

Lymphatic Drainage: Inner Cleansing for Health & Beauty

with Judy Stahl

9am – 6pm each day with 90 minutes for lunch.

16 CE's

\$325. Early registration discount \$50 for first 10 registrants.

This workshop will teach the therapist how to provide an effective lymphatic drainage treatment.

Lymph is the exquisite fluid that cleanses and fortifies as it permeates the human body. The lymphatic system is delicate yet powerful. Applying manual therapy techniques to this system can be a potent treatment *for guiding and encouraging the body back to health* from a challenged condition, as well as improving the quality of health in a healthy body. The demand for skilled lymphatic drainage therapists is growing rapidly in the United States and throughout the world in both the healthcare and spa environment.

This class will provide you with a solid foundation for addressing the lymphatic system effectively. We will start with the basics, an introduction/review of the lymphatic system, its function(s) in the body, the role of manual therapy in treatment of the lymph system as well as contraindications to its use. A variety of learning strategies will be employed to help you to learn how to sense the lymphatic system within yourself and others. By the completion of class, you will have the tools and the confidence to provide an effective full body lymphatic treatment.

Judy Stahl *is an internationally recognized expert in massage therapy. She has been a professional massage therapist since 1987 and has worked in hands on patient care settings since 1978. Judy has taught massage, yoga, and other holistic health classes since 1989. She has a Master's Degree in Counseling Psychology with a focus on the body mind connection. Judy is Past National President of the American Massage Therapy Association (AMTA) and Past Chair of the Arizona Board of Massage Therapy. She has worked with people with cancer, including children, since 1979. As a breast cancer survivor who had an axillary dissection (lymph nodes removed) herself, Judy has intimate experience with a compromised lymphatic system and how to help fellow therapists get an accurate 'feel' for lymphatic flow.*