



AIM ASHLAND
INSTITUTE OF
MASSAGE

awareness, integrity, mastery

Continuing Education

Summer/Fall 2014

Welcome to the Summer/Fall 2014 Continuing Education Offerings at Ashland Institute of Massage!

We are AIMing to be greener and would love your help! Please send us your email address, and we will be happy to email future editions of this brochure.

Registration

Please use the registration form at the back of this booklet to register by mail. You may submit forms by fax if you pay with a credit card: **541.488.2383**. You can also register by telephone: **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, fax, 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.

Note: Advanced Myofascial Techniques seminars are offered in partnership with **Advanced-Trainings.com**, and their early enrollment and cancellation policies shall apply. Please visit their website at **Advanced-Trainings.com** for details.

Around the Table, Around the World II

Instructor: Stephanie "Sheila" Shrum, LMT

July 19 & 20 (Saturday & Sunday), 9:30 am–5 pm (12 CEU hours)

\$250 (\$220 if paid in full by July 4)

Are you ready to go on a bodywork adventure? Come experience this creative and fun class inspired by Stephanie's travels around the world. Her dynamic class will help you to see your clients more three-dimensionally as Stephanie encourages you to expand beyond your usual routines and self-created boxes. You will be invited to make your massages more effective by integrating fascial and joint work into your sessions. This class is a blend of Myofascial Therapy, Osteo-Thai, Esalen studies, Medically Focused Massage, and Creative Muscle Energy techniques. Countries of influence include Thailand, Greece, Mexico, India, and the United States.

Stephanie "Sheila" Shrum, LMT (NCBTMB Provider #425441-00) has been passionately practicing massage and bodywork for 15 years. With over 1,800 hours of continuing education and a decade's worth of teaching experience across America and abroad, Stephanie is enthusiastic about including proper body mechanics and self-care in all of her classes. Stephanie provides custom-made videos to support her students at no additional charge. Learn more at **CoCreativeHealing.com**.



Introduction to Ayurvedic Bodywork

Instructor: Christopher Sean Rice, LMP

August 8 (Friday), 1–5 pm (4 CEU hours)

\$80 (\$75 if paid in full by July 25)

This entertaining and educational course introduces the ancient East Indian wisdom of Ayurveda (the Science of Life) and serves as a precursor to hands-on Ayurvedic courses. We will learn the basics of *Vata*, *Pitta*, and *Kapha*; the energetic body and its subtle channels; how we each become unique individuals; and the concept of "for whom, when, and how much" with regard to treatment approaches. And, of course, we'll talk oil: why so much, how to choose the type and quantity, and the 10 types of Ayurvedic massage techniques using oils. Along the way, you'll learn tips for lifestyle management to bolster your own *Prana* (life force)—essential for any bodyworker.

Ayurvedic Marma: Hands, Feet, & Face

Instructor: Christopher Sean Rice, LMP

August 9 (Saturday), 9 am–6 pm (8 CEU hours)

\$160 (\$145 if paid in full by July 25)

Note: Price for both classes taken together is \$230 (\$200 if paid in full by July 25)

Ayurveda is an understanding of life codified in India that dates back thousands of years. *Marmani* (plural of *marma*) comprise an intricate network of vital energy points similar to the meridian lines in Chinese acupuncture. Pressure, heat, medicinal oils, and other means can stimulate these points, activating biochemical reactions that trigger the innate wisdom of the body to react. *Prana* (likened to *chi* or *qi*, our life force) is awakened from massage on marma, and the body's intelligence goes into action. The face, hands, and feet are a great way to introduce marma into your massage practice. In this class, you will learn to locate the points and understand their actions. You will also develop a massage routine to awaken the prana.

Ayurvedic therapist Christopher Sean Rice, LMP (NCBTMB Provider #451637-11) practices in Seattle, Washington, as a licensed massage practitioner and educator. During his studies with Dr. Vasant Lad at the Ayurvedic Institute in Albuquerque, New Mexico, he discovered his niche in translating the ancient wisdom of Ayurveda into everyday well-being. Christopher has taught a unique perspective on wellness integration for over a decade. He continues his holistic studies with yoga, Pranayama, storytelling, and natural living while crafting a personalized approach to health care for his clients at Wild Sun Therapeutics. See **wildsuntherapeutics.com** for details.

Unwinding the Belly ... Healing from Within

Instructor: Mark Bauman

August 16 & 17 (Saturday & Sunday), 10 am–5 pm (14 CEU hours)

\$265 (\$230 if paid in full by August 1)

The movement, meditation, and bodywork practices we use in this workshop will assist you with moving deeper into your own healing as well as into your practice of working with others. The hands-on work focuses on the abdomen and is based largely on *Chinese Chi Nei Tsang* (“working with the energy of the internal organs”) with influences from Trager and other approaches. We will explore movement and meditation practices from Chi Kung, Trager Mentastics, breath work, aikido, moving and shaking, and working with voice. The more we connect with ourselves, the more present we can then be with our clients. Be revitalized and inspired through this unique experiential weekend!

Mark Bauman has been practicing massage and bodywork in northern California since 1980. He studied extensively with Dr. Milton Trager, MD and has been a Trager workshop leader since 1984. In 1992, Mark became certified by Taoist Master Mantak Chia as a *Chi Nei Tsang* practitioner and instructor. His innovative teaching style incorporates movement and mindfulness techniques to enhance the development of awareness and healing for both practitioner and client.

Advanced Myofascial Techniques

The following two classes are offered 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. **You may take classes individually or enroll in all three days for the discounted price of \$446.50 (if one of the first 10 to register!).**

Advanced Myofascial Techniques for Advanced Knee Issues

Instructor: George Sullivan, LMP

September 12 (Friday), 9 am–5:30 pm (8 CEU hours)

\$179 (\$159 if one of the first 10 to register!)

Learn advanced myofascial techniques that dramatically improve your ability to work with knee injuries, ligament and joint conditions, surgery recovery, stability, and movement limitations as well as patellar and knee pain.

Advanced Myofascial Techniques for Leg, Knee, & Foot

Instructor: George Sullivan, LMP

September 13 (Saturday), 9 am–5:30 pm; September 14 (Sunday), 9 am–4:30 pm, (16 CEU hours)

\$339 (\$299 if one of the the first 10 to register!) register for one or both days—see www.regonline.com/ML0914AOR for discount information

Learn advanced myofascial techniques that dramatically improve your ability to work with hamstring injuries, knee and ankle issues, hammertoes, heel spurs, and plantar fasciitis.

George Sullivan, LMP is a **Certified Advanced Rolfer®** and lead instructor for **Advanced-Trainings.com**’s *Advanced Myofascial Techniques* series, created by Til Luchau. 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, subtly, clarity, and an easygoing approach to his teaching. He lives and practices in Olympia, Washington.

Note: The above two classes are offered in partnership with **Advanced-Trainings.com**. For online registration and more info, please visit their website at www.regonline.com/ML0914AOR or call Ashland Institute of Massage at **541.482.5134** to register by phone.

Active Isolated Stretching for the Extremities

Instructor: Joshua Morton, LMP

September 27 & 28 (Saturday & Sunday), 10 am–6 pm (14 CEU hours)

\$265 (\$230 if paid in full by September 12); optional manual available for \$15

Learn a whole-body dynamic technique for stretching muscles and fascia based on the principles developed by Aaron Mattes. This stretching system increases joint mobility, reduces muscular and fascial tension, corrects aberrant neurological firing, and dramatically increases blood and lymph circulation for faster healing. This class will teach you how to stretch yourself and assist your clients, covering every stretch you need to treat a wide variety of disorders—including carpal tunnel, arthritis, hammered toes, bunions, and many other disorders associated with the extremities.

Joshua Morton, LMP, MAISS, MMLT (NCBTMB Provider #451194-0) graduated from Seattle Massage School in 1994 and immediately entered the rehabilitation field. An international educator of professionals for the past decade, Joshua has accumulated over 2,400 hours of training with AIS developer Aaron Mattes and has been an international educator of professionals for the last decade. His teaching experience—combined with his devotion to and expertise in AIS—makes him one of Aaron’s top teacher-practitioners. For more information, see aisnorthwest.com.

Ortho-Bionomy® SPINE & PELVIS “Structure Governs Function”

Instructor: Jim Berns, Registered Ortho-Bionomy Advanced Instructor
October 11 & 12 (Saturday & Sunday), 9 am–6 pm (16 CEU hours)
\$300 (\$260 if paid in full by September 26)

“Structure Governs Function” is an osteopathic principle that integrates the understanding that when the muscular-skeletal system is balanced properly, the functioning of the body (blood, nerve, emotions, meridian) will flow more efficiently. Ortho-Bionomy uses osteopathic-based gentle body positions and movements to stimulate the self-correcting reflexes within the muscles and nerves. These responses can move the client out of pain and discomfort within 10 to 30 seconds. This method is highly specific and structure-oriented. You will learn incredibly effective spine and pelvis release techniques that are fast, fun, easy, and painless.

ORTHO-BIONOMY can be especially effective when working with muscular skeletal structural pain, clients who don’t want or can’t handle deep work or pain, emotional armoring, accidents, trauma, or injuries.

Jim Berns is an Ortho-Bionomy®–Registered Advanced Instructor and has taught internationally for over 30 years. He is coauthor of *ORTHO-BIONOMY: A PRACTICAL MANUAL*. Jim was trained by the founder of Ortho-Bionomy®, British osteopath Dr. Arthur Lincoln Pauls. Jim was named **Educator of the Year** by the American Massage Therapy Association (AMTA) in 2013 and is an invited presenter at the 2014 AMTA National Convention. He has been a certified massage therapist since 1979 and is a registered California instructor in massage therapy. Jim brings to his 33 years of teaching detailed information, a compassionate heart, and a unique sense of humor.

Manual Ligament Therapy for the Upper Body

Instructor: Stephen Wadsworth, LMP
November 1 & 2 (Saturday & Sunday), 9 am–6 pm (16 CEU hours)
\$300 (\$260 if paid in full by October 17)

Invest in your career and learn how to address the muscular and fascial systems with Manual Ligament Therapy (MLT). Using the proprioceptive sensory qualities of ligaments, MLT relaxes hypertonic muscles and fascia immediately with minimal effort on the part of the practitioner. MLT recognizes the significant role played by ligaments in pain and dysfunction. Using simple techniques, therapists can resolve difficult injuries and pathologies. This class covers both the physiological understanding and the application of MLT releases for the cervical spine, shoulders, jaw, and hands.

Stephen Wadsworth, LMP, MMLT began his massage career in 2000 in California. A graduate of the Healing Hands School of Holistic Health in 2003, Stephen studied myofascial techniques, Structural Integration, and trigger point release. He has been studying Manual Ligament Therapy since 2008 and is one of Arik Gohl’s top practitioners and instructors nationwide.

Registration Form

Please check your requested workshop(s) below.

Classes	DATES	FEE	DEPOSIT	CEUS
<input type="checkbox"/> Around the Table, Around the World II	July 19–20	\$250	\$50	12
<input type="checkbox"/> Introduction to Ayurvedic Bodywork	August 8	\$80	\$15	4
<input type="checkbox"/> Marma: Hands, Feet, & Face	August 9	\$160	\$40	8
<input type="checkbox"/> Unwinding the Belly	August 16–17	\$265	\$50	14

Advanced Myofascial Techniques Classes	DATES	FEE	CEUS
<input type="checkbox"/> Advanced Knee Issues*	Sept. 12	\$179	8
<input type="checkbox"/> Leg, Knee, and Foot*	Sept. 13–14	\$339	16

Register for Advanced Myofascial Techniques classes at <https://www.regonline.com/ML0914AOR> or call Ashland Institute of Massage at 541.482.5134.

	DATES	FEE	DEPOSIT	CEUS
<input type="checkbox"/> AIS for the Extremities	Sept. 27–28	\$265	\$50	14
<input type="checkbox"/> Ortho-Bionomy® Spine & Pelvis	Oct. 11–12	\$300	\$50	16
<input type="checkbox"/> MLT for the Upper Extremities	Nov. 1–2	\$300	\$50	16

*See course descriptions for additional applicable discounts.

NAME _____

HOME ADDRESS _____ CITY _____ STATE _____ ZIP _____

TELEPHONE (DAY) _____ (EVENING) _____

EMAIL _____ FAX _____

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

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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.)

MasterCard or VISA

EXP. DATE _____ SIGNATURE OF CARDHOLDER _____



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