REBALANCING THE PELVIS IS AN ESSENTIAL GOAL

for decompressing the spine and allowing for a more elegant style of bodywork. It will greatly enhance your ability to make a positive impact with your low back, chronic fatigue and highly stressed clients. Join Bob for a relaxed, yet highly stimulating workshop in a beautiful rural setting.

**BOB KING** brings 35 years of practice and a profound love of clinical massage therapy to this training. He has been a pioneer in the field, authoring manuals, books, and dozens of clinical articles. He is an educational consultant for Cortiva education, and presents advanced trainings throughout the country. He was the co-founder of the Chicago School of Massage Therapy and served two terms as national president of the American Massage Therapy Association. In addition to his national teaching schedule, Bob maintains a clinical practice in Chicago. He can be reached at [www.performancemassageandtraining.com](http://www.performancemassageandtraining.com)

Previous trainings with Bob have sold to capacity, so please register early for this innovative training.  
For information contact Emily Waltz 207.832.5531 or [admissionsdsm@midcoast.com](mailto:admissionsdsm@midcoast.com)



# Continuing Education Opportunities



THE DOWNEAST SCHOOL OF MASSAGE PRESENTS:

## Ayurveda Certification With KP Khalsa

September 11th—13th Ayurveda Massage

October 2nd—4th Yoga Therapeutic

November 13th—15th Ayurveda Herbs

AYURVEDA, MEANING THE "SCIENCE OF LIFE AND LONGEVITY," is the oldest healing system known to humanity.

Ancient Ayurvedic and yogi teachings include not only posture and meditation but also diet and herbal preparations to promote health. Learn how you can use these ancient teachings to improve your own well being and your clients under the pressures of modern living. Learn how you can become a physically, mentally and spiritually balanced individual.

**TO LEARN MORE ABOUT AYURVEDIC CERTIFICATION**  
207. 832. 5531 or [dsm@midcoast.com](mailto:dsm@midcoast.com)  
[www.downeastschoolofmassage.net](http://www.downeastschoolofmassage.net)

**Karta Purkh Singh Khalsa**, NCTMB, CN, AHG, is one of the foremost holistic health experts in the field today. He is one of a very few clinicians with thirty years of experience with Ayurveda and massage. K. P. Khalsa is a health educator who teaches at all levels of education, from general public presentations, to professional training programs. He specializes in making Ayurveda accessible to the Western practitioner. His classes are always dynamic and entertaining as well as educational.

The Downeast School of Massage Presents

Four Days With

## THOMAS MYERS

Body Reading 101 14 CE Hours

October 16th—17th Friday 8:30—5 & Saturday 9—5

\$350 if registered by September 11th, 2009, \$400 thereafter

Intrinsic Muscles of the Pelvis 14 CE Hours

October 18th—19th Sunday 8:30—5 & Monday 9—5

\$350 if registered by September 11th, 2009, \$400 thereafter  
\$625 for both Body Reading 101 & Intrinsic Muscles of the Pelvis  
\$725 after September 11th, 2009

**REGISTER EARLY TO AVOID DISAPPOINTMENT!**

207. 832. 5531 or [dsm@midcoast.com](mailto:dsm@midcoast.com)

[www.downeastschoolofmassage.net](http://www.downeastschoolofmassage.net)

**TO LEARN MORE ABOUT**

Body Reading 101 or Intrinsic Muscles of the Pelvis  
888 546 3747 or 207 563 7121 • [www.AnatomyTrains.com](http://www.AnatomyTrains.com)

**THOMAS MYERS**, trained directly with Dr Ida Rolf, Dr Moshe Feldenkrais, and Buckminster Fuller and has practiced integrative bodywork for over 25 years in a variety of clinical and cultural settings. Former Chair of the Rolf Institute's Anatomy Faculty, and founder-member of the National Certification Board for Therapeutic Massage and Bodywork, Tom currently conducts professional seminars internationally through Kinesis, Inc. Tom is the author of *Anatomy Trains* published in 2001 by Harcourt Brace, as well as numerous articles for trade magazines and journals. Tom retains a strong interest in perinatal issues, and in early childhood somatic education. He sails, writes, and practices on the coast of Maine.

### 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: \_\_\_\_\_

**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.

Lodging information

Directions



## DSM STORE

99 Moose Meadow Lane  
PO Box 24  
Waldoboro, ME 04572

Phone: (207) 832-5531

Fax: (207) 832-0504

Email: [dsmstore@dsmstore.net](mailto:dsmstore@dsmstore.net)

[www.dsmstore.net](http://www.dsmstore.net)

For Complete  
Continuing Education  
2009 Schedule  
& for

Workshop Coupon Vouchers,  
Check Out Our Website:  
[downeastschoolofmassage.net](http://downeastschoolofmassage.net)

The Downeast School of Massage is proud to present a brand new DVD

**AVAILABLE  
NOW!**

## A Gift of Touch

Dimensional Massage Therapy with Nancy Dail

Join licensed massage therapist and well-known instructor Nancy Dail and learn how to give a basic full-body massage in a therapeutic environment, with skill, focus, and good body mechanics. Included with the menu options on **A Gift of Touch** is a sample of music from the new CD, *Roots and Branches: Live Music for Deep Relaxation and Massage* performed by massage therapist and musician David Lauterstein.

The **Manual for A Gift of Touch** provides a written description of the techniques demonstrated in the DVD, plus bonus techniques not on the DVD. Also included are chapters on body mechanics and contraindications for massage, as well as general information to complete the DVD-and-Manual package.

DVD .....\$69.99  
Manual .....\$19.99  
Roots & Branches CD .....\$17.99  
DVD and Manual .....\$82.99  
DVD, Manual & CD .....\$99.99

All available from the DSM Store at the  
Downeast School of Massage.

207-832-5531

[dsmstore@dsmstore.net](mailto:dsmstore@dsmstore.net)

[www.dsmstore.net](http://www.dsmstore.net)

Downeast School of Massage proudly presents

### A Gift of Touch

Dimensional Massage Therapy  
with Nancy Dail



A Gift of Touch is a valuable addition to any massage education.  
It can introduce you to the career of massage therapy  
or help you massage a loved one.

Address Service Requested

Downeast School of Massage  
Spring 2009  
Newsletter of  
PO Box 24, 99 Moose Meadow Lane  
Waldoboro, Maine 04572  
207-832-5531  
[www.dsmstore.net](http://www.dsmstore.net)  
[www.downeastschoolofmassage.net](http://www.downeastschoolofmassage.net)

