



From the Director
Changes and Growth

by Nancy Dail, BA, LMT

Recently the AMTA Maine Chapter celebrated its 20th anniversary in a Bar Harbor retreat setting. It was my honor to attend the celebration and be surrounded by graduates and massage therapists. It is hard to believe that 20 years ago the members of our first graduating class and one other AMTA member (who missed this celebration), birthed the Maine chapter and started a page in history. (Where are you, Ken Cadigan?) The event gave me the opportunity to recognize the four remarkable women who made up our first class.

June Lordi was my very first student. Twenty years later, she has an abundant list of accomplishments. Beginning with her consistent dedication to the Maine AMTA chapter, June developed a successful practice and treated many clients using a holistic approach, innovatively integrating Tai Chi with massage. She has taught at the Downeast School of Massage for almost the entire 20 years, therefore it was my pleasure to doubly recognize June with the award that DSM bestowed on the members of its first class and with a cobalt blue bowl in appreciation of her dedication and service to massage therapy education at DSM.

Ellen O'Connor, another member of that first class, has also accomplished much since her graduation. Ellen went on to finish her secondary education degree, in order to become certified and licensed in acupuncture. She has practiced successfully in the Damariscotta area for 20 years and combines her expertise for her clients' advantage. In addition, she has studied homeopathy and herbs and con-

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The Heart's Evolution

by David Lauterstein, July 2002

The events of 9/11/01 continue to be a clarion call. Its reverberations ring again each time we recall the unbelievable image of the buildings being struck by the planes, just as a giant clapper might strike the world's largest bell. It is an enormous wake-up call. And it is still desperately important to hear. Perhaps the most important message is that the world has reached a new limit as to how far we can proceed with only the education of the mind. Because as long as mental prowess is the main focus of our education, the heart is left behind. Abandoned, the under-educated heart remains comparatively barbaric. So while we think we are proceeding intelligently, we are actually sustaining comparatively ever greater emotional lack of development. As long as the mind dominates our education, we are in ever-increasing danger of barbaric action.

Without emotional education, the unexamined desire for revenge remains in the heart of the terrorist. Prejudice and genocide are imbedded in the violent, revenging response of our reflexive counterattack. The unexamined lust for sex, exposed through the Catholic priesthood, points to the contrasting sweetness and truth within most religion doctrines alongside the sourness of, again and again, the failures to behave in concert with those ideas—whether it be through religious wars or the current admission of widespread exploitative sexual activities. Corporate greed for ever more income with little regard for ethics or social impact is certainly one of the tap roots of heartless action - witness the Enron and World.com scandals. We bear everyday witness to politicians' allegiance to the self-interest

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**Formula for Success
 Fall 2002-03 Class**

The 2002-03 September class began its journey at DSM this fall. Forty-six full-time, new part-time, and returning two-year students are attending school with the following Formula for Success:

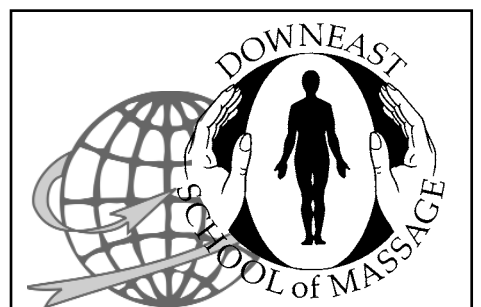
During our time at DSM we will work to become catalysts for positive change in our own lives and in those of our friends, families, and communities, through friendship, self-care, passion, open-mindedness, and respect.

There is a really lovely piece of artwork by Anna Fitzgerald that accompanies this statement that we will post at the school. Please look for it when you visit!

Writing this statement has empowered the students to describe how they want to attend school. 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!

~ 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.



**DSM Store on the
 World Wide Web**

Downeast School of Massage Store now has its own Web site!!

The DSM Store can now also be found 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 Karen Towers, bookstore manager, directly at: <karen@dsmstore.net>.

A Call for old Massage Therapy Journals

Don't throw away those *Massage Therapy Journals*!! Donate them to the Downeast School of Massage library! Students can use the magazines to research articles, and we often need more than one copy of the same journal. Drop them off at the school directly, or send them to: DSM Library, PO Box 24, Waldoboro, ME 04572. *Thank you!*

tinues to seek knowledge for the benefit of her clients.

Susan Page was not at the retreat, and I have yet to catch up with her. Over the years, I have seen her take continuing education to add to her practice. She travels extensively and has an insatiable thirst for knowledge. Her practice in Boothbay reflects her ability to work locally and yet be global at the same time!

Roslyn Bernhardt was a teacher when I first met her. I have a picture of Ros in Nashville, Tennessee, when we got the Maine Charter signed by the AMTA national president, Darryl Hartsook. Roslyn also has had a remarkable career working with many clients over the years and leaving a trail of praise for her practice. Ros and her husband spend time on a sailboat, adding adventure to their lives. I think, Ros, you should write about your travels!

All four women are licensed massage therapists and have countless workshops and certifications to their credit. They have given much to the profession of massage therapy and have grown with the changes in the field over the years.

Just before attending the Bar Harbor retreat, I received a timely letter from Camille Houde, LMT, whom I met in 1974. He is a gentle man who has devoted his life to massage therapy and holistic health practicing on Cape Cod in Massachusetts. In his letter he said, "I remember when you had your first class come to Massachusetts for certification. Pierrette Plouffe and I served on the committee to observe the practical your graduates took to become members of the

AMTA. They received wonderful marks and it was a good start for your school."

I am truly fortunate to have met people like Camille and Perry. They were my mentors when I was first starting out, and because of them we were able to foster change and growth in the AMTA and in the profession over the years. We have much to thank them for.

Before I left the retreat, an AMTA member came up to me and told me that for years she had been a member of another massage professional association and that she had just recently switched her membership and was attending Maine Chapter meetings. She said, "I feel like I have come home—it is almost like family."

I have only to agree. Over the years I have developed relationships with peers in the AMTA that I cherish and that nurture me, continually reviving my energy and love for this profession and for life. Their friendships have helped me remain In Touch, not only with this profession, but also with myself.

Maine Licensed Massage Therapists do not have to be alone and practice in a vacuum. The Maine AMTA chapter provides an avenue for peer support, continuing education, and lifelong friendships. Keep **IN TOUCH** with your practice and yourself. Being a part of a larger group committed to the same goals will inspire and revive your vision! Chapter meetings are regularly advertised through its newsletter, *Different Strokes*.

The Downeast School of Massage wishes all of you Happy, Safe, and Healthy Holidays filled with Light, Laughter, and Love. Keep **IN TOUCH**!

IN TOUCH

The Quarterly Newsletter of the Downeast School of Massage



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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.

Massage Therapists Graduate

The Downeast School of Massage held commencement exercises for 19 new massage therapists from the 32nd graduation class and approximately 175 guests on Saturday, November 16, 2002, at the school in Waldoboro. Nancy Lubin, CPCC, guest speaker, provided an inspirational speech to graduates and guests. She is a certified professional co-active coach and a professional member of the International Coach Federation. Nancy has had a lifelong interest in holistic medicine and all the modalities that includes. She talked about the meaning of graduation, success and failure, and the many challenges ahead. Nancy offered con-

gratulations to the graduates.

Anne Renarde represented her class by speaking to the audience at graduation. Memories surfaced with laughter, gratitude, and tears expressing the deep bonding shared by the class over the course of this year. Rafael Keilt-Freyre and Judy Perrenod presented "Heartwings," a song composed by Rafael Keilt-Freyre with lyrics by Anne Renarde.

Nancy Waltz Dail, BA, nationally certified massage therapist and director of the school, delivered a few final words before passing out diplomas with Director of Education Suzanne Ash and Admissions

Director Cindi Yawdik.

Graduating were: Kendra Aiello, Portland; Penny Borst, Rockport; Robin Carr, Peaks Island; Matthew Deos, Damariscotta; Jeremy Dickson-Smith, Bangor; Donna Gallant, Sabattus; Melissa Griffis, Gardiner; Sean Hasey, Portland; Rafael Keilt-Freyre, Portland; Stephen Lancaster, Farmington; Rosita Lewis, Solon; Theresa Lowe, Wales; Roger Mayo, Portland; Jill McKenzie, Monroe; Amy Mitchell, Rockland; Judith Perrenod, Searsport; Lucy Pincince, Lincolnville; Arline Rauch, Belfast; and Anne Renarde, Islesboro.

of the rich. This enables politicians to say that, while global warming is a fact, we will not pay thorough attention to the actions we must take to assure a livable world for our descendants.

What do these point to? A group heart that is stunted! Is there any more desperate need than the education of the human heart? And yet the minute we begin talking about it, the talk becomes just another appeal to reason. "Shouldn't we care?" And then we hear the dull thuds of all the contrary opinions rising up to try to trump each other—we ought to do this, no I think that. When I read the newspapers' letters to editors, I see the limits of free speech— if it's just the right to state whatever opinion one has, without any social impact—then it's free, that is, worthless, speech. Speech uninformed by the heart is not truly free, it is merely worthless. And spouting off is worse than worthless; it pollutes the atmosphere with angry self-righteousness.

I want us to find a quality and power of thought and speech that is really worth something, that is inherently valuable, and that has impact. We need to go below the mind, and find as direct a road to the heart as possible. We need to move back and forth between the mind and the heart until we are ready to act. We need to keep on taking an experimental approach to our thoughts, feelings, and actions so that we find more and more effective ways to heal this world of its emotional, mental, and ecological stagnations.

It is said, "To be (a blues singer) you don't have to play the guitar brilliantly or have a beautiful singing voice—blues singers don't, as a rule—you have to be open enough about your emotions to make them important to whoever happens to be listening. The more direct the path from your heart to your fingers and throat, the better you are." The corollary holds true for the kinds of speech we need; the more direct the path from one's heart to another's heart, the more deep the education that takes place.

How do we educate the part of us below the mind? Well, my experience is that massage is possibly the best way. The experience of receiving and giving high quality touch is an experience that completely bypasses the thinking mind. It is direct, it is loving, and it reminds us that there is a world out there and in here, that we must reconnect with. There is a living world of feeling and sensation

inside us. We are alive! And this is such a fundamental miracle that we should stop right there, everyday, to experience this miracle. Of all the particles and waves in the universe, how unlikely that they should coalesce in the planetary life and equally in your own conscious, living, breathing self!

To evoke the experience of this unlikely embodied soul with kindness and skill is the heart of massage therapy and teaching. When our students encounter the kindness and skill of our teachers, when they touch with clarity and compassion, we see, again and again, a dramatic evolution. And most of the students say it with eyes wide with wonder—"Boy, everybody should learn this!!!" Convincing the hard-hearted with contrary opinions is just about impossible. But touch the hard-hearted (and we all have some of this hardening) and watch what often happens almost all at once. They begin to relax. They become more balanced in their nervous systems, dropping out of the fight-or-flight response. They become kinder to themselves, because they are being treated more kindly. They remember that the greatest gift is just being alive. They drop the focus on acquiring things and gratification from without. They drop their fixations of rage, envy, hopelessness, and their excessively mental emphasis. They regain an experience of their health and their wholeness in just an hour that seems to last an eternity. They realize that they had somehow lost their hold on their inner worth and health. Often there is a rededication to remembering the health that lives within each of us—we just have to be aware that wholeness is always there.

In this case, reason gets us next to nowhere, and science—reason's hand- maiden—does not recognize the existence of the spirit. Art, while compelling, sends a rather general message. But massage is an art (based on the science of the body) and a spiritual exercise that uses as its medium not tones or strokes of paint but the very substance of life itself—the individual person, with his or her unique tissues, thoughts, and feelings. Massage is manual evolution. The only art truly and desperately needed now is the art of evolution. How can we as a people make as much progress in the human heart as we have with, say, computers? Isn't it obvious how neces-

sary is this next evolutionary step?

As they explore anatomy and massage and the psychophysiology of stress, students truly appreciate the deep, original meaning of kindness. Beyond all our differences, we are the same "kind"; we are "kin." This lesson is communicated to some extent in every massage. The kinship of all life is something that is immediately known by the enlivened heart. We can no longer proceed as a civilization without committing to advances in kindness.

These advances would include the awareness that all feelings are, at one time or another, common to all of us. Virulent hatreds, feelings of uncontrollable lust, panic—these are not the property of just our villains any more than great love, courage, ferocious loyalty, and compassion are just for heroes. And in each of us lives, as well, complex mixtures of feeling that take time and insight to sort out. Feelings, like nutrients, are rarely unmixed.

The key to advanced kindness is total compassion toward the feelings we have and a vast, measured thoughtfulness prerequisite to our acting, so that both reason and feeling inform our response. These advances need to be made part of the everyday challenges in elementary, secondary, and college education. However, the only educational context in which I see this happening is in the few wholistically oriented massage or psychotherapy training programs. We are exploring a model for the education of the future.

Receiving, giving, and learning about skilled, compassionate touch is one of the keys to a healthy world. It is a world in which the heart is given a chance to catch up to the mind. It is a world in which we recognize that what we truly know "by heart" is equally or more true than what we know with our head alone. "What the world needs now is love, sweet love," has changed from being a sub-cultural sentiment to a fact. Touch, being the most direct way to actualize love in the physical world, is the key that opens the door to the next step in human evolution.

See enclosed ad for David's workshop to be held in October 2003!

A Fresh Tissue Clinical Skills Program Cadaver Workshop
University of New England, Biddeford, ME

HEADACHES

Sat., April 12, 2003: 9 am - 12 pm, 1 pm - 4 pm • 6 CEUs • Cost: \$140

Muscles and Structures Associated with Head and Neck Pain Combined with Dimensional Massage Techniques



Transcend your treatments™

Clinical Flexibility And Therapeutic Exercise Introductory Course with Tim Agnew, BS, NCTMB

Saturday and Sunday, **May 3, 4 & Sept. 20, 21 2003**, 9 am - 6 pm
8 CEU hours each day • NCBTMB Category A Approved • Total CEUs 16 hours • Cost: \$260 by 4/19/03, \$280 after

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



May 14, 15, 16, 17, 18, 2003

9:00 AM - 5:30 PM Additional dates: October 15, 16, 17, 18, 19, 2003

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

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.

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

ROBERT K. KING

Therapeutic Muscle Stretching

FRIDAY, **JULY 11**, 9 AM - 5 PM • SATURDAY, **JULY 12**, 9 AM - 5 PM • SUNDAY, **JULY 13**, 9 AM - 3 PM
~ 19 CEUs ~ Tuition \$360. Early registration, by June 23, 2003, \$320

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.

**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

34 CEUs includes 125-page handbook • Cost: \$545 if registered by July 14, \$595 thereafter

Massage Enhancement Using Stones, Shells, and Aromas

August 16 & 17, 2003

Saturday 9 am - 5 pm, Sunday 9 am - 3 pm

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

Instructor 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.

BURNHAM SYSTEMS

Facial Rejuvenation

Your instructor, **Dr. Linda Burnham**, has professionally trained and certified Burnham Systems Facial RejuvenationSM, practitioners nationwide for over 25 years.

Phase 1—Training in the Basics: September 25 - 26

9:30 AM - 6:30 PM, 16 CEUs, \$295

Phase 2—Training in Minor Miracles: September 27 - 28

9:30 AM - 6:30 PM, 16 CEUs, \$350

Take
Phase 1 and
Phase 2 as a 4-day
Intensive, 32 CEUs
for \$590



**The Royal Treatment Spa Certification
with Steve Capellini**

October 3, 4, 5, 2003

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

Cost: \$395 (includes all spa products) if paid in one lump sum by September 8, 2003, or \$435 thereafter.

Coming
to Waldoboro
in October

**NCBTMB
Cat A Approved
16 CEUs**

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 • 16 CEUs

Cost: \$295 if registered before Sept 1, \$325 after this date.

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!



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.

CFTE

Transcend your treatments™

Clinical Flexibility And Therapeutic Exercise Introductory Course

with Tim Agnew, BS, NCTMB

Saturday and Sunday, May 3-4, 2003, 9 am-6 pm

8 CEU hours each day · NCBTMB Category A Approved · Total CEUs 16 hours

The Technique

This introductory course offers the complete *Active Isolated Stretching* (AIS) protocols and gives new treatment options for the massage therapist, trainer, or physical therapist. **Clinical Flexibility and Therapeutic Exercise (CFTE)** combines traditional kinesiology, orthopedic assessment, and sports medicine for a common sense approach to treating your patient's pain. AIS is 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 the patient's 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 stretch your patient as well as yourself with this comprehensive course.

Specialize your practice! Learn:

- ✓ How to isolate and lengthen muscles in the entire body.
- ✓ Complete the *Active Isolated Stretching* protocols.
- ✓ Biomechanics and anatomy as it relates to human movement.
- ✓ Injury: Cause and Effect.
- ✓ Specific basic strengthening techniques guaranteed to help protect you from over-use injuries.
- ✓ Get athletes back to their sports quickly.
- ✓ Wrist, elbow, and finger techniques to prevent tendonitis in your wrists.
- ✓ Basic physical assessment that saves 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 April 19, 2003. \$280 after cut-off date. **Register Early!** Call the Downeast School of Massage at 207-832-5531 to register. Visa/MasterCard Visit Intent Workshops and Publications at: www.stretchme.com



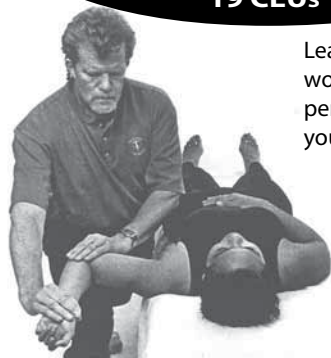
Continuing Education Opportunities



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.
19 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.

Now on the Web at www.dsmstore.net

DSM STORE

New Merchandise in 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, cremes, essential oils, self-care items, videos, spa and table equipment, exercise balls, jewelry, cards, clothing, and more.

Please visit us or give us a call. (Check us often—new items coming in all the time.)

We'll even ship, if necessary! Here are some of our new products...

Lotions, Oils, etc

- Biotone Dual-Purpose Massage Crème, 1 Gal. \$58.55
- Biotone Herbal Select Body Therapy Massage Crème, 1 Gallon \$68.80
- Pure Pro Unscented Premium Blend Massage Oil, 1 Gallon \$40.95
- Half Gallon \$22.95
- 8 fl. oz. \$5.95
- Khepra Foot Balm, 32 fl. oz. \$33.00
- Khepra Massage Therapy Lotion, Half Gallon \$21.95

Visual Aids

- Muscular and Skeletal Systems Folding/Laminated Study Guide \$9.95
- 101 Stretches Four-Color Laminated Poster \$9.95

Music

- Welcome to Earthhaven/Laurel Emryss \$15.00
- Praises for the World/Jennifer Berezan & Friends \$16.00
- Hearts Desire/Peter Kate \$16.00
- Inner Works Piano & Strings/Peter Kater \$16.00
- Essence, Music for the Healing Arts, Intimacy, Love and Self-Remembering/Peter Kater \$16.00
- Compassion, Music for the Healing Arts, Forgiveness, Transcendence and Peace/Peter Kater \$16.00
- Shepard Moons/Enya \$23.00

Books

- Knee Pain, The Self-Help Guide \$15.95
- Palpation Skills Assessment and Diagnosis Through Touch, By Chaitow \$59.95
- Fibromyalgia Syndrome: A Practitioner's Guide to Treatment, by Chaitow \$44.95
- Shiatsu The Complete Guide. New Edition Of The Definitive Guide For Every Student Of Shiatsu, by Chris Jarmey & Gabriel Mojay \$19.95
- Day Spa Operations, by Erica Miller \$44.95



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