Table Thai Massage

Friday, June 2nd thru Monday, June 5th, 2017.

Ova Luethye

Friday, June 2 and Saturday, June 3rd, 2017.

9:30-4:30 Each Day

12CE Hours Cost:$265, After May 5th, $300.

Course Type: Hands on Massage

This is a Full Body Hands On Massage of Stretch Sequences in Supine and Prone Positions on the massage table, using no oil and addressing the best body mechanics. The client may be fully clothed in loose, light clothing (no Jeans or belts) for this full body massage: mobilizing joints, relieving pain, releasing deep imbalances, and gently aligning Pelvis and Shoulder Girdle. These stretches may also be added into anyone’s style of table massage with oil, and proper draping. A manual is included, and a DVD set of Supine and Prone Stretches will be available for purchase for $25. Please bring a Yoga or Exercise mat.

Holistic Self Care 1

Ova Luethye

Sunday, June 4th, 2017

9-12

3 CE Hours Cost: $60., After May 8th $75.

Course Type: Lecture/Discussion, and Self Massage

First, we will Study the Components of a Healthy Lifestyle that is Preventive for Health Disturbances. We will practice Breathe Exercises, Qi Gong: 6 Healing Sounds, and the Benefits of Reflection and Mindfulness. Please bring a Yoga or Exercise Mat. A Handout will be provided.

Introduction of Holistic Acupressure 1

Ova Luethye

Sunday, June 4th, 2-6pm

Monday, June 5th, 9-6.

12 CE Hours Cost: $265, After May 9th, $300.

Course Type: Hands On Massage

Seated at the massage table with relaxed body mechanics, we use our fingertips from light to medium pressure on the skin, or through loose, light clothing (no belts or jeans) on the apex of Acupressure points of organ meridians (energy lines). In this way, we: release tension, strengthen weaknesses, increase circulation, prevent and relieve organ health disorders, and restore the body’s vital life force holistically. In this Beginner’s Course we will address Acupressure Patterns to Relieve: Headaches, Shoulder and Neck Tension, and Back Pain. Plus, we will use an Acupressure Sequence to Boost the Metabolic and Immune Systems. Acupressure may be applied on almost anyone, of any age or health, and is deeply relaxing for clients. A manual is included.