

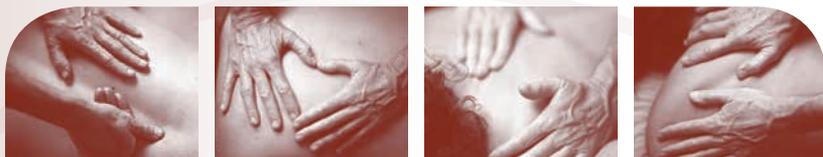


AIM ASHLAND
INSTITUTE OF
MASSAGE

awareness, integrity, meaning

Continuing Education

**Fall 2016 &
Winter 2017**



Welcome to the Fall 2016/Winter 2017 Continuing Education Offerings at AIM!

This season, we are continuing our certification series in Ortho-Bionomy® and Advanced Myofascial Techniques as well as offering Fascia Energetics, Energetic Development for LMTs & Hands-on Healers, Sports Massage, and Nonviolent Communication Skills. The latter class meets the new OBMT requirement of 4 CE hours in Ethics/Communication for license renewals. Check the Continuing Education page at aimashland.com for expanded class descriptions, CE class updates, and information about our Free Friday Lecture Series.

Registration

You may sign up and pay for Continuing Education workshops through our online registration system at mkt.com/aimashland. If you would prefer to register by mail, please use the registration form at the back of this booklet. You may also register by telephone at **541.482.5134**.

Early Enrollment Discount

Registrations paid in full by the noted early enrollment date for each course will be eligible for an early enrollment discount (see course descriptions for details).

Cancellations

Cancellations may be made via letter, email, or phone. Cancellations with fewer than three (3) days' notice will be charged half the seminar tuition. Those who make other cancellations will forfeit their deposit.

Free Introductory Public Talk by Matthew Schulman on Fascia Energetics on Friday, September 9, 2016, 6:30–8 pm at AIM!

Fascia Energetics

Instructor: Matthew Schulman

September 10 & 11, 2016 (Saturday & Sunday), 9 am–5 pm (14 CEU hours)

\$275 (\$310 after August 26, 2016)

Fascia Energetics explores the idea that Chinese medicine meridians are the same thing as fascia. We will discuss the anatomy and physiology of the meridians, learn how energetic and structural therapy are intertwined, and develop skills for assessing energetic/emotional causes for physical conditions. The hands-on portion of this course includes the first steps in using myofascial techniques to affect energy circulation in the body. Instruction includes theory, basic energy techniques, and hands-on practice.

Energetic Development for LMTs & Hands-on Healers

Instructor: Matthew Schulman

November 5 & 6, 2016 (Saturday & Sunday), 9 am–5 pm (14 CEU hours)

\$275 (\$310 after October 21, 2016)

This course is for anyone who practices hands-on healing arts and desires a deeper understanding of the subtle energies. To practice energy work, your own energy must be clear and strong. This class focuses on two steps you can take to strengthen your energetic integrity. First, you will develop self-care tools that will help clear stagnant energy from your body. Secondly, you will acquire a working knowledge of the energy systems and begin (or continue) the process of deepening and clearing your own mind/body. You will experience energy work as a natural expression of your own opening and spiritual development. Instruction will include Taoist yoga, meditation, chi gung, light circulation exercises, and chakra theory.

Matthew Schulman, LMT, has been practicing therapeutic bodywork and hands-on healing since graduating from AIM in 2007. He believes massage is one of the most powerful and important healing modalities available to humankind. Matthew's extensive studies of anatomy, energy systems, meditation, and martial arts give him a deep and personal understanding of the physical and energetic systems of the body. He loves to share his experience and ideas to help people learn and heal themselves.

Nonviolent Communication Skills: Listening Deeply/Expressing Clearly

Instructor: Joanne Lescher, CT

Date: September 12, 2016, 1–5 pm (4 Ethics/Communication CEU hours)

\$75 (\$85 after August 29, 2016)

We all want to be heard and understood! Our clients certainly do, and keeping communication clear and effective can be a challenge of its own. Join Joanne to learn some simple techniques that will help you discover the healing power of empathic listening—for both your professional and personal lives. We will also address your real-life experiences, and you'll take home fresh ideas and techniques for expressing yourself cleanly and clearly.

Joanne Lescher, CT, is a certified trainer in nonviolent communication. As an experienced mediator and group facilitator, she equips people to dialogue with each other more effectively. Renowned for her warmth, empathy, and humor, Joanne teaches practical skills that clients can immediately exercise in their practices and lives. Her reputation has been affectionately summarized as an "ability to tame lions."

Advanced Myofascial Techniques

Ashland Institute of Massage offers the following two classes in partnership with Til Luchau's **Advanced-Trainings.com**. This popular series of seminars presents advanced and little-known myofascial techniques that can be easily incorporated into existing personal styles. Drawing on a wide range of disciplines, the classes inspire creativity and innovation around the goal of creating long-lasting structural change. If you have enjoyed myofascial release training at AIM and are ready to take the next step in your work, this series of classes will be deeply satisfying. An Advanced Myofascial Techniques Certification Program is available. See **Advanced-Trainings.com** for details.

You may take classes individually or enroll in both classes for the discounted price of \$476.50 if you sign up before August 25, 2016. Audit the introductory lecture/slideshow at the start of each class for free!

Note: Advanced Myofascial Techniques seminars are offered in partnership with **Advanced-Trainings.com**, and their early enrollment and cancellation policies shall apply. For details, please visit **Advanced-Trainings.com**, email them at **info@advanced-trainings.com**, or call **877.499.8811**. For online registration and details, see their website at **https://www.regonline.com/MP0916AOR** or call AIM for phone registration: **541.482.5134**.

Myofascial Mastery

Instructor: George Sullivan

September 16, 2016 (Friday), 9 am–5:30 pm (8 CEU hours)

\$159 (\$179 after August 25, 2016)

Deepen your skills with these tools, principles, and techniques essential to superlative myofascial work. Enjoy individualized feedback and mentoring while expanding your understanding of methods, techniques, sustainable body mechanics, fascial physiology, hands-on work with the nervous system, state dynamics, and client relations. Intended for both experienced Advanced Myofascial Techniques practitioners and those new to the series.

Advanced Myofascial Techniques for Iliac and SI Joints

Instructor: George Sullivan

September 17, 2016 (Saturday), 9 am–5:30 pm, September 18 (Sunday), 9 am–4:30 pm (16 CEU hours)

\$319 (\$339 after August 25, 2016)

*Register for one or both days (see **Advanced-Trainings.com** for details on discounts)*

One of the newest Advanced Myofascial Techniques workshops, this course presents a simple “grand unified theory” of intra-segmental pelvic dynamics. Learn assessment and manipulation skills that will enhance your understanding of sacral, pelvic, and iliac patterns. Relevant to gait issues, back pain, scoliosis, SI joint function, and more.

George Sullivan, LMP, is a **Certified Advanced Rolfer®** in addition to being a lead instructor for **Advanced-Trainings.com**'s Advanced Myofascial Techniques series. His background as a black-belt Aikido instructor; keen interest in anatomy and proper body mechanics; and skill, specificity, and sensitivity of touch all inform his extremely competent instruction. George brings depth, subtlety, clarity, and an easygoing approach to his teaching. He lives and practices in Olympia, Washington.

Free Introductory Public Talk on Sports Massage by Jon “Shaggy” McLaughlin on Friday, September 23, 2016, 6:30–8 pm, at AIM!

Sports Massage: Assessment & Treatment of Lower Body Athletic Injuries

Instructor: Jon “Shaggy” McLaughlin

September 24 & 25, 2016 (Saturday & Sunday), 9 am–5 pm (14 CEU hours)

\$275 (\$310 after September 9, 2016)

Delve into the world of the athlete and discover what we can do as therapists to properly support them. We will review relevant anatomy and kinesiology; discuss concepts and techniques of sports massage; learn a thirty-minute leg flush routine; and practice hands-on assessment and treatment of common athletic injuries. Gain a stronger understanding of athletic injury treatment and how to help your clients achieve their goals and excel in performance. If you are interested in working with athletes, you won't want to miss this class!



Sports Massage: Assessment & Treatment of Upper Body Athletic Injuries

*Instructor: Jon "Shaggy" McLaughlin
October 22 & 23, 2016 (Saturday & Sunday), 9
am–5 pm (14 CEU hours)
\$275 (\$310 after October 7, 2016)*

In this hands-on class, you'll explore the world of the athlete and what we can do as therapists to properly support them. Starting with a review of relevant anatomy and kinesiology, this class focuses on the upper body. We will discuss concepts and techniques of sports massage; learn invaluable fifteen-

minute pre- and post-competition routines; and practice hands-on assessment and treatment of common athletic injuries such as tennis elbow, golfer's elbow, cervical stinger, rotator cuff injuries, and low-back strain. You will gain a stronger understanding of athletic injury treatment and learn how to help your clients achieve their goals and excel in performance. If you dream of working with athletes, this class is for you.

Jon McLaughlin, LMT, has been practicing massage in Ashland since 2001. An AIM alumnus, he provides sports massage and myofascial therapies to athletes in his office and at athletic events. Jon uses a blend of sports massage, myofascial, neuromuscular, and trigger point therapies to address his patients' needs. He holds a BS in outdoor education. USA Pro National Road Champion Jade Wilcoxson, DPT, says, "Jon's skills are top-notch. His clinic is one of my first stops when I get home from a difficult stage race, and he always manages to get my body working properly."

Ortho-Bionomy® Associate Program

Each of the following three Ortho-Bionomy® classes is part of the seven class requirements for the Ortho-Bionomy® Associate Program, completion of which allows therapists to use the trademarked term Ortho-Bionomy®. The classes may also be taken independently. Please see the following for more information: [youtube.com/watch?v=LV6N0w6imKk](https://www.youtube.com/watch?v=LV6N0w6imKk).

Ortho-Bionomy® Advanced Energy Techniques (Phase Six)

*Instructor: Jim Berns, Registered Ortho-Bionomy® Advanced Instructor
October 8 & 9, 2016 (Saturday & Sunday), 9 am–6 pm (16 CEU hours)
\$310 (\$350 after September 23, 2016)*

We are more than our muscles and bones. We are our energy, emotions, and all the experiences that have led us to this moment. How would it feel to connect to all of those parts of who we are? This class focuses on developing the sensitivity to feel the energy all around and through our bones, muscles, and organs. When we make contact with this energy in our clients and ourselves, our clients feel recognized and are able to respond at a deeper level. You will learn specific skills that take any healing modality to a deeper and more profound level. Whether you are an Ortho-Bionomy® student or a practitioner of another modality, this class will significantly increase your sensitivity and ability to connect and work with your clients on an energetic level.

Ortho-Bionomy® Experiential Ethics & Emotional Issues

Instructor: Jim Berns

December 10 & 11, 2016 (Saturday & Sunday), 9 am–6 pm (16 CEU hours)

\$310 (\$350 after November 22, 2016)

Come explore how being clear within our body, emotions, and energy allows us to be better practitioners. In this experiential class, we will explore topics such as establishing and maintaining boundaries; grounding; knowing our limitations and blind spots; finding where in our bodies we feel our center; and practicing how to return there no matter what presents. We will also look at power and authority in therapeutic relationships and how to be energetically clear about money issues. The second half of the class is devoted to experiential explorations of how to be aware of, respect, and be present with our clients' emotions. You will walk away from this full weekend with a clear and grounded way of being as well as increased self-knowledge and confidence about how to handle the many challenges life and our profession can introduce.

Ortho-Bionomy® Spine & Pelvis “Structure Governs Function”

Instructor: Jim Berns

January 21 & 22, 2017 (Saturday & Sunday), 9 am–6 pm (16 CEU hours)

\$310 (\$350 after January 6, 2017)

The releases demonstrated in this class use osteopathic-based gentle body positions and movements to stimulate self-correcting reflexes within the muscles and nerves. These responses can move the client out of pain and discomfort within ten to thirty seconds through a highly-specific and structure-oriented method. This class focuses on releases for the neck; thoracic and lumbar spine; sacrum; ilia; and psoas muscles.

Jim Berns is an Ortho-Bionomy®-registered Advanced Instructor and has taught internationally for over thirty years. He is coauthor of *Ortho-Bionomy: A Practical Manual*. Jim was trained by Dr. Arthur Lincoln Pauls, British osteopath and founder of Ortho-Bionomy®. He was named **Educator of the Year** by the American Massage Therapy Association (AMTA) in 2013. A certified massage therapist since 1979, he is a registered California instructor in massage therapy. Jim brings to his over three decades of teaching detailed information, a compassionate heart, and a unique sense of humor.



Registration Form. Please check your requested workshop(s) below.

Classes	DATES	FEE	EARLY	DEPOSIT	CEUS
<input type="checkbox"/> Fascia Energetics	Sep. 10–11	\$310	\$275	\$50	14
<input type="checkbox"/> Energetic Development	Nov. 5–6	\$310	\$275	\$50	14
<input type="checkbox"/> Nonviolent Communication (Ethics & Comm.)	Sep. 12	\$85	\$75	N/A	4

Advanced Myofascial Techniques Classes	DATES	FEE	EARLY*	CEUS
<input type="checkbox"/> Adv. Myofascial Techniques: Myofascial Mastery*	Sept. 16	\$179	\$159	8
<input type="checkbox"/> Adv. Myofascial Techniques: Iliac and SI Joints*	Sept. 17–18	\$339	\$319	16

*Register for Advanced Myofascial Techniques classes at <https://www.regonline.com/MP0916AOR> or call AIM at 541.482.5134. See course descriptions for applicable discounts.

<input type="checkbox"/> Sports Massage: Lower Body Injuries	Sept. 24–25	\$310	\$275	\$50	14
<input type="checkbox"/> Sports Massage: Upper Body Injuries	Oct. 22–23	\$310	\$275	\$50	14
<input type="checkbox"/> Ortho-Bionomy® Adv. Energy Techniques	Oct. 8–9	\$350	\$310	\$50	16
<input type="checkbox"/> Ortho-Bionomy® Experiential Ethics & Emotional Issues	Dec. 10–11	\$350	\$310	\$50	176
<input type="checkbox"/> Ortho-Bionomy® Spine & Pelvis	Jan. 21–22	\$350	\$310	\$50	16

NAME _____

HOME ADDRESS _____ CITY _____ STATE _____ ZIP _____

TELEPHONE (DAY) _____ (EVENING) _____

EMAIL _____ FAX _____

Course Fee(s) or Nonrefundable Deposit(s) \$ _____

Early Enrollment Discount (if paid in full 15 days before the course begins) \$ _____

Total Enclosed \$ _____

Check (Make payable to **Ashland Institute of Massage**. Returned check fee is \$25.)

    _____

EXP. DATE _____ SIGNATURE OF CARDHOLDER _____

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