



From the Director

News

by Nancy Dail, BA, LMT, NCTMB

This past year was an active one for professional compliance at DSM. We have successfully completed another renewal to COMTA and have been awarded a 5-year reaccreditation. The process was consuming! At the same time, we went through the new procedure for the NCB and are happy to say that we are renewed as an approved provider for continuing education for the National Certification Board. We will continue to serve the profession through our mission statement: To train individuals in the art and science of therapeutic massage for an entry-level professional career, for continuing education, and for personal growth.

Classes are well in gear for the September start (Please check out the Formula for Success for the September 2007 class in this newsletter.) and for January 2008 classes. We are also progressing with the 2008-09 catalog and that will be published this month as usual.

This newsletter will outline our continuing education for the year. Please see the calendar for continuing ed for the year, read the articles from the presenters, and review the ads for the workshops. Please check our website for either additional articles or updates on more workshops until the next newsletter comes out this summer. This will be the first year we will publish just two issues of our newsletter.

The workshop that Dr Peter West and I taught was so successful that we are planning to launch some additional topics for Integrating Chiropractic and Massage Therapy. Co-teaching was not only fun but provided a ton of information for the participants, and evaluations stated that they wanted more—much more. We are happy to comply. All planned workshops will contain posture, pathologies, techniques, and combined chiropractic and massage therapy approaches and treatments. Modeling integration of massage therapy and chiropractic in education will serve to promote actual integration of these health professions and will continue to benefit

continued on page 3

The Miracle of Human Structure and Energy

by David Lauterstein

Western health care has mostly been the study and practice of attending to structures. Anatomists have looked at the biological things, named them, and identified their locations. Medicine mostly finds diseases or injuries and treats them. Careful attention to finding the problematic thing and remedying it has had vast rewards: the evolved treatment of so many diseases, now annoyances, that used to be lethal; the virtual elimination of smallpox, measles, polio; incredible advances in surgeries of all kind, including remarkable arthroscopic breakthroughs. These advances contribute to many more lives being healthier and to greater longevity. I and many of you reading this may be alive today as a result of modern medicine. So all homage to these life-sustaining medical advances!

At the same time as Western medicine has successfully treated the physical body, it has not been innovative with regard to the treatment of the person themselves. I recall, for example, an allopathic therapist telling me, "I'm seeing four knees this morning."

Western medicine does not essentially take into account the feelings, the thoughts, spirit, or the soul of the patient.

continued on page 5

Massage Therapy for the Cancer Journey

by Tracy Walton

While ago I was giving massage to a young woman with advanced breast cancer, with metastases to her brain and a few spots on her ribs. The mechanics of the session required careful modifications in pressure, joint movement and other massage elements for her condition. The mechanics included extra attention to her feet and shoulders because of some complaints she had after long car travel. The mechanics also included a list of interview questions designed for her clinical presentation—questions about her responses to chemotherapy, her blood counts, whether her mouth sores—a response to her new chemo—would permit resting in the face cradle. The mechanics included a little extra time up front in the interview to update me about any diagnostic tests and determine what that meant for the massage session.

It's hard to capture all of the clinical decision-making steps I made in that paragraph. There were many adjustments, some of them exquisitely small, others more basic, to make in her session. There are many resources—articles, books, and trainings—that detail the information and clinical thinking needed to work safely and well with people with

continued on page 2

Formula for Success

The September 2007 Class began its new adventure on September 10, 2007. Full-time and part-time students are attending in a variety of schedules with the following Formula for Success:

*We as individuals have come
to the Downeast School of Massage with determination,
seeking growth, change and fulfillment.
Together we walk the path of commitment, inspiration, and mutual respect.
With laughter, compassion, balance and hope,
we journey towards confidence, competence and healing.*

The statement is accompanied by Chinese artwork and is posted at the 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.

40th Massage Class Graduates

The The Downeast School of Massage held commencement exercises for 10 new massage therapists from the 40th graduating class and approximately 125 guests on Saturday, November 10, 2007 at the school in Waldoboro. Guest speaker, Cliff Korn, LMT, gave a profound speech with advice on mentorship, involvement in the massage profession and career responsibility. Cliff is the owner of Windham Health Center in Windham, New Hampshire, and is licensed in New Hampshire and Florida. He is Nationally Certified, has served on numerous national committees, and is currently the editor of the nationally distributed trade publication *Massage Today*. Cliff congratulated the

students for attending one of the best schools in the country and offered congratulations to the graduates.

Andrew Parr and Ainslee Pine represented their class by speaking to the audience at graduation. Memories surfaced with laughter, gratitude, and tears representing the deep bonding shared by this class over the course of this year. Jesse Chazin played her guitar and sang to the receptive audience.

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 the Director of Education Suzanne Ash, Director of Admissions Amanda Rich, and Cheryl Tardy, faculty member.

Graduating were: Cheryl Agnese, Belfast; Danielle Beaulieu, Rockport; Tonya Alexander-Bernier, Phippsburg; Jessica Chazin, St. George; Marilyn Francis, Perry; Cedric Mason, Portland; Andrew Parr, Rockland; Ainslee Pine, Rockland; Kara Sandner, Boothbay Harbor; and Eric Sirois, Brewer.

With its curriculum of over 600 hours, DSM has been in business for over 27 years and is institutionally accredited by the Commission on Massage Therapy Accreditation. Completion of the state-approved program is required for 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.

The Downeast School of Massage is accepting applications for the January 2008 program. Please call 832-5531 for a catalog or more information about their frequent open houses or visit their websites at: www.downeastschoolofmassage.net and the supply store at www.dsmstore.net.

From the Director fr. p. 1

our clients, students, and professionals. Our next workshop will be on the Shoulder Girdle/Shoulder Joint, on April 26, 27, 2008, and we will cover the Hip on October 11 and 12, 2008.

A quick note about surveys—recently we got a call from Nathan Swett which would not have been noteworthy had he not called from Afghanistan. Nate wanted to make sure to talk with Amanda so he could complete his post-graduate survey by phone. Nate is subcontracting for the government so he can be near his brother in the military. So those of you that have a self-addressed stamped envelope with your survey and live “down the street” or at least in Maine or the US, do you think you could please mail them back? It is your way to stay **IN TOUCH** with the school, curriculum development, and the profession. We appreciate your time and, Nate, we hope to see you and your brother home soon!

We are we happy to present our new instructional massage DVD called “A Gift of Touch,” which will be ready soon. Accompanying the menu and credits is music from David Lauterstein’s new CD, *Roots and Branches*, to give you a taste of new massage music that will be available at the DSM Store in about a month. David composed and played this music while several of his graduates were giving a massage! The retail cost of *Roots and Branches* will be \$15.95 plus shipping and handling.

We have not yet set a price on “A Gift of Touch” but will be working on that soon. I am grateful for the help and direction from the executive producer Emily

Waltz and from master editor Mike Colbert from Colbert Communications. Models included Fran Bailey, Robert Lash, and stunt double Emily Waltz. Nancy Terrell Hall of Moonlighter Graphics provided graphic design direction and our front cover. I have dedicated this project, “A Gift of Touch,” DVD and accompanying manual, to my friend Grendl Hardie who lived her life as a gift. She was a massage therapist, mother, and dear friend, and she freely gave her love and energy every time she touched anyone. Her daughter Malika told me she would have been embarrassed by the attention; she was humble and never bragged about her gifts. I will always remember Grendl but wanted in a small way to honor her memory by this dedication. It will help me to remain **IN TOUCH** with the spirit of her gifts and with her.

The 2008 Student Clinic will start on February 29, 2008. A calendar is now available from DSM. We will be formally sending out postcards and press releases in the beginning of February. Students must now complete eight days of clinic, a total of 57 hours. We have found the in-class-room time to be irreplaceable to the student’s overall education. We hope to see you in clinic this year!

From all of us here at DSM, we wish graduates, friends, associates, massage therapists, and our supportive community the very best of New Year’s wishes. We hope your New Year will be healthy, happy, and peaceful and will shower you with love, light, and success. Stay **IN TOUCH!**

PLEASE don't wait

until the last minute to sign up for workshops. Some of our presenters come from a long distance and need to plan well ahead for travel. Last-minute registrations did not save a recent workshop from being cancelled. It takes a lot to make these incredible educational opportunities available to you. Please help by registering in a timely manner. *Thank you for your anticipated cooperation.*

Hurting While You Work? Do something about it!

Prevention and Maintenance for the Bodyworker

by Timothy Agnew

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. I once treated a massage therapist who suffered from sciatic pain that was so intense she literally limped into the treatment room to give her massages. And she did this for over a year, ignoring the pain as best she could.

Yet it does not have to be this way. The secret to staying in the field and injury-free is to maintain the body so it can perform the necessary movements required for this line of work. What we do is not that far removed from factory work; we are placing our bodies into unnatural positions, then torquing them as we lift or push. Over the years I've given prevention advice to thousands of therapists and patients, and I often teach it as an adjunct to my courses and lectures on flexibility. Students ask me all the time what they can do to help this problem or that. My philosophy is that simple and specific exercises done on a weekly basis are all that is required to maintain the body. But what exactly do I mean?

In my own practice, I make certain that every patient who comes to me is placed

on a simple program of maintenance for his or her particular problem. This is part of my treatment. This program consists of specific exercises in flexibility and strengthening that patients follow on a weekly basis. These exercises are not explained to them once or read off a handout, but are implemented slowly on each visit. The patient demonstrates the exercises to me each time, and I make corrections if needed. The patient effectively becomes her own therapist, safely performing the movements at home. The results for helping conditions with this sort of coaching are mind boggling. Patients are empowered to heal themselves and often see immediate relief.

The same is true with professional therapists. If they are shown the proper exercises to perform and the correct way to perform them, healing takes place very quickly. A therapist suffering from wrist issues begins a simple, precise weekly 10-minute routine designed to open and strengthen the carpal tunnel area. A therapist suffering from sciatica begins performing specific gluteal stretches between clients. As therapists and as human beings, we need to understand that unless we begin to maintain our bodies, they will fail us early. I know many therapists who continue to work in pain and who are so exhausted by their work that they can barely function at home.

Part of the stigma attached to "exercises" is that they are too difficult to do. This is certainly true with many types of exercises. For the wrist, for example, there are dozens of exercises designed to help strengthen it. When a person visits a physical therapist, many times he is given numerous exercises for the wrist when really only one is needed. This is a major reason that person stops doing the

exercises. One of the things I specialize in is showing therapists how to effectively strengthen or stretch using minimal exercises that isolate the area. These exercises are enjoyable because they are easy. Also, I stress the importance of continuing the exercises even after the injury has healed. The idea, of course, is to prevent the injury from returning. There is a pervasive mindset that "6 weeks" of physical therapy is all that is needed to heal an injury. While this might be true, and some people certainly do get better in that time, the larger question is how long do they stay pain free once they stop doing the exercises?

With the release of my new DVD, *Dynamic Flexibility: a Safe and Effective Self-Stretching Program*, I decided to offer a course that would effectively teach the professional therapist how to maintain their work-related dysfunctions. To be honest, I grew so tired of seeing so many therapists suffering while doing what they love, I had to do something. This two-day course will focus on the entire body, both from a flexibility and strength perspective. Student will learn powerful stretch routines that are featured on the DVD (which is included with the course) and simple strength exercises for the neck, shoulder, wrist, and feet. Common dysfunctions will be discussed, and you will learn the precise routine you need to start to overcome them.

There are many of you out there who are hurting while you work, and I hope to see you in this exciting course.

Timothy Agnew will be at DSM September 20-21 teaching Prevention and Maintenance for the Bodyworker. For more information, contact DSM at (207) 832-5531.



Downeast Meeting & Banquet Facilities *Events by the Lake*

an indoor/outdoor meeting, conference, and banquet venue
on Moose Meadow Lane

· Spacious · Accessible · Private · Affordable · Charming

99 Moose Meadow Lane ☞ PO Box 24 ☞ Waldoboro, ME 04572
Phone: 207-832-5531 Email: info@downeastmeeting.com
www.downeastmeeting.com

Available Now

New 2008 – 2009 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 other words, it pays attention to structure primarily, with very little attention to energy.

Energy we here are defining as anything not strictly physical. So, whereas structure relates to matter, particles, and is solid, visible, and tangible; energy relates to waves, vibrations, movement, and, in humans, the epiphenomena of sensation, awareness, self-consciousness, emotion, and spirit.

What remains problematic then is twofold. First, a medicine that ignores the person will tend to fail at treating chronic problems because these often have to do with people's behavior and not an identifiable pathogen. Secondly, a medicine which ignores the personhood of the patient will not promote therapeutic trust. Patients whose feelings are ignored become resentful, even though the disease treatment may go well!

This is undoubtedly why malpractice suits are so common. If a medicine does not relate to the feeling, thinking, and spiritual side of the person, it can seriously compromise the healthy relationship between doctor and patient. Leaving energy out of the equation is itself a cause of dis-ease—for relationships in which trust does not fully exist lack ease. This un-ease ultimately has physiological and social consequences.

We may indeed consider the separation of structure from energy as a cultural wound or epidemic. A medicine and a society that regards people merely as things is one that leaves the worlds of feeling, thought, and spirit to the vicissitudes of chance. This is, certainly in some respects, the world we find ourselves in today. Education teaches children the manipulation of symbols and facts but continues to avoid issues pertaining to the energetic world—beliefs, emotions, ethics, spirit. And religion, with diminished authority for many, no longer takes up the slack.

Western science prides itself on its empiricism—looking closely at what is and drawing scientific conclusions from it. But in humans, importantly, part of what is, is emotions! Therefore, a science which ignores emotions is simply bad science. In people there is matter and there is also energy. To speak of life without either is senseless. Leaving discussions of energy out of our examination of structure, is like leaving the meaning of words out of a discussion of language.

That scientists should have separated structure from energy and paid it overmuch attention is not their fault. This has been a pervasive cultural phenomenon traceable to the philosophical problem called "mind-body dualism" that has haunted Western thought throughout its history. We have developed a primarily materialistic culture in which the ability to possess things is often associated, however naively, with happiness. Indeed, the worship of mere things from the golden calf of the Bible to the idolatry of the computer has been an important strand in our history.

As in most either-or conundrums, however, the obvious solution is both-and.

David is returning to teach Deep Massage II June 20, 21, and 22, 2008. Deep Massage I not required to participate. See ad this newsletter.

Looking for an article that appeared in a back issue of *In Touch*? Check out the Forum section of our Web site.

Go to www.downeastschoolofmassage.net and click on **Continuing Education** at the top of the home page. Then click on the **Forum** button, where you will find a list of the articles from the newsletters of the past several years arranged by the author's name. New postings are made regularly.



Downeast School of Massage
WALDOBORO, MAINE



2008 CONTINUING EDUCATION CALENDAR
207-832-5531

- January 3–July 10 . . . Shiatsu I & II (Goulet)
- March 1–2 & 8–9 Event Sports Massage (Aitken & Anagnostis)
- April 5–6 Chronic Sports Injuries (Aitken & Anagnostis)
- April 26–27 Integrating Chiropractic & Massage: Shoulder Girdle/Joint (West & Dail)
- May 31–June 1 Spa Stone Massage (Regan)
- June 13–15 Hawaiian Lomi Lomi (Sen)
- June 20–22 Deep Massage II (Lauterstein)
- June 28–29 Polarity (Gaudette)
- July 11–13 Myofascial Massage (King)
- Aug. 21–Oct. 16 Reflexology Certification (Pollock)
- September 12 Ethics (Pfeiffer)
- September 20–21 Clinical Flexibility (Agnew)
- September 27–28 Ayurvedic Massage I (Khalsa)
- October 4–5 Anatomy Trains (Myers)
- October 11–12 Integrating Chiropractic & Massage: Hip (West & Dail)
- October 18–19 Thai Herbal Ball Therapy (Capellini)
- October 24–26 Caring for Clients w/Cancer (Walton)



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

SPORTS MASSAGE: MARCH 1, 2, 8, 9, 2008

CHRONIC INJURIES: APRIL 5, 6, 2008

Time: 9 AM - 12 PM 1-4 PM each day • Cost: \$1056.00 • 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 reoccurrence 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

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.

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

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

INTEGRATING CHIROPRACTIC & MASSAGE THERAPY

A DIMENSIONAL APPROACH TO EXPLORING THE PATHOLOGIES OF THE SHOULDER GIRDLE & SHOULDER JOINT

INCLUDING:

ADHESIVE CAPSULITIS, DISLOCATIONS, ROTATOR CUFF TENDONITIS AND INJURIES, THORACIC OUTLET SYNDROME, NEUROLOGICAL IMPINGEMENTS, BURSITIS & OSTEOARTHRITIS OF THE SHOULDER.

April 26th & 27th Saturday & Sunday 9—4 pm **12 CE Hours**

Course Fee: \$250 before March 24, 2008, \$275 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 shoulder girdle & shoulder joint conditions. Dr. West will lecture on the skeletal and neurological anatomy of the neck, shoulder girdle & shoulder joint, specific etiologies, signs, symptoms and chiropractic treatments; including, demonstrations of hands-on evaluation techniques designed to assess the pathologies of this troubled region.

Nancy will provide a thorough understanding of the muscular anatomy of the shoulder girdle & shoulder joint, trigger points, and referred pain patterns. Nancy 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). 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.

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 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



Deep Massage II:

The Lauterstein Method

A Full Three-Day
Advanced Training
with David Lauterstein

June 20-22, 2008
Friday and Saturday 9-5:30, Sunday 9-4

Cost: \$360 if preregistered 30 days or more
before the workshop (\$395 thereafter)
\$100 deposit required, 20 hours

All participants will receive
FREE with their tuition:

A 60 page
Deep Massage manual
and a 2 hour 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.

How Deep Massage helps: Frees the muscles and fascia of the body and relieves musculo-skeletal tension, pain, and injury — plus aligns structure and energy

What you will learn in Deep Massage II:

- The Deep Massage II Protocol
- New Deep Massage techniques in the side-lying position: for adductor magnus, serratus anterior, tensor fascia lata, iliotibial band, peroneus longus, tibialis anterior, erector spinae, multifidus, and quadratus lumborum
- Advanced Deep Massage techniques for: the deep lateral rotators, the iliopsoas, vastus intermedius, hamstrings, the diaphragm, pectoralis minor and subscapularis, sternocleidomastoid and the masseter
- Deepening of the DM I techniques and concepts
- How to use the "enlightened" body to more deeply engage yourself and your client in this work
- Discover new ways to "frame" the session for the individual client through wholistic session design

How Deep Massage helps:

- Frees the muscles and fascia of the body
- Relieves musculo-skeletal tension, pain, and injury
- Deepens clients' relief from past trauma
- Decompresses and re-aligns the body
- Deeply relieves current life stresses
- Promotes mental clarity and inspiration
- Aligns structure and energy with respect to each other

This 20 hour training is recognized as the second level of the Deep Massage Certification Process.

David Lauterstein has been a practitioner of massage and bodywork for 30 years. He is co-founder of The Lauterstein-Conway Massage School in Austin now in its 20th year, author of the book, Putting the Soul Back in the Body, editor of the manual, "The Alchemy of Touch", and author of the path-breaking series of essays "Seven Dimensions of Touch." To read these essays, see: <http://tlcschool.com/about-artides.asp>; for more info on Deep Massage, contact DavidL@TLCschool.com.

Prerequisites: DM II can be taken as the first course in this method of Deep Massage, though Deep Massage I or its equivalent is preferred - contact Downeast School or David Lauterstein with any questions. Participants must be health practitioners (massage therapists, acupuncturists, Chiropractors, physical therapists, or current advanced massage students. Prior to the training, you will be sent a list of muscles to review. This 20 hour training qualifies as one of the three courses in the Deep Massage Certification Process.

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

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

Downeast School of Massage presents **BOB KING** **CLINICAL MASSAGE for HEAD, NECK, AND UPPER BACK PAIN** 21 hours July 11-13, 2008

This 3-day clinical workshop is designed for bodyworkers committed to bringing their skills to the highest standard of excellence. Instructed by Chicago School of Massage Therapy founder and educator Bob King, the course provides you with hands-on skills and clinical expertise that you can immediately bring to your practice for quicker and more lasting results.

Highlights of this intensive training include:

- Anatomical Review and Cadaver Video Presentation
- Functional and Structural Assessment Techniques
- Illustrated manuals, research articles, and coursework
- Tableside assistant and supervision
- Certificate of Continuing Education
- Anatomically precise clinical hands-on skills
- Effective Intra-oral techniques for TMJ dysfunction
- Receive skillful bodywork in a safe and relaxing environment

Hand-on skills include myofascial, neuromuscular, and muscle energy tech-

niques along with self-stabilization measure for optimal clinical results.

Tuition \$360.

Early registration (by June 27) \$320

Bob King has authored manuals, books, videos, curricula and dozens of clinical articles in a massage therapy career spanning more than three decades. He is the founder and past president of the Chicago School of Massage Therapy and conducts advanced myofascial trainings throughout the country as an approved NCBTMB provider at schools, destination spas and national conferences. He served two terms as AMTA National President and is widely regarded as a successful innovator, activist and educator within the profession. Bob is on the Editorial Advisory Board of the Journal of Bodywork and Movement Therapies. In 2004 he received the Distinguished Service Award for the Massage Therapy Foundation for visionary leadership. He can be reached at bob@performancemassagetraining.com

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



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



Continuing Education Opportunities



Spa Stone Massage

BASIC & ADVANCED TRAINING



May 31st—June 1st, 2008

Saturday 9–6 pm & Sunday 9–1 pm

DOWNEAST SCHOOL OF MASSAGE, WALDOBORO, ME

CALL 207-832-5531 TO REGISTER

\$295 if registered by May 1st; \$340 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.

HAWAIIAN LOMI LOMI MASSAGE I

with Wesley Sen

June 13—15, 2008 21 CE HRS

Friday, Saturday & Sunday 9 AM—5 PM

DOWNEAST SCHOOL OF MASSAGE, WALDOBORO, ME

\$315 if registered by May 2; \$350 thereafter

COURSE DESCRIPTION: Hawaiian Lomi Lomi Massage is a traditional native Hawaiian healing art & culture. The techniques and components of traditional medicine were brought to Hawaii by the early Polynesians who came from various islands in the South Pacific. The knowledge, passed down through Kahuna/priestly lines, varies from family to family. The technique that will be introduced in this class is based on the work of Margaret Machado of Napoopoo, Kona, Hawaii.

In Introduction to Hawaiian Lomi Lomi learn:

- The basic Lomi Lomi 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.
- How the sciatic nerve affect tension going from the piriformis, down the leg and up the spine to the neck.
- How the stomach affects tension in the neck, shoulders, & lower back.
- Traditional Hawaiian customs and philosophical practices such as Aloha/essence of Hawaiian culture, Ho'oponopono/conflict resolution & Pule/prayer.

COME & EXPERIENCE THE TRADITIONAL HEALING OF ANCIENT HAWAII!

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.

THAI HERBAL BALL THERAPY

October 18 & 19, 2008

with Steve Capellini

NCBTMB 16 CE hours

to be held at Downeast School of Massage, Waldoboro, ME

\$395 by 9/8 and \$445 after 9/8

Thai herbal balls are a method of treatment employed in traditional Thai medicine for centuries, and now they are being incorporated into treatment programs at top spas worldwide. Come learn the latest Asian-inspired spa ritual service featuring Thai massage to pressure points and Sen Lines, (similar to meridians), application of the hot herbal ball, and a luxurious massage featuring oils infused with traditional Thai herbs such as lemongrass and ginger. In addition to the full signature service protocol, all practical aspects of herbal ball preparation, application, therapeutic benefits, safety and contraindications will be cover.



Call DSM at 207-832-5531 to register or for more information.

Caring for Clients with Cancer Simple Steps to Safe, Effective Massage Therapy

3-Day Intensive

October 24-26, 2008, Waldoboro, ME

\$365 if registered by Sep. 28; \$395 thereafter

24.0 ncbtmb ce hrs

at the Downeast School of Massage
207 832 5531

www.downeastschoolofmassage.net



- ★ Expand awareness of the cancer journey
- ★ Take home client forms and easy-to-use intake questions
 - ★ Review current research on massage and cancer
- ★ Adapt massage to cancer treatments and complications
- ★ Use proven strategies for consulting the client's physician
 - ★ Demystify cancer and cancer treatment
- ★ Practice interviewing and hands-on work in a supervised clinic with volunteer clients
 - ★ Discuss cases and concrete examples
 - ★ Learn in a lively, fun, supportive environment

Tracy Walton consults to hospitals and massage schools, writes and teaches nationally on massage and cancer. Since 1990 she has worked in private massage therapy practice, hospital and spa settings. She has researched the role of massage therapy in metastatic cancer at the Beth Israel-Deaconess Medical Center and Harvard Medical School's Osher Institute. In 2003 the AMTA named her the Teacher of the Year. She offers a bibliography of cancer and massage research on her website, www.tracywalton.com. Tracy's classrooms are friendly and interactive. She loves integrating the heart, science and soul of bodywork. A seasoned teacher, Tracy warmly welcomes and reaches massage therapists from all levels of training.



Continuing Education Opportunities



Clinical Flexibility and Therapeutic Exercise™

Prevention and Maintenance for the Bodyworker

with Timothy Agnew

Sept. 20-21, 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* 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! Avoid burn out!

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.

Course Fee: \$375 before August 30th; \$395 after. For more information call Downeast School of Massage at 207-832-5531. Visa/MasterCard accepted. Space is limited!

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
www.dsmstore.net

STORE HOURS

Tuesday—Friday 9 AM to 5 PM

*Dedicated to providing quality
therapeutic supplies and alternative
products for the enhancement of
professional growth and
holistic health.*

Thomas Myers' ANATOMY TRAINS

Myofascial Meridians for the Manual Therapist

Instructed by Thomas Myers

Oct 4-5, 2008

Saturday 8:30 am - 5 pm • Sunday 9:00 am - 5:00 pm
Downeast School of Massage • Waldoboro, ME
\$400 or \$350 by Sep 5th

One short course...long-lasting results for you!
A Two-day Workshop ~ 14 NCBTMB credits

CONNECT THE DOTS!

- ✓ Get the latest info on fascia, muscle, and movement
 - ✓ Learn the 12 myofascial meridians and treatment strategies
 - ✓ Link living anatomy to human growth, development, perception, and consciousness
- 3-D anatomy mapped as you've never felt it before—Anatomy Trains just makes sense! Specifically designed for today's hands-on or movement therapist.*

SEE THE PATTERNS!

- ✓ Accurately "bodyread" posture & movement
 - ✓ Find the strain beneath the pain
- Assess your clients in a new way - see how work in one area has positive effects in another. Lead chronic problems to lasting solutions.*

SHAPESHIFT!

- ✓ Learn effective Myofascial and fascial techniques
- ✓ Change stubborn postural "set" in just a few moves
- ✓ Work smarter, not harder

Anatomy Trains Myofascial Meridians courses and DVDs give you new techniques (and a new context for your old ones) to transform structure by reaching the deeper issues in the tissues.

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.

REGISTER EARLY. Call DSM at 207-832-5531

Cancellation must be requested 7 days prior to class to receive a refund. A \$50 cancellation fee will apply.

**Winter 2008
Newsletter of
Downeast School of Massage**
PO Box 24, 99 Moose Meadow Lane
Waldoboro, Maine 04572
207-832-5531
www.dsmstore.net
www.downeastschoolofmassage.net
Address Service Requested

