

North Eastern Institute of Whole Health

22 Bridge Street
Manchester, NH 03101
<http://www.neiwh.com/>
Phone: 603-623-5018 x10
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Continuing Education Workshops

September - December 2010



Visit our website for updates and additional course information:

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

North Eastern Institute of Whole Health, Inc. is an approved provider per the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB), #450557-07.

Schedule of workshops - September to December 2010

By course name

Page	Course	Date(s)	Register by
3	Advanced Deep Tissue	September 18	September 3
6	Anatomy of Movement	November 5	October 22
9	Business Outside the Box	December 4	November 19
5	Calf-Intensive	October 20	October 6
7	Elder Massage	November 13	October 29
8	Fitness and Strength Training for LMTs	November 20	November 5
3	Forearm Relief	September 8	August 27
4	Infant Massage	October 8	September 24
6	Japanese Seated Massage I	October 23, 30	October 8
5	Lymphatic Drainage Massage	October 15,16	October 1
4	Neck Massage	September 29	September 15
3	Scapula Release	September 22	September 8
7	Seashell Massage	November 6	October 22
4	Self-Healing through Movement	September 25	September 10
5	Side-Lying Massage	October 9	September 24
8	Touch for Health	November 19	November 5

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Forearm Relief

by Linda Fife, L.M.T.

Wednesday, September 8, 2010: 4:30PM - 8:30PM

How do you release the forearm muscles, tendons, and relieve overuse of hands? Attention L.M.T.s that have been overusing their forearms and been giving them little care: this class will show how to stretch tight muscles and give sore attachment sites less stress. 4 hours of release and relief!

Students are to bring notebook and pen

Cost: \$80

CEUs: 4

Prerequisites: None

Advanced Deep Tissue

by Sue Page, L.M.T.

Saturday, September 18, 2010: 8:30AM - 4:30PM

Do you like doing deep tissue massage? Then this class is for you! The class will review some of the basics of Neuromuscular Technique, anatomy and physiology, and throw in some twists. You will work with trigger points, acupuncture points, and the dermatomes along the spine. You will learn how to get into some of the hard-to-reach areas, like the rotators and the iliopsoas. We will work with muscle stripping and stretching to help enhance your routine.

Students are to wear comfortable clothing and bring notebook, pen, oil, & sheets

Cost: \$100

CEUs: 8

Prerequisites: Swedish, Neuromuscular Technique

Scapula Release

by Linda Fife, L.M.T.

Wednesday, September 22, 2010: 4:30PM - 8:30PM

When a client calls for an appointment in need of posterior torso release, it is likely that the discomfort is a direct result of the scapulas inability to move. If a client's scapular has limited motion, then so do their breath and the appendages of their upper body. This class will explore ways to rejuvenate movement and freedom using multiple techniques that are used in releasing the stagnancy of the scapulas.

Students are to bring linens, lotions, oil, hand cleanser, large towel, 2 hand towels, notebook, and pen

Cost: \$80

CEUs: 4

Prerequisites: None

Self-Healing through Movement by Sandra Acquaviva, N.C.M.T.

Saturday, September 25, 2010: 9AM - 12:30PM

Learn to move with greater ease and fluidity. Release stiffness from tight muscles and joints by relaxing old tension with new enlivening movements for yourself and your clients. Experience visualization, stress-free exercise, self-massage and relaxation as a part of this method. Self-healing promotes youthful life energy, which supports the reversal of conditions such as arthritis, chronic back pain and anxiety.

Students are to wear comfortable clothing and bring notebook, pen & linens

Cost: \$50 CEUs: 3.5 Prerequisites: None

Neck Massage by Linda Fife, L.M.T.

Wednesday, September 29, 2010: 4:30M - 8:30PM

How often do you hear from your client “I can’t move my neck”, or “It is so sore; is there anything you can do to relieve the pain in my neck”? All practitioners will hear this over and over. This workshop will add a few good alternatives: how to stretch the neck and regain ROM are two of the concepts covered in this class.

Students are to bring notebook, pen, sheets, 2 hand towels, oil and lotions

Cost: \$80 CEUs: 4 Prerequisites: None

Infant Massage by Sandra Acquaviva, N.C.M.T.

Friday, October 8, 2010: 8:30AM - 12:30PM

Come to learn the sacred art of massaging babies. In this 4-hour course, you will discover how to increase the sensitivity of your touch. Components of working with parents, as well as increased awareness of infants needs, will be taught. A wonderful experience, do not miss it!

Students are to bring notebook, pen & linens

Cost: \$50 CEUs: 4 Prerequisites: None

Side-Lying Massage

by Linda Fife, L.M.T.

Saturday, October 9, 2010: 8:30AM - 1:30PM

Having a client that is unable to lie on their abdomen is one of the realities of massage that comes up on occasion. Side-lying massage is a 5-hour program that will allow you to experience an example of what you can do while your client is on their side, instead of on the stomach or back. Side-lying treatment will work the entire body in several different techniques. Experience in class will address the injury aspect of the side-lying massage, pregnancy, and women that do not want to lie on the breast area because of discomfort.

Students are to bring notebook, pen, linens, lotion, and a small pillow

Cost: \$100

CEUs: 5

Prerequisites: None

Lymphatic Drainage Massage

by Sue Page, L.M.T.

Friday, October 15, 2010: 8AM - 4PM

Saturday, October 16, 2010: 8AM - 4PM

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 intended to stimulate the lymphatic system, the therapist can relieve congestion in the lymph ducts and nodes, restoring and encouraging proper lymph flow. In this course, you will learn to perform a one-hour treatment. The basic anatomy and physiology of the lymphatic system will be reviewed, along with indications and contra-indications of the technique. You will also learn how to incorporate lymphatic drainage massage into your current massage routine.

Students are to wear loose, comfortable clothing and bring notebook, pen & linens

Cost: \$200

CEUs: 16

Prerequisites: None

Calf Intensive

by Linda Fife, L.M.T.

Wednesday, October 20, 2010: 4:30M - 8:30PM

When a person is trapped by the limitations of an injury to their calf muscles, or distressed from the lower leg functioning due to chronic or fatigue syndrome, it is important to be able to release the discomfort and get on with life. This class will let the practitioner find ways to handle difficult and unpredictable muscle behavior such as lower leg association with the anterior and posterior leg compartments. Insertion and origin attachments for the lower legs will also be addressed.

Students are to bring shorts, linens, lotions, oil, large towel, 2 hand towels, notebook, and pen

Cost: \$80

CEUs: 4

Prerequisites: None

Japanese Seated Massage I by Lee Chaffee, L.M.T., L.P.N., C.H.T.

Saturdays, October 23rd and 30th, 2010: 9AM - 5PM

Learn the Ancient Art of Japanese massage based on AMMA technique as it applies to the seated position. During this course, you will learn a 15-minute Kata treatment session with unusual Eastern tapotement that will reinvigorate your client both physically and mentally. Seated Massage is an excellent technique to introduce first-time clients or to simply promote your own business. All students taking this course will receive a cassette detailing the 15-minute procedure.

Students are to wear loose clothing with no belts, smooth-soled shoes, and bring face-cradle covers, notebook and pen

Cost: \$225

CEUs: 16

Prerequisites: None

Anatomy of Movement

by Sue Page, L.M.T.

Friday, November 5, 2010: 8AM - 4PM

If you were in the woods, being chased by a bear, would you know what muscles would be working to help you run out of there? Honestly, so long as I got out and was not lunch, I might not care. As massage therapists, we learn the muscles, their origins and attachments, and how they work individually. In this class we will take that knowledge and explore how muscles work in groups to make us jump, walk, stand, sit, and yes, avoid being lunch. We will also look at compensation and how other muscles become overworked and stressed after an injury.

Knowing how muscles work together in groups will give you a better understanding of the body in general and how to better localize your massage treatment for faster results. This class is a good review of origins and insertions, but will focus on muscle groups and their actions.

Students are to wear comfortable clothing and bring linens, your favorite lotion or oil, notebook, and pen

Although not required reading, the following texts are recommended:

Anatomy of Movement, by Blandine Calais-Germain

Trail Guide to the Body, by Andrew Biel

Cost: \$100

CEUs: 8

Prerequisites: Swedish

Seashell Massage

by Carole Freeman, L.M.T.

Saturday, November 6, 2010: 8:30AM - 4:30PM

Most clients have tried stone massage. Now offer them the next evolution in massage services. Shell Massage is an obvious upgrade for clients desiring the latest techniques.

Shell Massage used a variety of beautiful, natural shells that offer a unique healing experience. The shells are smooth, contoured, and give the luxurious sensation of warm polished glass.

You will practice 150 different massage strokes using a variety of seashells. Stroke styles will include twirling, gliding, spreading, rocking, rolling and sculpting. Both relaxation routines and deep tissue techniques are explored. Course covers how to use warm and cool shells to sooth painful muscles and when to use different strokes pressures and speeds.

All of the shells needed for the class are provided for you. Expect to give and receive therapy and enjoy a wonderful time. Shell sets and a manual are available for optional purchase during the class and are not required for the class. Go to www.shellmassage.com for more information of seashell massage techniques.

Students are to bring linens and oils and wear comfortable clothes.

Cost: \$100

CEUs: 8

Prerequisites: None

Elder Massage

by Lee Chaffee, L.M.T., L.P.N., C.H.T.

Saturday, November 13, 2010: 8:30AM - 4:30PM

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.

Students are to bring linens, oil, tie shoes, sunglasses, an extra bolster or pillow, and notebook and pen

Cost: \$100

CEUs: 8

Prerequisites: None

Touch for Health

by Sue Page, L.M.T.

Friday, November 19, 2010: 8AM - 4PM

We know the human body is amazing. Did you know that the body and muscles 'remember' events our brain may forget? An injury as a child can cause problems for us as adults. Do you have a client that is not responding as you would like? The human body will never lie and does not forget.

In this class we will explore natural health with acupressure, touch, massage, and basic kinesiology to improve postural balance and reduce physical pain, mental pain, and tension. You will learn muscle testing, enabling you to identify and work problem areas more effectively.

Students are to wear comfortable clothing and bring notebook, pen, linens, and a favorite lotion or oil

Cost: \$100

CEUs: 8

Prerequisites: Swedish

Fitness and Strength Training for

Massage Therapists by Carole Freeman, L.M.T., Cert. Weight Trainer

Saturday, November 20, 2010: 8:30AM - 4:30PM

Strong therapists build strong careers

The average massage therapist has a career of 5 years or less. Reasons for this shortened career include repetitive use injuries and the physical toll it takes on our backs. We are plagued with neck and back aches, overuse injuries of the arms, elbows, wrists and hands. I have developed this class to address this exact issue. After all, your career will never be stronger than you are. This course presents scientifically backed fitness advice to strengthen your career and your life.

Tuition includes handouts. You will be doing strength training, cardio, core and flexibility training. Wear comfortable clothing and shoes.

Students are to bring notebook and pen

Cost: \$100

CEUs: 8

Prerequisites: None

Business Outside the Box

by John Murphy, B.A.

Saturday, December 3, 2010: 9AM - 1PM

This workshop is designed to assist new and experienced Massage Therapists build and enhance their business by addressing many common questions: How do I get started? How do I make my practice stand out from the herd? How can I drive business through my door? What tools are out there to help me manage my business? This workshop will help you answer these questions and more through active discussion and real-world examples. Topics to be covered include: Introduction to Business; A Dose of Marketing; Practicals for Opening Up a Business; Organization and Systems (Scheduling, Communication, Paper-trail, Money Management).

Students are to bring a notebook and pen


Cost: \$70

CEUs: 4

Prerequisites: None

Coming to our area this fall!

Mana Lomi - Hawaiian Healing Course

 <p>Mana Lomi Deep yet gentle & loving touch</p>	<p><i>Mana Lomi® uses a clinical, problem solving approach grounded in Hawaiian concepts of working with the body, mind and spirit. Mana Lomi® is specific, intentional work which is deep yet gentle, and gives immediate and long term results. Channeling mana and weight through soft palms creates depth. Work deeply with little stress on your body.</i></p> <p>www.lomilomi-massage.org</p>
<p>MANA LOMI® CLASSES IN NEW ENGLAND in 2010</p>	
<p>Sept 10-12: Mana Lomi® level 1, 27 CE, NEIWH, Manchester, NH</p> <p>Sept 10-12: Mana Lomi® level 1, 27 CE, Clinton, CT</p> <p>Sept 14-15: Ho'oponopono, 16 CE, Greenfield, NH</p> <p>Sept 17-19: Mana Lomi® level 2, 27 CE, Hartford, CT (prereq: level 1)</p>	<p>* NCBTMB approved provider #287333-00</p> <p><i>Lomilomi symbolically means "to communicate deep within the bones of the individual and thus with the soul of the person."</i></p> <p>REGISTER WITH: Barbara Helynn Heard barbaraheard@msn.com 206 323-5871</p>
<p><i>in MANA LOMI® LEVEL 1 learn:</i></p> <ul style="list-style-type: none"> * 60-90 minute full body routine * Loving and gentle yet bone deep touch * effective body mechanics * keen palpation skills * history of lomilomi * use of breath & life force * Hawaiian healing chants & prayers * ho'oponopono - right relationship between people, nature and Spirit 	<p><i>In HO'OPONOPONO learn:</i></p> <p>Spiritual aspects of lomilomi, especially how to cut the cord to past negative experiences (no CE credits for this class)</p>

To check course availability in your area, or to register for a course, please visit the above website.

Massage Clinic - shared space available NOW!



We have a beautiful, fully-furnished Massage Clinic in the heart of Manchester available for rent.

Our space is newly renovated, with 3 treatment rooms, reception area and a private bathroom with shower. Each room is equipped with a massage table and all accessories, ready to use.

We have flexible schedules - rent by the hour, for ½ day, a whole day, or even an entire weekend - all at competitive rates!

Rent includes use of treatment rooms, reception area, and all utilities. Other options are available; call for details.

Shared space available for rent to one or more licensed massage therapists or other holistic practitioners!

There is plenty of city and on street parking.

For more information about rates, or to schedule a tour, please contact us at 603-512-3444 or by email at drgrigore@neiwh.com

Workshop Policies

- Unless otherwise noted in the course description, a \$50 deposit is required two weeks before the workshop start date.
- It is the responsibility of the workshop attendee to check for potential workshop cancellations. Any cancellations will be posted one week prior to the scheduled workshop start date. Call 603-623-5018, option 5, then option 3 to verify.
- For directions to the campus, check our website or call 603-623-5018, option 7, then option 1.

Workshop Refund Policies

- For workshops that are cancelled by the Institute (due to lack of students, by instructor 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 payment be applied to another workshop that is scheduled within one year of the date of the cancelled workshop.
- The \$50.00 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.

Questions?

- If you have questions concerning these course offerings, please contact the Institute at 603-623-5018 x10.
- If you are interested in advertising a course offering in our flyer, please contact the registrar at 603-623-5018 x20, or send an email to registrar@neiwh.com .

Course Registration Form

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: _____ Date: _____

Amount: _____ Deposit: _____

Social Security # (required for alumni discount): _____

confirmation by mail (include Self-Addressed Stamped Envelope) *or*

confirmation by E-mail: _____

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See page 15 for mailing instructions. Alternately, you may register online at <http://www.neiwh.com/NEIWH/continuing.htm>

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

Mail to:

North Eastern Institute of Whole Health
22 Bridge Street
Manchester, NH 03101-1619

N.E.I.W.H. alumni get a 20% discount of all workshop prices, not including Certification Programs! The discount only applies to N.E.I.W.H. diploma holders. Alumni must pre-register for the course to qualify for the discount. No alumni discount is allowed for walk-ins.



North Eastern Institute of Whole Health
22 Bridge Street
Manchester, NH 03101-1655
<http://www.neiwh.com>

Place stamps here.