An Introduction to SMILE:

Self-Care for Massage Therapists

Judy Stahl, MA, LMT

“Self-awareness is an essential characteristic of a competent massage therapist; it is the PRIMARY characteristic of a master massage therapist.”

Judy Stahl

This day of self-exploration and self-examination is designed to assist the massage therapy professional in developing a deep level of self-awareness that will benefit them in both their massage practice and their daily life. This will be accomplished through various methods including discussion, writing, and an introduction to Judy’s signature movement work, Spontaneous Movement Integration for Life Enhancement (SMILE).

Developed over nearly four decades, Judy has facilitated SMILE with numerous students and clients with life-changing results. It is a systematic yet unique-to-each-individual pathway to a profound connection with one’s authentic Self. SMILE can be practiced anywhere, anytime. This course will give you the opportunity to learn to use this elegant method to consistently access your true Self for growth, transformation, and healing. This course will introduce you to SMILE for self-care; further trainings are available to learn how to utilize SMILE with clients.

Bring a notebook and pen. Wear clothes that do not restrict your ability to move in any way.

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Judy Stahl is an internationally recognized massage therapist and industry leader with over thirty-five years of experience as a hands-on health care professional and a student of human consciousness. Her SMILE method initially manifested during her college years in Iowa where she trained as a dancer and an actor. Later, she attained a Master’s degree in Counseling Psychology with a focus on the body mind connection. She has honed this work in a variety of settings including working with Olympic athletes from five continents and as an aspect of facilitating her own healing from breast cancer. Judy is overjoyed to be bringing this work back home to Iowa over thirty years later!

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