

## **Massage Classes**

I offer four different massages classes . The intention of each class is to empower people to do therapeutic massage on themselves and others safely and with confidence. By providing tools (how to use your body; fingers, palms, wrists, forearms, and elbows), and practical instruction in working ergonomically and dynamically so that you won't strain or injure yourself.

I once taught massage at a college. The first month a student approached me after class and said "I've learned more from you in the past two and a half weeks than I have since I have been here." She was in the seventh month of a nine month program. Another woman came to me for a massage in 2003 and said afterwards "I have received massages from all the massage instructors at the Spokane schools and you are better at massage than the people who teach it!"

I personally guarantee that the money and time you invest in these instructional classes will return to you over and over, in your life and in your ability to confidently help others. I am generous and dedicated to this profession which is my life calling . Find the class that most suits your needs.

### **Massage for Specific Conditions**

This class is intended for those in need of instruction in treating specific conditions. Who is this class for?

Uncle Joe has a troubled shoulder from years at his job. His twelve year old niece Fran has a knack for massage and brings him some relief. It actually helps so much that he tips her. Imagine how much more effective she would be with some professional instruction? The techniques she learns will help her uncle's condition, without unnecessary strain on herself. The techniques she learns might also help others, perhaps her own children.

A family member is confined to a bed. You wish to provide therapeutic touch for the health benefits, help aid the circulation of blood and lymph, and the stimulation of muscles that would otherwise loose tone. Perhaps

their hip hurts from being limited to sitting or laying down. In cases where the person you wish to help cannot physically attend the class with you, bring someone to substitute for them.

Your husband or wife has two fused vertebral segments in their neck. She/he works at the computer and suffers neck pain and headaches. You try to bring him/her comfort. Perhaps your fingers get tired or sore. Your range of techniques is limited and you cannot provide lasting or at least maintenance relief in the case of chronic pain from injury.

Classes will range from three to six hours depending on number of participants. All students benefit from the instruction that others are given. Student will also practice techniques on your partner. Often there is compensation in the body, so often a condition may often effect other muscles.

Class size: minimum three to maximum six pairs of persons.

Class cost: \$150.00 For each pair.

### **Foot Massage/Reflexology**

The intention of this class is to empower the student to confidently perform a foot and ankle massage, learn osteopathic techniques, allowable within the scope of massage and to increase range of motion in the ankle, meta-tarsal bones, and toes. Learn the basics of reflexology and my unique approach that does not cause unnecessary pain. You will also learn to complete your sessions with “Hands on Healing” This is very grounding and special way to complete the foot massage. Students will be provided with a take-home reference guide hand-out depicting locations of the reflex zones in the feet and ankles.

Class size: Three to six pairs of students.

Class cost: \$150.00 For each pair. Duration: four –four and a half hrs.

### **Full Body Massage**

This class is intended to empower the student to perform a full body massage, with confidence and a full range of techniques. It will allow you to perform a therapeutic and relaxing massage while actually bringing benefit to your own body. I perform up to six massages a day without strain. I have

mastered techniques that allow for maximum depth of pressure without causing pain to the recipient. This class is suited for couples, partners, friends, people considering massage as a professional career, athletes, coaches, parents, nurses, physical therapists, and physicians.

Class size: three to six pairs of students.

Duration: seven to eight hours. This is an intensive class, please come full rested. Bring food that you like to eat that will keep you going.

Class cost: \$90.00 per person.

The most frequently asked question I receive about my classes are about the preservation of modesty. In the classroom setting there are simple draping techniques that allow for undressing and dressing without compromising your modesty. While preparing the various aspects of the body, you will learn how to drape professionally so that the modesty of the recipient is never compromised. Other questions will be addressed during the class introduction.

### **Infant Massage**

This class is intended to teach mothers and fathers to massage their infants. The benefits of infant massage are enormous for the child and the parents.

You will learn:

To perform nerve strokes that will coax a restless infant or child to sleep.

Techniques to develop a child's motor skills and hand-eye coordination.

A general massage routine, and the confidence to apply it to any infant, especially your own. Infants should be at least three to four months old.

Class cost: \$ 50.00 per child with one or two adults.

Class size: six to eight infants. Two per table.

The class will be approximately two hours.