

BodySaver Massage: The “No Thumbs” Method for Deep Tissue Massage:

NCBTMB provider # 333930-00

Can you imagine performing an entire therapeutic massage WITHOUT using your thumbs or palms? Discover your body's built in "Power Tools" in this two day experiential course and gain the ability to perform deep tissue on any size client while preserving your body and energy. Learn how to effectively employ your knuckles, fists, forearms, elbows, knees, and feet with principles of "least effort and maximum results." We will show you the “Principles of Longevity” for massage therapists that will have you go beyond basic body mechanics and have the long, successful career you envision for your life. This course will cover techniques in Prone, Supine, and Side-Lying positions.

Video links (these are housed on YouTube and should be able to be embedded in using Constant Contact:

<http://www.youtube.com/watch?v=EZRqTaHmzu4>

<http://www.youtube.com/watch?v=SVq6RXMqJMw>

<http://www.youtube.com/watch?v=zJRP77C6GZw>

<http://www.youtube.com/watch?v=p-KzPOhppGO>

<http://www.youtube.com/watch?v=E2HpCtBZgvA>

What will be needed for the course:

- Massage Tables
- CD player
- Armless chairs (1 per every 2 students)

Students Will Need to Bring:

- Table linen (one fitted/one flat—if not provided by school)
- Bed Pillow
- Wear comfortable clothing (no jeans or belts—“yoga clothes” and wearing layers is recommended)
- Unscented massage oil or lotion
- No perfumes or colognes worn to class please

Required Text:

The required text will be available for purchase on the first day of the course from the course instructor. The \$35 text fee is payable by cash or check directly to the instructor.

# of Students	Dates/# of Days	# of CEU's	Cost per Student
Min. 10 per group Max. 20 per group	2 days training	16 NCBTMB	\$275.00 Plus text: \$35.00