

**North Eastern  
Institute of Whole Health**  
*Continuing Education  
Booklet*

**May – August 2009 Edition**

**Check out the new, low prices!**

Now Offering Fitness & Self-Defense Classes!

The National Certification Board for  
Therapeutic Massage and Bodywork  
approves North Eastern Institute of  
Whole Health, Inc. as a NCBTMB  
Approved Provider #450557-07.

N.E.I.W.H. Graduates take 20% off most workshop prices

<http://www.neiwh.com/NEIWH/continuing.htm>

Phone: (603) 623-5018

Fax: (603) 623-4689

## Now Offering Fitness & Self-Defense Classes

### **Eastern Focused Fitness I**

**\$40.00 for 4 weeks**

**May 19<sup>th</sup> – June 11<sup>th</sup>, 2009**

**Price includes 2 classes per week**

**Meets Tuesdays & Thursdays: 1:15pm – 2:15pm OR 5:30pm – 6:30pm**

If you always wanted to try a martial arts program before committing to Black Belt training, our class is for you! No pressure, just 4 weeks of “fun”damental training bringing the basics of martial arts to life, as you discovering the benefits of a full body workout in an interactive, encouraging environment. For just \$5.00 per class, this class introduces you to a variety of primary techniques that will give any workout a kick! Fitness is a very personal journey and my approach is to integrate mind, body and spirit as we share a positive experience through movement, focus and discipline.

**Please read the small print:** Ages 18 and up. Dress in loose fitting (not too baggy) clothing with pants no longer than ankle length. No shoes will be worn during this class. Feel free to bring along your yoga mat for floor work. All other equipment will be supplied.

**All classes will run for a minimum of 6 participants / maximum of 16.**

**Please note that this class is not approved by the NCBTMB or the State of NH for the purpose of obtaining continuing educational hours.**

**For more information** – contact Sensei Sue at: (603) 724-3776, or email her at: [mrszoso@comcast.net](mailto:mrszoso@comcast.net)

**To register for this class, please only use the registration form on page 15.**

### **Recharge & Refocus**

**\$15.00 for 4 weeks**

**May 19<sup>th</sup> – June 9<sup>th</sup>, 2009**

**Price includes 1 class per week**

**Meets Tuesdays from 5:00pm – 5:30pm**

This is offered to students that would like to switch gears before entering their evening class. If you are coming from a busy day either at the office or home and would like a chance to refocus, reenergize and clear your mind, join us for a half hour of basic movement, breathing and meditation to prepare yourself for an evening of learning. Join us whenever you arrive, any time between 5:00 and 5:30.

**Please read the small print:** Ages 18 and up. Dress in loose fitting (not too baggy) clothing with pants no longer than ankle length. No shoes will be worn during this class. Feel free to bring along your yoga mat for floor work. All other equipment will be supplied.

**All classes will run for a minimum of 6 participants / maximum of 16.**

**Please note that this class is not approved by the NCBTMB or the State of NH for the purpose of obtaining continuing educational hours.**

**For more information** – contact Sensei Sue at: (603) 724-3776, or email her at: [mrszoso@comcast.net](mailto:mrszoso@comcast.net)

**To register for this class, please only use the registration form on page 15.**

**Release the Warrior Within                      \$20.00 per 3-hour class**

**April is Sexual Assault Awareness and Prevention Month so join us  
as we wrap up the month with a personal safety class on**

**April 30<sup>th</sup>, 2009 from 6:00pm – 9:00pm**

***This is an all women class – no exceptions!***

Taught by women for women! We teach tools for women of all ages, stages and skill levels.

You will learn mental, verbal and physical skills to prevent violence using simple and effective techniques. A Low student to instructor ratio ensures proper technique.

This serious subject matter is addressed with respect and encouragement.

Sign up with a friend, sister, classmate or co-worker and spend an evening educating the mind, teaching the body and empowering the soul

**Please read the small print:** Ages 14+ (adult must attend with anyone under 18)

Dress in loose fitting (not too baggy) clothing with pants no longer than ankle length. No shoes will be worn during this class.

**All classes will run for a minimum of 6 participants / maximum of 16.**

**For more information – contact Sensei Sue at 724-3776 or email All classes will run for a minimum of 6 participants / maximum of 16.**

**Please note that this class is not approved by the NCBTMB or the State of NH for the purpose of obtaining continuing educational hours.**

**For more information – contact Sensei Sue at: (603) 724-3776, or email her at: [mrszoso@comcast.net](mailto:mrszoso@comcast.net)**

**To register for this class, please only use the registration form on page 15.**

## Workshop Refund Policies

- For workshops that are cancelled by the Institute (due to a lack of students, teacher request, etc.), individuals who are not currently students of N.E.I.W.H. will be entitled to a full refund within thirty days, or they may request that their money be applied to another workshop that is scheduled within one year of the date of the cancelled workshop.
- **The \$50.<sup>00</sup> deposit is not refundable if the class is held and the individual does not attend, or if the individual cancels within two weeks prior to the start date of the workshop.**

### **Introduction to Aromatherapy**

**6 Hrs.**

**Friday, May 8<sup>th</sup>, 2009: 10:00 AM–4:00 PM**

This course will go into the histories of Essence's oils that are produced from plants, root, or seeds. You will learn how oils will affect your physical and emotional well-being and restore your piece of mind as you go about your daily tasks. Use blends of oils for deep tissue, breast, muscle ache and pain relief. Learn to make blends for use in bath or spas. Hands on training to produce your own mixes of oils from proven recipes or blend your own. Handout materials, supplies, oil will be provided.

**Prerequisite(s): none**

**Instructor: Sue Day, L.M.T.**

**Cost: \$110.00    Deposit of \$50 due by April 24<sup>th</sup>, 2009.**

**6 Cont. Ed. Hrs. will be granted.**

**Students are to bring a notebook and pen.**

### **Advanced Sports Massage for Bi-athletes and Tri-athletes**

**8 Hrs.**

**Saturday, May 9<sup>th</sup>, 2009: 9:00 AM–5:00 PM**

Due to body positioning in swimming, cycling, and running, there is a need to learn shoulder and neck release with extensions to help these athletes in their recovery. Learn how to apply, feel, and use Aaron Mattes Active Isolated Stretches on the upper body muscles that are used during these events to help prevent future injury. For hard to stretch muscles, you will learn to isolate specific muscles to perform PNF /Stretches of the Latissimus dorsi, Teres, Q L, and TFL/IT Tract. Passive stretches of the Adductors and Abductors in the lower body and upper legs will be covered as well.

**Prerequisite(s): none**

**Instructor: Lee Chaffee, L.M.T., L.P.N., C.H.T.**

**Cost: \$100.00    Deposit of \$50 due by April 25<sup>th</sup>, 2009.**

**8 Cont. Ed. Hrs. will be granted.**

Students are to bring a hand towel, shoes with non-slip soles, and loose sports clothing with NO buttons, snaps, belt loops or belts!

## **Lymphatic Drainage Massage**

**16 Hrs.**

**Saturdays, May 16<sup>th</sup> & 23<sup>rd</sup>, 2009: 9:00 AM–5:00 PM**

Proper lymph drainage assists in maintaining the integrity of the immune system and helps to strengthen the body against immune system insufficiencies, allergy symptoms, colds, arthritis, and many other inflammatory conditions that affect the body's natural defense system. Using Swedish strokes and other manipulations specifically to stimulate the lymphatic system, can relieve congestion in the lymph ducts and nodes to restore and encourage proper lymph flow. In this course, you will learn a one-hour treatment. The basic anatomy and physiology of the lymphatic system will be reviewed along with indications and contraindications of the technique. You will also learn how to incorporate lymphatic drainage massage into your current massage routine.

**Prerequisite(s): none**

**Instructor: Sue Page, L.M.T.**

**Cost: \$200.00    Deposit of \$50 due by May 2<sup>nd</sup>, 2009.**

**16 Cont. Ed. Hrs. will be granted.**

**Students are to bring a notebook, pen, linens, and wear comfortable clothing.**

## **Elder Massage**

**8 Hrs.**

**Saturday, June 6<sup>th</sup>, 2009: 9:00 AM–5:00 PM**

Thirty five million Americans are over age 65, the average American lives to be 76. By the year 2025, Americans over the age of 65 will out number all other age groups! There is a great need to know how to properly communicate and massage this age group. Isolation is one of the biggest concerns for them, and massage will help reduce this. Not only will you learn how to safely massage the elderly, you will be able to experience how they feel with actual role-playing. Introduction to Circulatory Massage and Figure Eight Massage with safe joint movement will also be covered.

**Prerequisite(s): none**

**Instructor: Lee Chaffee, L.M.T., L.P.N., C.H.T.**

**Cost: \$100.00    Deposit of \$50 due by May 23<sup>rd</sup>, 2009.**

**8 Cont. Ed. Hrs. will be granted.**

**Students are to bring sheets, oil, tie shoes, sunglasses, and an extra bolster or pillow.**

## **Reiki: Level 1 & 2 Certification Program**

**22 Hrs.**

**Thursday & Friday, June 11<sup>th</sup> – 12<sup>th</sup>, 2009: 9:00 AM–4:00 PM**

**Saturday, June 13<sup>th</sup>, 2009: 9:00 AM–5:00 PM**

The art of Reiki has been used by its practitioners to help people overcome their injuries and related aches and pains for decades. The course will teach you this art of healing, meditation, and relaxation. You will learn the history of Reiki, its ethical procedures, hands-on positioning with regards to the energy field and Chakras, and how to open your Reiki channel to an infinite supply of Universal life force energy. As a result, you will learn how this treatment can benefit others. This workshop combines Reiki: Level 1 with Reiki: Level 2 so you will receive certification for both Reiki: Level 1 and Reiki: Level 2 upon completion of this course. This course is the prerequisite for the Reiki Master program. All learning materials are included with this workshop. **The alumni discount does not apply for this certification program.**

**Prerequisite(s): none**

**Instructor: Sue Day, Certified Reiki Master**

**Cost: \$250.00    Deposit of \$50 due by May 28<sup>th</sup>, 2009.**

**22 Cont. Ed. Hrs. will be granted.**

**Students are to bring a notebook, pen, linens, pillow, and wear comfortable clothes.**

## **Pregnancy and Labor Massage**

**16 Hrs.**

**Saturdays, June 20<sup>th</sup> & 27<sup>th</sup>, 2009: 9:00 AM–5:00 PM**

Pregnancy is an exciting time. Massage can ease stress, tension, and any discomfort a mom-to-be may experience as her body changes and adapts. Massage during labor can be effective for relaxation, and it can reduce the need for medications. Topics for discussion will include acupressure points, body positioning, environmental comforts, various equipment options, and specific techniques for labor massage.

**Prerequisite(s): none**

**Instructor: Sue Page, L.M.T.**

**Cost: \$200.00    Deposit of \$50 due by June 6<sup>th</sup>, 2009.**

**16 Cont. Ed. Hrs. will be granted.**

**Students are to bring a notebook, pen, linens, unscented massage oil or lotion, and pillows (3 standard, or 1 standard and 1 body pillow).**

## **Shirodhara Therapy**

**18 Hrs.**

**Friday - Sunday, July 10<sup>th</sup> – 12<sup>th</sup>, 2009: 10:00 AM–4:00 PM**

Learn about Ayurveda's unique therapy that induces extraordinary bliss. You can charge your customers \$108 or more for this 70 minute treatment. A controlled flow of warm oil is gently poured over the Ajana or third eye chakra. The oil then streams down the Sahashra or crown chakra, which magnifies the senses, disperses negative electrical impulses that accumulate in the forehead from stress, reverses imbalances

within the body, rejuvenates the face and renews the sweetness of life. Shirodhara is one of the most unique therapies available for reducing stress and enhancing cellular intelligence and immunity. It should be noted that to become an effective Shirodhara therapist, it takes devotion, practice and more practice. The motivation to learn Shirodhara therapy must come from your heart. It is not a therapy you can learn in a few days and become an expert, nor is this a therapy you should water-down in order to make more money in your spa. This is a very sacred, profound art that takes lots of time and dedication to learn.

**Prerequisite(s): none**

**Instructor: Karyn Chabot, D.Ay., L.M.T.**

**Cost: \$400.00    Deposit of \$50 due by June 26<sup>th</sup>, 2009.**

**18 Cont. Ed. Hrs. will be granted.**

**Students are to bring a cushion, if you want to sit on the floor, 1 lemon, linens, 1 towel, 1 blanket, pen, paper, 2 quarts of oil from the grocery store which can be any of the following: corn, safflower, grapeseed, sunflower, coconut, or sesame. Also bring at least 2 oz of castor oil from the health food store. All other equipment will be provided.**

### **Parent/Child and Athletes Stretch Class**

**4 Hrs.**

**Friday, July 17<sup>th</sup>, 2009: 10:00 AM–2:00 PM**

Stretch your body from head to toe. You and a partner will work together to bring out the best stretching you have ever felt, by working muscles you did not know you had. You will learn how to work your own body as well as your partners. After this class, you will be able to work with a partner or on your own to bring out the best in your body. This is a great class if you are getting ready for a run or helping your child throw their growing pains. Stretching is a wonderful technique for maintaining good overall health, flexibility and self-awareness. Great any time and on just about anyone.

**Please no children under seven.**

**Prerequisite(s): none**

**Instructor: Samantha Ross, L.M.T.**

**Cost: \$40.00    Please pay in full by July 3<sup>rd</sup>, 2009.**

**4 Cont. Ed. Hrs. will be granted.**

**Students are to wear comfortable clothing.**

### **Simple Facial Cleansing**

**5 Hrs.**

**Saturday, July 18<sup>th</sup>, 2009: 10:00 AM–3:00 PM**

This course will teach you a technique of face cleansing for yourself or another that includes massage and gentle cleansing. Pamper yourself with gentle relaxation, and look younger when facing daily life. This can be combined with spa treatments and massage therapy. You will learn by using the natural ingredients of facial masks. This course will provide a cleansing cream for your use.

**Prerequisite(s): none**

**Instructor: Sue Day, L.M.T.**

**Cost: \$100.00    Deposit of \$50 due by July 4<sup>th</sup>, 2009.**

**5 Cont. Ed. Hrs. will be granted.**

**Students are to bring a notebook and pen, neck pillow, hairpins, 2 hand towels, 1 big towel, 1 wash towel, a bowl, and facial cream cleanser or baby lotion.**

## **Heart as a Healer**

**8 Hrs.**

**Friday, July 24<sup>th</sup>, 2009: 8:00 AM–4:00 PM**

How does your heart heal? The human heart is a miraculous organ. Rollin McCraty, PhD, states that “The heart generates the body’s most powerful and most extensive rhythmic electromagnetic field. Compared to the electromagnetic field produced by the brain, the electrical component of the heart’s field is about 60 times greater in amplitude, and permeates every cell of the body. The magnetic component [of the heart field] is approximately 5,000 times stronger than the brain’s magnetic field...”. The healing implication of this information is enormous. We will explore this phenomenon and its potential for health, healing and love, through our relationship to ourselves and in the client/healer relationship. You will learn heart and heart chakra anatomy and physiology along with heart healing protocols. Since you have been drawn to the healing arts chances are your heart is what drew you here. Come explore your own healing power, your own beautiful heart.

**Prerequisite(s): none**

**Instructor: Jane King, B.A., C.H., Certified Brennan Healer**

**Cost: \$85.00    Deposit of \$50 due by July 10<sup>th</sup>, 2009.**

**8 Cont. Ed. Hrs. will be granted.**

**Students are to bring a notebook and pen.**

## **Canine Massage**

**4 Hrs.**

**Saturday, July 25<sup>th</sup>, 2009: 10:00 AM–2:00 PM**

You know that massage reduces stress, improves circulation, aids in healing, and flexibility. How about your dog? By giving your dog the gift of massage, you are rewarding him or her for a lifetime of companionship and loyalty. In older pets, massage is an excellent modality for joint problems and decreased range of motion. Canine massage is a complement to traditional medical care. We will discuss basic canine anatomy, how to watch for and work with behavior signs, and learn basic massage techniques, which will help you bond with your dog. Please note that the State of NH will not accept the CE Hours from this class for the purposes of obtaining or renewing a Massage Therapy License. However, the NCBTMB will accept these CE Hours. Therefore, this class is not offered to currently, enrolled students. Please do not bring a dog. Therapy dogs will be available for hands-on practice.

**Prerequisite(s): none**

**Instructor: Sue Page, L.M.T.**

**Cost: \$60.00     Deposit of \$50 due by July 11<sup>th</sup>, 2009.**

**4 Cont. Ed. Hrs. will be granted.**

**Students are to bring a notebook and pen, but no dogs.**

## **Hypnotic Techniques for Bodyworkers**

**16 Hrs.**

**Weekend, August 1<sup>st</sup> – 2<sup>nd</sup>, 2009: 9:00 AM–5:00 PM**

Hypnosis. What is it? How can it be incorporated into your practice? Learn hypnosis and hypnotic techniques that will enable you to combine the tactile (massage and other hands-on modalities), with the verbal-/non-verbal (hypnosis), altered state for the ultimate benefit of the client, improve rapport, reduce stress and pain, and insure treatment success.

**Prerequisite(s): none**

**Instructor: Richard King, B.S., B.A., A.C.H.**

**Cost: \$200.00     Deposit of \$50 due by July 18<sup>th</sup>, 2009.**

**16 Cont. Ed. Hrs. will be granted.**

**Students are to bring a notebook and sheets.**

## **Trigger-Point Therapy**

**12 Hrs.**

**Saturdays, August 8<sup>st</sup> & 15<sup>th</sup>. 2009: 9:00 AM–3:00 PM**

The participant will discuss and practice Trigger-Point Therapy techniques for the neck, back, and head; how to find trigger points; and how to successfully treat myofascial pain syndromes. Techniques will include ischemic compression, vibratory compression, active and passive release, and post-contact stretch.

**Prerequisite(s): none**

**Instructor: Daven L. Spencer, D.C.**

**Cost: \$150.00     Deposit of \$50 due by July 25<sup>th</sup>, 2009.**

**12 Cont. Ed. Hrs. will be granted.**

**Students are to bring: notebook; loose, comfortable clothing; sheets.**

## **Sacred Circle Meditation**

**3 Hrs.**

**Friday, August 21<sup>st</sup>, 2009: 10:00 AM–1:00 PM**

This kind of meditation is for any of you interested in calming your inner self, manifest, self-retreat. The group will sit in a circle and work on chakra energy. Best work for anyone after has had a Reiki attunement. This self-treatment is designed to enhance your understanding of the circle of life, improve self-confidence, stress, and anxiety.

**Prerequisite(s): none**

**Instructor: Susan Day, Certified Reiki Master**

**Cost: \$40.00     Please pay in full by August 7<sup>th</sup>, 2009.**

**3 Cont. Ed. Hrs. will be granted.**

Students are to bring a large pillow.

## **Intuition for Bodyworkers**

**16 Hrs.**

**Friday & Saturday, August 22<sup>nd</sup> – 23<sup>rd</sup>, 2009: 8:30 AM–4:30 PM**

Enhance your presence with clients. Gain deeper insights into their cellular holding patterns. Learn how to clearly, intuitively “read” your clients for profound deep healing. In this experiential workshop, you will gain visceral -hands on- understanding of intuitive hearing, knowing, seeing, and feeling. True guidance, false guidance, and what keeps you from connecting to your guidance will be explored. You will leave with tools to continue to open your centers of intuition. This workshop will help you understand which of the four methods of intuition you already use naturally and practical methods to enhance your natural abilities.

**Prerequisite(s): none**

**Instructor: Jane King, Certified Brennan Healer**

**Cost: \$125.00    Deposit of \$50 due by August 8<sup>th</sup>, 2009.**

**16 Cont. Ed. Hrs. will be granted.**

**Students are to bring a notebook, pen and yoga mat or something to lie on.**

## **Circulatory Massage**

**16 Hrs.**

**Weekend, August 29<sup>th</sup> – 30<sup>th</sup>, 2009: 9:00 AM–5:00 PM**

Circulatory massage adjusts and redirects poor circulatory flow and reinforces proper circulation. This massage is beneficial for many circulatory disorders as well as promotes general well being. In this course, you will learn this “special purpose technique”. The basic anatomy and physiology of the Circulatory System will be reviewed as well as indications and contraindications. You will acquire a more thorough understanding of the blood and its physiological function. This class is a nice follow up to Lymphatic Drainage Massage.

**Prerequisite(s): none**

**Instructor: Sue Page, L.M.T.**

**Cost: \$200.00    Deposit of \$50 due by August 15<sup>th</sup>, 2009.**

**16 Cont. Ed. Hrs. will be granted.**

**Students are to bring a notebook, pen, linens, oil (scented or unscented), and wear comfortable clothing.**

**Are you interested in teaching from any place at any time?**

**Would you like a second income with minimal time investment?**

NEIWH now offers a worldwide Online Certification Program for Massage Therapists!

Online instructors are needed for all massage therapy Academic and Hands on courses. Share your knowledge globally with the next generation of massage therapists. Join our community of E-instructors. NH residency is not required. Welcome In State & Out-of-State Potential Instructors.

For more information, please call Mr. Melcher at (603) 623-5018 Ext. 20 or e-mail us at [ewmelcher@neiwh.com](mailto:ewmelcher@neiwh.com), and forward your resume today!

## N.E.I.W.H. Massage Clinic

The N.E.I.W.H. Clinic is located at 22 Bridge Street, Manchester, NH, with metered parking in the Pearl Street Parking lot. Our friendly and professional staff of therapists is trained in *Swedish Massage, Sports, Chair, Deep Tissue*, and many other modalities. The clinic is fully equipped with a comfortable waiting area, shower facilities, and three treatment rooms.

**Prices: \$35 / hr., \$25 / ½ hr., and \$25 / hr. ages 65 & up.**

Employee group discounts available (participating companies, only).

For an appointment or more information, call: (603) 623-5018, Ext. 10.

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Please be sure to check for workshop cancellations at  
**(603) 623-5018 (press 5, and then press 3), one week before your  
scheduled workshop.**

For directions to the Institute, call (603) 623-5018, press 7, and then  
press 1.

North Eastern Institute of Whole Health, Inc.		
To register for your course or workshop, we need your deposit, and:		
Name _____	Phone _____	
Address: _____	Check # _____	
City: _____	State: _____	Zip: _____
Course signed for: _____	date _____	
Amount: _____	Deposit: _____	
(20% discount for N.E.I.W.H. Graduates with Social Security I.D.): _____		
<input type="checkbox"/>	confirmation by mail (include Self-Addressed Stamped Envelope)	
<i>or</i>		
<input type="checkbox"/>	confirmation by E-mail: _____	
All deposits are deductible but non-refundable! (refund policy on p. 2)		

**Make checks payable to: N.E.I.W.H.**

**and mail to:**

**NORTH EASTERN INSTITUTE OF WHOLE HEALTH**

**22 Bridge Street**

**Manchester, NH 03101-1619**

N.E.I.W.H. graduates get a 20% discount of all workshop prices including  
Certification Programs! The discount only applies to N.E.I.W.H. diploma holders.  
All N.E.I.W.H. graduates must pre-register for the course prior to the start date to  
get the discount. No Alumni discount is allowed for walk-ins.

## **Attention all Business Owners in the Health Care Profession.**

You are now welcome to advertise your practice on our high-traffic website ([www.neiwh.com](http://www.neiwh.com)). North Eastern Institute of Whole Health, Inc. is one of the largest schools of Massage Therapy in the United States.

Through various websites such as: [Holisticjunction.com](http://Holisticjunction.com), N.E.I.W.H. is consistently within the top 10 sites visited in various search engines.

Advertising is open to all Massage Practitioners, Chiropractors, Acupuncturist, Herbalists, Energy Workers, Yoga Instructors, Naturopaths, Nutritionists, Orthopedists, Physical Therapists, Aryurvedic Practitioners, Aromatherapists, Oriental Medicine Practitioners, Homeopaths, Aquatic Therapists, Spa Owners, Salons, Reflexologists, Gyms, Personal Trainers, Dieticians, etc.

Our Affordable Fees are:

**Basic Rate** - **\$10.00/month** – Advertise your business name, mailing address, telephone number, and e-mail address.

**Deluxe Rate** - **\$12.00/month** - Advertise your business information (listed above) and a link to your website.

For more information, send e-mail to [ewmelcher@neiwh.com](mailto:ewmelcher@neiwh.com) or call 603-623-5018, ext. 20, and ask for Eric W. Melcher.

Please be sure to check for workshop cancellations at  
**(603) 623-5018 (press 5, and then press 3), one week before your  
scheduled workshop.**

For directions to the Institute, call (603) 623-5018, press 7, and then  
press 1.

North Eastern Institute of Whole Health, Inc.		
To register for your course or workshop, we need your deposit, and:		
Name _____	Phone _____	
Address: _____	Check # _____	
City: _____	State: _____	Zip: _____
Course signed for: _____	date _____	
Amount: _____	Deposit: _____	
(20% discount for N.E.I.W.H. Graduates with Social Security I.D.): _____		
<input type="checkbox"/>	confirmation by mail (include Self-Addressed Stamped Envelope)	
<i>or</i>		
<input type="checkbox"/>	confirmation by E-mail: _____	
All deposits are deductible but non-refundable! (refund policy on p. 2)		

**Make checks payable to: N.E.I.W.H.**

**and mail to:**

**NORTH EASTERN INSTITUTE OF WHOLE HEALTH  
22 Bridge Street  
Manchester, NH 03101-1619**

N.E.I.W.H. graduates get a 20% discount of all workshop prices including  
Certification Programs! The discount only applies to N.E.I.W.H. diploma holders.  
All N.E.I.W.H. graduates must pre-register for the course prior to the start date to  
get the discount. No Alumni discount is allowed for walk-ins.

# Sign-up Form for Fitness & Self-Defense Classes

<i>Sign up for:</i>	<i>Number of Classes</i>	<i>Day / Time</i> <i><u>Circle time choice</u></i>	<i>Price</i>
<input type="checkbox"/> Eastern Focused Fitness I	8	Tues & Thurs 1:15-1:15pm 5:30-6:30pm	\$40.00
<input type="checkbox"/> Recharge & Refocus	4	Tuesday 5:100-5:30pm	\$15.00
<input type="checkbox"/> Release the Warrior	1	April 30th 6-9pm	\$25.00

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
Phone

\_\_\_\_\_  
E-mail

**Make payment to NEIWH. Mail your check to:**

**NEIWH  
22 Bridge Street  
Manchester, NH 03101**

**No credit card information will be accepted over the phone.**

**Payment Policy:**

Course(s) must be paid in full prior to the deadline of May 15<sup>th</sup>, 2009 with the exception of the Release the Warrior class on April 30<sup>th</sup>, 2009.

**Refund Policy:**

All classes require a minimum of 6 participants.  
Participants will receive a full refund if classes are cancelled due to insufficient enrollment.  
Participants will not receive a refund after the first class.  
Failure to attend class will not constitute a refund.



North Eastern Institute of Whole Health

22 Bridge Street

Manchester, NH 03101-1655

<http://www.neiwh.com>



Place stamps here