

**KINESSAGE® SELF CARE FOR THERAPISTS &
INTRODUCTION TO KINESSAGE® MASSAGE THROUGH MOVEMENT -16 CE HRS
APRIL 21ST & 22ND, 2022
CARLSON COLLEGE OF MASSAGE THERAPY**

What would it feel like to be comfortable and pain-free in your body while working with your clients?

Kinessage® Self Care gives you the tools to clear your pain, tension, and constrictions to keep yourself healthy so you can comfortably focus on giving your clients the high-quality care they come to you to receive.

This two-day class provides the foundation of Kinessage® Self Care and the Introduction to Kinessage® Massage Through Movement.

DAY 1: KINESSAGE® SELF CARE FOR THERAPISTS – CLEARING YOUR KINETIC CHAINS



Discover how to use the nervous system, simple movement and mindful awareness to quickly alleviate your pain, and clear restrictions and tension patterns from areas of most frequent therapist injury – neck, shoulder, arm, wrist, thumb & low back. This class addresses self-care from a completely different approach – bringing together the powerful tools of conscious touch and the kinetic chain’s communication system to effect change and restore health.

What Therapists Say About Kinessage® Self Care:

“This class gives you the tools you’ve been missing to take care of your body in a pain free way and make the body/mind connection for lasting change to keep you working for a lot longer.”

–Kim P, Cedar Rapids, IA

“I now truly understand the “less is more” concept in a deeper way and the power of intention and connection. My body feels so much lighter.” -Deb D. Sioux City, IA

My aha – just how easy each move is to do. So much easier on the body. I feel great! -Kelli A, Cascade IA

YOUR LEARNING OBJECTIVES:

- Utilizing movement as a mechanism of your own tension/pain relief
- Demonstrating use of anatomy and movement to effect tissue changes and increase range of motion
- Applying mindful awareness to accelerate tissue and range of motion improvement
- Experiencing the value of the role of awareness and consciousness in healing

CLASS REQUIREMENTS: Be prepared to move. Bring a sheet, towel or mat for floor work. Come with an open mind and experience the benefits of fun and effective self-care

DAY 2: INTRODUCTION TO KINESSAGE® MASSAGE THROUGH MOVEMENT



Explore a whole new approach to massage. Kinessage® cares for you, cares for your client, and reinforces your knowledge of anatomy and kinesiology at the same time. Learn the science behind this unique, fun method, and how to apply physics, the kinetic chain and myofascial release to save your body and energy while becoming a more effective therapist.

What Therapists Say About Kinessage® Massage Through Movement:

“This will change your life and likely bring longevity to your career. I especially appreciated Kathleen’s kind and gentle state of being and relentless patience. I felt she made a personal connection with each of us.” Deb D, Sioux City IA

This is a need-to-know technique, it’s deep without going deep. Gentler on the therapist and more effective
– Lisa L. Des Moines, IA

YOUR LEARNING OBJECTIVES:

- Identify and employ kinetic chain components to down-regulate muscle tension and pain
- Differentiate 3 types of levers and demonstrate their applications for massage
- Utilize joint movement to improve range of motion
- Employ kinetic energy as a method of massage
- Demonstrate the use of the mechanical advantage to prevent therapist injury
- Apply counter movement, myofascial release, and compression to clear restrictions

COURSE INCLUDES:

- Two days training with 1-on-1 hands-on attention
- In color, graphically-rich student manual
- Certificate of Completion & 16 NCBTMB Continuing Education Credits

CLASS REQUIREMENTS: **Exercise Ball:** Ready for fun? Seated work is done on an exercise ball. Choose and bring one that is FIRMLY inflated (bring you pump) and height appropriate for you with your forearms relaxed on the table.

NOTE: Because Kinessage® employs a number of other leverage advantages, table height is higher than for traditional deep tissue work - usually a notch or two. Example: I'm 5'4" and use a 65 cm ball. Watch my video see what I mean.

<https://youtu.be/KY4O69xaqZ0> Bring sheets & dress for partnered hands-on work.

Prerequisites: An eager mind to learn to work in a completely different way! Familiarity with myofascial release helpful but not necessary.

2-DAY CAREER INVESTMENT: \$395. EARLY BIRD PRICE: \$350 IF REGISTERED BY APRIL 1ST