



From the Director

Positive Attitude

by Nancy Dail, BA, LMT, NCTMB

Have you seen the commercials on television advertising medications for depression? They claim that depression can physically and emotionally impact not only the suffering individual but also the family and friends who come into contact with the depressed person. I do believe that to be true. I have witnessed individuals who are depressed, and after being in his or her presence for a while, the corners of my mouth tend to bend downward. The reverse is also true. A smile, a kind gesture, a good attitude and/or "random acts of kindness" reflect light, just like holding a prism up to the sunlight.

On a recent Sunday I was charging around the Maine Mall to take advantage of sales and prepare for a family birthday and was ready to brave the customer counter at a retail store. A woman came up to me and handed me a discount card that she was not going to use and just said "Merry Xmas". It meant that I was going to get an additional percentage off on my purchase. I was a little shocked but quickly recovered and said my thank you. I was struck by how really nice it was for her to share the card instead of just throwing it away. It made me smile the rest of the time that I was in the mall.

It also made me pay attention to others around me. People were mostly smiling. Things had quieted down from the frantic mayhem of the days before. Sales people were obviously tired on Sunday night but were good natured and polite. People were holding doors open for others at store fronts and everyone was generally in a good mood.

I admit to being a perpetual optimist, but it is just my policy to smile. I like being smiled at, and I like to smile back. What if our smile and positive attitude reflect a light that gets bigger as it spreads? What if a smile, "random acts of kindness," and a positive attitude spread to infect others? That just might put us In Touch with a basic human nature that can spread good cheer. Isn't that part of

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Hawaiian Lomi Lomi Massage

By Wesley Sen

Early visitors to the beautiful Hawaiian Islands were met by a happy, relaxed people greeting them with the now familiar "Aloha" and flower leis. This friendly culture was steeped in ancient spiritual traditions that had been preserved from generation to generation through Hawaiian chants and oral history and the sacred dance of hula. Most revered were the Kahuna, experts in their chosen profession. Kahuna specialized in areas ranging from stargazing to canoe building; skills chosen in childhood and mastered through training.

The Kahuna lomi lomi were masters of body manipulation and healing massage. They practiced their ancient art with a deep connection to nature, surrounded by ocean breezes, colorful sunsets, and unpredictable volcanoes. The Kahuna lomi lomi were priests who practiced the healing arts with much reverence, love, and spirituality.

They believed that physical discomfort and disease were the results of suppressed emotions, mental disturbances or spiritual disharmony. The traditional lomi lomi healing session began with a thorough investigation into the nature of the dysfunction, as well as prayer, fasting and several sessions in the steam hut. Once the malady was identified, the treatment would often begin with heated stones and herbal poultices. Then the Kahuna would massage and use particular lomi lomi strokes necessary for that individual.

The lomi lomi technique focused on finding congested areas in the body and dispersing them, by moving the palms, thumbs, knuckles and forearms in rhythmic, dance-like motions. Setting the intention for healing, the Kahuna would also utilize prayer (pule), breath (ha), and energy (mana). The practice of lomi lomi was common within each Hawaiian community and contributed to a vibrant, healthy society.

Early visitors to Hawaii noticed and commented on this healing art. In 1803 Archibald Menzies wrote, "A number of

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Increased Equine Performance Through Myofascial Release

By Maxine Vashro Wyatt

Myofascial release allows the body to work in harmony. When an area of the body is injured, neglected, stressed, or overused, it becomes like a snag in a sweater. This snag affects not only the "pulled" area but the entire sweater. The body rejects these parts. Myofascial release allows the body to align itself again.

Fascia is a tough connective tissue that spreads through the body in a three-dimensional web from head to hoof (or foot in humans!). Fascia surrounds every muscle, bone, nerve, blood vessel and organ, all the way to the cellular level.

The fascial system has three basic components: elastin (for stretch), collagen (for strength), and a gel-like ground substance (for support and protection of the cell). This system provides stability and cushion, forms ligaments, tendons, and fascial sheaths. It also provides for locomotion and flexibility. When the fascia is restricted, toxicity increases, and the area loses its ability to soften and stretch. Fascial restrictions further contribute to poor cellular and lymphatic efficiency, decrease range of motion and increased friction with movement.

Myofascial release (MFR) addresses these soft tissue restrictions. MFR is a hands-on technique that stretches the restricted soft tissue. A sustained pressure is applied to the tissue barrier. After a sequence of releases, the tissue becomes soft and pliable. The restoration of length to the tissue takes pressure off the blood and nerve vessels as well as restoring alignment and mobility to the joints.

In the equine, myofascial release allows the horse to perform its commanded tasks. The hunter jumper characteristically forms restrictions in the shoulder, back and hind quarters. The driving horse creates restrictions in the neck, shoulders, chest, and glutes. Prior to treatment, an evaluation should be

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Massage Therapists Graduate

The Downeast School of Massage held commencement exercises for 25 new massage therapists from the 38th graduation class and approximately 170 guests on Saturday, November 11, 2006, at the school in Waldoboro. Guest speaker Emily Mahar, ND, gave a profound speech on the unique bond of classes in the massage school community. She talked about the importance of touch and how the intent of the professional makes such a difference in the overall affect. Emily offered congratulations and best wishes to the graduates.

Rachel Miller represented her class by speaking to the audience at graduation. She read their "Recipe for Success," that had been framed as a gift to the school. Memories surfaced with laughter, gratitude, and tears representing the deep bonding shared by this class over the course of this year.

As she has done in past graduations, Cheryl Tardy, past president of the Maine AMTA Chapter and current National AMTA Board member, read and had the students repeat the oath of massage therapy, officially launching them into their careers.

Nancy Waltz Dail, BA, nationally-certified massage therapist and director of the school, delivered a few final words before awarding diplomas with Director of Education Suzanne Ash and faculty members Cindi Yawdik and Cheryl Tardy.

Graduating were: Laura Berry, Belfast; Christa Blondell, Saco; Jennifer Collins, Woolwich; Melissa Dennett, Monmouth; Colter Deupree, Camden; Nancy Falvey, Belfast; Frances Frey, Princeton; Michael Gaston, Camden; Jessica Gray, Rockland; Ruth Jones, Wiscasset; Rachel Kenyon, Newburgh; Louise King, Friendship; Robyn Lamarre, Saco; Kathy Lloyd, Falmouth; Rachel Miller, Harpswell; Debbie Poor, Newcastle; Linda Rundin, Calais; Brianne Russell, So.

Thomaston; Michelle Saunders, Sidney; Holly Stelmok, Westport Island; Jeffery Sturtevant, Mechanic Falls; Nathan Swett, Carmel; Ashley Taylor, Bath; Pam Warren, Harpswell; and Fiona Young, Ellsworth.

In business for over 26 years, DSM offers an over 600-hour curriculum and is institutionally accredited by the Commission on Massage Therapy Accreditation. Completion of the state-approved program qualifies students to become Licensed Massage Therapists in the State of Maine. The 10-month program includes extensive instruction in anatomy, physiology, massage, clinic, kinesiology, pathology, reflexology, deep tissue therapy, hydrotherapy, to name a few, and, depending on the student's major, intensely-focused course work in sports massage, shiatsu, or energy courses.

DSM wishes all these graduates the very best of luck in their future!



Formula for Success

The September 2006 Class began its new adventure on September 11, 2006. Full-time and part-time students are attending in a variety of schedules with the following Formula for Success:

With integrity and purpose, with courage and compassion, we dedicate ourselves to learning this art of healing touch. We embark on a path of self-expression, self-realization, and self-care. With trust and support, we will respect the journey of each individual and the class as a whole. It is our vision in becoming in touch with one another, we will, in turn, become in touch with ourselves. We will listen to the stillness for the voice of our spirit, which speaks to us of our courage to heal. We will do this with humor as we find the balance between learning and "life." We will come to the end of this journey, knowing we will begin another, more important one.... To honor the teaching, to heal the world, one body and soul at a time.

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.

IN TOUCH

The Quarterly Newsletter of the
Downeast School of Massage



Downeast School of Massage
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Director of Education Suzanne Ash
Director of Admissions and Placement
Amanda Rich
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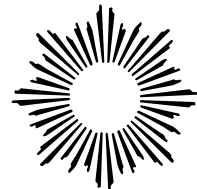
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Newsletter submissions, including editorial and advertising materials, may be sent to "DSM Newsletter" (address above). DSM reserves the right to accept, reject, edit, and/or place advertising and editorial matter at its discretion. Copyrighted material 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, e.g., the Winter issue is mailed in late December.



Increased Equine Performance fr. p. 1

done which includes the horse's job, history, and housing. Recommendations are made from the obtained knowledge.

MFR can assist with increased range of motion, increased circulation and decreased edema, decreased pain, release scar tissue, and restore natural strength, power and endurance to the horse (or human).

Please see ad for Myofascial Equine workshop with Maxine at DSM this June 2007. Maxine will also be teaching an Aromatherapy workshop at DSM in this New Year!

Coming Soon

2007 - 2008
DSM Catalog

COMTA accredited
institution in the
heart of Midcoast

Maine. Call to receive
the new catalog when it's ready.
207-832-5531.



Sizing up Success

by Bob King, bob@deepmtr.com,

Reprinted from *Deep Massage Therapy Review*, April 2006, used by permission

Is a large stature necessary to achieve success and longevity in the bodywork arena? "No!" is the answer from diminutive therapists everywhere.

Dina Casso, standing just less than 5 feet tall, has developed a reputation for effective and deep work on clients who frequent her practice at Bliss, an upscale Chicago-area day spa. Dina says it's not unusual for clients to do a double-take when meeting her for the first time. One client even grabbed her hands to make sure she could provide adequate pressure.

Dina credits her dance background as an excellent complement to her bodywork career. Her strong proprioceptive awareness alerts her that some techniques with certain clients might have to be eliminated or altered. "For example," she says, "if I give a sacral stretch from the head of the table on a client with a long torso, my back is flexed at a ninety-degree angle, my legs are locked, and I'm up on my toes. At that point, my leverage has been compromised. I've tried this technique from the side of the table, but then I have to rotate my lumbar spine for adequate engagement, and that twisting movement spirals all the way up my back." Dina continually adjusts her body mechanics during each massage session. She regularly stretches and uses cryotherapy for her hands, thumbs, and wrists if she notices them becoming strained from frictioning or pincer compression techniques.

At 110 pounds, Katrina Baker specializes in myofascial and deep tissue work at a Boston clinic. Katrina "brings clinical massage to the masses," the slogan at the clinic where she provides up to twenty-two one-hour sessions per week. She recently began a teacher-training program in yoga, a discipline she practices regularly. "The public responds well to my size," she asserts, while employing a combination of deep tissue and myofascial approaches. "I sometimes have to explain that deep tissue massage does not have to hurt, which is a common misconception."

Katrina uses elbow techniques in much of her work and keeps a very low table height in order to provide leverage-based tissue engagement. "My favorite teachers over the years have always explained that working deep is not working hard."

As part of her maintenance program, she receives regular massage treatments from co-workers at the Boston Bodyworker. "I feel fortunate to be in a very supportive work environment, and it never feels like work because I love what I do."

Carol Porter is a 106-pound, fourteen-year bodywork veteran who is currently free of injury and overuse problems. Carol uses a combination of free weights and yoga to stay flexible and strong. She learned early in her career how to maintain optimal health and fitness. Her first job was at a health club, and she quickly began trading massage sessions for personal training lessons. This led to other self-care techniques. "I take two consecutive days off per week to rest and repair," she says. "I regularly practice meditation, do no more than five hours of massaging per day, and I receive regular bodywork. I feel that self-care is one of the keys to my longevity in this career."

Terri Raisch, tipping the scales at 108 pounds, maintains a successful practice by stretching daily and performing torso curls to maintain her core stability. She stays conscious of her bodywork delivery system, "utilizing leg drive and weight transfer rather than arm strength," to sink into deep layers of tissue. Proper warming of tissue helps her achieve optimal engagement and release hypertonicity. "Some therapists work too deep too fast and get caught in the game of exertion and strain," she explains. Her self-care rituals include staying mentally focused, establishing proper professional boundaries, and maintaining a support system for her personal wellness.

Fifty-two-year-old Sharon Akiyama weighs 109 pounds, stands 5 feet tall, and maintains a full-time practice in Denver, Colorado. Sharon says her stature is a challenge, "because everyone I work with is bigger than me; taller, heavier, and bulkier." She rises to the occasion by keeping herself in peak physical condition. In recent years, she has ventured into rock climbing, power lifting, and ballroom dancing, along with a strict program of cardio and physical conditioning. Sharon follows a healthy Asian-based diet and takes vitamins and mineral supplements.

Sharon compares massage to rock climbing. "It looks like it's all upper body

strength, but in reality you need powerful legs. The strength of my legs allows me to sink into stressed areas of tissue without straining my upper body. Learning to use my elbows in shiatsu takes considerable pressure off my thumbs. In Chinese medicine, your elbow is an extension of your fingers, so a little bit of leaning goes a long way," Sharon adds. "I love massage therapy, and the only way I will be able to continue with my career is to stay in tip-top physical condition."

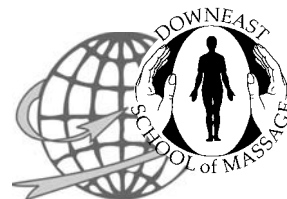
Petite and powerful . . . it seems therapists of small stature all take the following actions:

- ✓ Employ a leverage-based delivery system coming from the legs and feet
- ✓ Self-regulate their body mechanics.
- ✓ Maintain self-awareness and quickly respond to signs of strain or injury
- ✓ Modify or even eliminate certain techniques
- ✓ Enhance their peak performance with rigorous physical conditioning
- ✓ Follow a self-care program that includes regular massage therapy

It is my hope that these diminutive but powerful bodyworkers will help us put an end to outdated stereotypes such as "I'm too small to be successful" or "I'm not big enough to enter this profession."

Maybe clients will soon stop examining the size of our hands and be more concerned about our commitment to excellence, our passion for service, and our expertise in massage therapy.

True success in our profession comes from within and a small frame can accommodate a big heart!



www.dsmstore.net

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

natives placed themselves around us to lomi lomi and pinch our limbs, an operation which we found on these occasions, very lulling and pleasing when gently performed."

In 1819 a Mr. Frecient wrote, "Two females about 40 years old knelt down on each side of me and squeezed and rubbed my limbs with all their might. All the parts of the body were pressed between the hands, going from the arms to the legs and from the thighs to the shoulders. Here it is employed as a means of making people sleepy."

In the 1820s early missionaries to the Hawaiian Islands found the native healers to be accurate in their diagnosis and treatment of illness, and in mending broken bones. They considered the Hawaiians to be heathens, however, and in 1893, after years of political upheaval, the new government outlawed all spiritual traditions, including healing arts, the study of the Hawaiian language, and hula dancing. But the sacred traditions did not die; they were hidden and practiced in secrecy, passed down only within the Hawaiian community (ohana), through *ike maka lihilihi a maka alawa*, which means to do by observation and insight.

The tradition of *ike maka lihilihi a maka alawa* was noted in a Board of Health report in 1896 by Charles Peterson, M.D., who wrote, "The practice of Kahunas [sic] in this district is, I am confident, quietly carried on. The Hawaiians will not expose them, and investigation only elicits falsehoods and assertions of ignorance."

It wasn't until the 1970s that the laws were changed and Hawaiians were free to pursue their native heritage and spiritual traditions without fear of punishment. This freedom rekindled a flame in the heart of many native people and led to a resurgence of interest in their cultural heritage.

Hawaiian elders were sought out and questioned about their knowledge, and grassroots organizations sprang up around them. In 1973, Aunty Margaret Machado, a respected kupuna (elder) from the Big Island, decided to share her family's knowledge by teaching it to anyone who had a sincere desire to learn, Hawaiian or not.

She felt it was time for the ancient healing gift of lomi lomi to be felt throughout the world. While Aunty Margaret was criticized by many in the Hawaiian community for revealing the secrets of lomi lomi, it

was through her efforts that lomi lomi was brought to the forefront of a resurgence of interest in native Hawaiian healing.

The Hawaiian Pocket Dictionary defines lomi lomi as a method "to rub, press, crush, massage, rub out; to work in and out, as claws of a contented cat." Another translation is, "to break up into small pieces." In the early 1900s lomi lomi was coined "Hawaiian massage" by the legal system.

While lomi lomi is often referred to as a spiritual massage, the technique is also practical and specific. It is, for example, effective in breaking up calcium deposits and lactic acid build-up. Lomi lomi is more than just a technique; lomi lomi is a system of medicinal physiotherapy that looks to the source of the problem and not just the symptom. Therefore, the areas of concentration would be the parasympathetic and sympathetic nervous system, structural alignment, and gastrointestinal systems of the body. It is important to deal with the psycho-emotional issues that affect the autonomic nervous response along with the emotional release.

Learn more about lomi lomi from Wes and Leahua when they bring a little bit of Hawaii to Downeast in June 2007. See ad in this newsletter.



the spirit of the holiday season? Isn't this positive attitude the basis for self-care and the foundation of good health?

Massage therapists see a lot of medical histories of the individuals they treat. Have you noticed how many of them are taking antidepressants? How many of those individuals get regular massage, counseling, or exercise? Do they take a holistic approach to the depression or are they stuck in their own private spin cycle? How can we help? We can smile, have a positive attitude, and design a massage just for that person on the table. We can treat them with compassion and skill, and promote a holistic approach to emotional health. We can help them get **IN TOUCH** with roads to travel toward feeling better about themselves. We can refer well. That means we respect all health professionals, including the physicians prescribing medications to the depressed. After all, for many people antidepressant medication has made the difference between being able to function or not. We should not ignore other approaches that our clients might entertain in their journey of life. Have they ever been introduced to chiropractic, acupuncture, another bodywork modality or movement therapy?

Try a smile on for size this season and see if you can spread a positive attitude. Stay **IN TOUCH** with yourself, your reflection, and be happy. Be joyous this holiday season and have the very best NewYear!

In Health, Nancy



**Downeast School of Massage
WALDOBORO, MAINE**

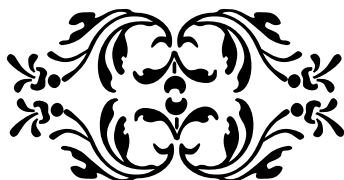
2007 Continuing Education Calendar

- January 4 - July 12.....Shiatsu I & II (Goulet)
- March 3 - 4 & 17 - 18Event Sports Massage (Aitken & Anagnostis)
- April 21 - 22.....Chronic Sports Injuries (Aitken & Anagnostis)
- June 9 - 10.....Polarity (Gaudette)
- June 14 - 16.....Equine Myofascial Massage (Vashro Wyatt)
- June 21 - 24.....Lomi Lomi I (Sen)
- July 13 - 15.....Myofascial Massage (King)
- August 23 - November 1 ...Reflexology Certification (Pollock)
- September 7.....Ethics (Pfeiffer)
- September 21 - 23Deep Massage (Lauterstein)
- September 28 - 30Clinical Flexibility (Agnew)
- October 5 - 7.....Pathology (Werner)
- October 12 -14.....Lomi Lomi II (Sen)
- October 20 - 21.....Royal ThaiSpa™ (Capellini)
- October 26 - 28.....Caring for Clients w/Cancer (Walton)

FOR INFORMATION OR TO REGISTER CALL 207-832-5531

Placement Opportunities

- ✓ **Busy Rockland day spa** has an immediate need for a massage therapist to work Fridays 1 pm - 5:30 pm and Saturdays 9 am - 5 pm. Team member wanted, current knowledge of hot stone massage and body treatments such as exfoliation a plus. Please call Rhonda at: 207-594-5077.
- ✓ **Massage therapy office** on Rte 1 in Scarborough is seeking part-time deep tissue therapist. Also: Massage office available for rental Wednesdays and one weekend per month. Established practice in quiet professional building. Great location with ample parking. \$120 per month. Please call 207-415-3123.
- ✓ **Space available in Camden** at the Hands of Change Holistic Center. Please call Nicole Recht at 207-975-1495. Rent is \$125.00 per month; shared space with 2 offices and 3 other practitioners.
- ✓ **Downtown Camden** – large quiet office space available in historic building. Possible share. Other practitioners sharing kitchenette-equipped waiting room. Carpeted, vaulted ceiling, large windows, utilities included. \$355.00 per month. Leave message at 207-691-5070.
- ✓ **Casco Wellness Center**, 5a Casco Village Rd., Casco, ME 04015 (207-655-2520): seeking practitioners to join their wellness team. The center offers alternative and complementary health care services including massage therapy, psychotherapy and energy work. Please call 207-655-2520.
- ✓ **Experienced acupuncturist** looking for health practitioner to sublet second treatment room. Lovely space ready to go with separate waiting area and bathroom. In town Damariscotta/Newcastle. Please call Susan Weiser Mason at 207-563-1571.



Staff Changes at DSM

After a school or business has been around for more than 25 years it is expected that people will find other paths to follow. As you know, Lorraine Berte retired, and I put out a call to find another qualified professional to help teach the massage class and self-care for the September schedule. Many worthy applicants came forward, and after many interviews, DSM hired Gina Fry, B.Phil., LMT. A graduate of DSM, Gina comes to us with a wealth of experience and much enthusiasm for teaching! She is busy with the new September Wednesday Massage Class. We welcome her aboard!

Although Cindi Yawdik will remain on the faculty at DSM, she has resigned her position as admissions director. After much advertisement, many interviews, and hard (very hard) decisions, DSM hired Amanda Rich, BS, LMT, as our new admissions and placement director. Amanda is also teaching Yoga and Yogalates classes to students and to the community at DSM. We wish Cindi all the best and are happy she will remain on our faculty. We welcome Amanda to DSM and her skills. Amanda has a Bachelor of Science in Health Education, is a graduate of DSM and is right at home with our database.

Donna Gray-Hanc left as faculty member this fall. She is spending more time on building her practice and contemplating a traveling itch for the future. Donna is a valuable member of the curriculum development committee and has agreed to continue serving in that capacity.

Also leaving our midst is Annie Wyman. A graduate of DSM, Annie has been teaching a variety of courses over the years. She is devoted to Structural Integration and Tom Myers work and is trying to streamline her

responsibilities. We will miss her but wish to thank her for all the passion she has placed into teaching at DSM. We love you, Annie!

Zachary Fields, BA, LMT has joined our Deep Tissue faculty team. Zach is no stranger to DSM, as he has been Bob King's assistant at many continuing education events. Myofascial therapy is Zach's expertise, and he comes to us as a graduate of the Chicago School of Massage and as an experienced licensed massage therapist. He will begin teaching at DSM in the spring of 2007. Welcome, Zach!

Joining our Advisory Committee is Kathleen Ocean, RN, LMT, from Washington, Maine. A graduate of DSM, Kathleen has been in private practice for many years in Washington. She is a welcome addition to a valuable committee of peers!

Coming or going, we wish all happy trails!

Continuing Education Opportunity

The Aromatic World

Introduction to the Basics of Holistic Aromatherapy

April 21st & 22nd

Saturday & Sunday 9—5 pm

DOWNEAST SCHOOL OF MASSAGE, WALDOBORO, ME

\$295 if registered by March 30th; \$325 thereafter



☞ *Review history and current research*

☞ *Study the production of essential oils*

☞ *Learn general essential oil properties*

☞ *Discover physical effects of essential oils & pathways through the body*

☞ *Apply basic methods of application*

☞ *Review essential oil safety & effective use*

☞ *Discuss and contrast oil purity & quality*

☞ *Learn in a lively, fun, supportive environment*

MAXEEN VASHRO-WYATT is owner and founder of Body to the Max specializing in Myofascial Release, Cranial Sacral, Massage and Essential Oil Therapies on both Equine and Human. Come learn to safely and effectively use some of Nature's most powerful tools: Essential Oils. Join us on this journey and the rediscovery of this ancient healing modality.



Continuing Education Opportunities



THE DOWNEAST SCHOOL OF MASSAGE PRESENTS:

CERTIFICATION IN EVENT SPORTS MASSAGE AND THE ASSESSMENT AND TREATMENT OF CHRONIC INJURIES

48 CONTACT HOURS - 4.8 CEUS

SPORTS MASSAGE: MARCH 3, 4, 17, 18, 2007

CHRONIC INJURIES: APRIL 21, 22, 2007

Time: 9 AM - 12 PM 1-4 PM each day • Cost: \$864.00 • Payment Plan Available



This course will introduce participants to basic information and techniques in many related areas which are included in the successful practice of Event Sports Massage. The course includes pre- and post-event massage, joint mobilization, thermal problems, proprioceptor neuromuscular facilitation, cryotherapy, and other techniques with supervised practical time. Upon completion of the 36 hours of classroom instruction plus 12 hours of event time, the participant will be able to demonstrate an understanding of the background and principles of Event Sports Massage. The participant will be able to display a high degree of competency with the techniques of Event Sports Massage. Participants are expected to attend planned events as part of the course. It is suggested that participants bring shorts, bathing suits, or warm-up clothes for this course. A 75% grade average is required to pass Event Sports Massage. The third weekend will be a focus on the Assessment and

Treatment of Chronic Injuries and Conditions. This course will introduce students to specific skills used when assessing chronic injuries/conditions common to active people.

Course Objectives

- Present a format to assess chronic injuries and conditions.
- Review information on preventing the recurrence of chronic injuries/conditions
- Practice appropriate massage techniques to decrease symptoms
- Review the importance of the core stability
- Explore the whole body approach to deal with chronic injuries/conditions

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

Instructors

Michael Aitken, LATC, LMT, received his masters degree in athletic training from Indiana University. He 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. For the past ten years Mike has owned a private massage therapy practice specializing in sports and work related injuries/conditions. He has had the opportunity to work with national and world-class snowboard, track and field athletes, runners and triathletes both as a massage therapist and athletic trainer.

Kate Anagnostis, LATC, LMT, earned her degree in health education and athletic training from Ithaca College. She has a MS in Severe Special Needs. She has worked with people with injuries and chronic conditions through athletic training and massage therapy for over 20 years. She has a massage therapy practice in Brunswick and is the athletic trainer for Mt. Ararat High School. She is a part of the Maine Sports Massage Team and worked at the Olympics in Athens, Greece.

For more information or to register for Events Sports Massage, please call the Downeast School of Massage at (207) 832-5531.



Equine Myofascial Release I

SERVING THE ESSENCE OF HORSE & RIDER

June 14th & 16th

Thursday thru Saturday 9 am-5 pm

DOWNEAST SCHOOL OF MASSAGE, WALDOBORO, ME

\$695 if registered by May 18th; \$745 thereafter

Do you wish to increase the natural strength power and endurance in a horse? This class will introduce you to the concept and techniques of Myofascial Release.

LEARN HOW TO:

- ⊗ increase the performance of the equine athlete
- ⊗ increase range of motion
- ⊗ decrease edema & pain
- ⊗ release scar tissue

Extra knowledge presented in this class include SAFETY MERIDIANS and references to CRANIAL SACRAL and ESSENTIAL OIL THERAPY.

MAXEEN VASHRO-WYATT is owner and founder of Body to the Max specializing in Myofascial Release Cranial Sacral Massage and Essential Oil Therapies on both Equine and Human. She has been an instructor of Massage Yoga Myofascial Release and Feng Shei at the Daniels Institute of Holistic Health in Roanoke VA and has both developed and taught Equine Myofascial classes across the US.

BACK BY POPULAR DEMAND!!!

BEGINNING HAWAIIAN LOMI LOMI MASSAGE

with Wesley Sen

June 21st, 22nd, 23rd, 2007

9 AM-5 PM

DOWNEAST SCHOOL OF MASSAGE, WALDOBORO, ME

24 CEU HRS

\$315 if registered by May 18th; \$350 thereafter

COURSE DESCRIPTION: This course will introduce the student to two forms of Hawaiian Lomi Lomi massage practiced in Hawaii today. First, the basic relaxation technique using firm but gentle strokes with the palm heal from the top of the head to the soles of the feet using pattern & rhythm. Second, the medicinal art of traditional native Hawaiian healers to remedy various problems, headaches, lower back pain, and stomach problems. This method incorporates physiotherapy, herbal medicine, colon cleansing, Ho'oponopono/conflict resolution through emotional release, the old Hawaiian custom of Pule/prayer, and Aloha/the loving touch.

COURSE INSTRUCTOR: Wesley Sen, a native of Honolulu, has studied for 10 years with the Kahuna healers of Hawaii and Polynesia and has taught Hawaiian Lomi Lomi massage since 1999 in Hawaii, California, & Japan.

FOR MORE INFORMATION OR TO REGISTER,
CALL DOWNEAST SCHOOL OF MASSAGE AT 207-832-5531



Continuing Education Opportunities



Downeast School of Massage presents **BOB KING** **The Ankle, Knee & Hip: Clinical Massage for the Lower Half** **July 13, 14, 15, 2007**

Friday and Saturday 9-5, Sunday 9-12 • 17 hours, 1.7 CEUs

In this unique workshop you will learn evaluation techniques and hands-on skills for common injuries and myofascial distortions for the pelvis and lower body.

We will perform functional assessment and practice highly effective techniques for ankle sprain, Achilles tendonitis, iliotibial band disorders, patello-femoral problems, and entrapment conditions at the hip including sciatica and meralgia paresthetica. We will address the biomechanical relationships between muscle and joint dysfunction in the pelvis and lower extremity. Learning outcomes include:

1. Kinesiological review of the pelvis, thigh and lower extremity
2. More effective evaluation and assessment
3. Anatomically precise friction, stretching and myofascial release techniques
4. Self-stabilization for more lasting results
5. A more thorough knowledge of the kinetic chain between the foot, knee and hip

You will receive a workshop manual, recently published research articles and table-side instruction in a relaxed, supportive and educational environment.

If you want to increase your professional skills, clinical outcomes and earning potential, this workshop will be a valuable learning experience toward those goals.

Robert K. King demonstrates his passion for healing, athletics, and personal renewal in each of his dynamic workshop presentations. Over the course of a 33-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.

Tuition \$360. Early registration (by June 27) \$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.



Previous trainings with Bob have sold to capacity, so please register early for this innovative training.
For information contact Emily Sibley 207.832.5531 • 99 Moosemeadow Ln. • Waldoboro ME 04572 • dsm@midcoast.com

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

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



The DSM Store

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