

NEW HAMPSHIRE INSTITUTE FOR THERAPEUTIC ARTS

School of Massage Therapy

2009 – 2010
Continuing Education
Program

NHITA is an NCBTMB Approved Provider

Ayurvedic Massage Therapy Part I and II

80 Hours **

Instructor: Nancy Tripp, LMT, CAC

Dates and Times: Thursday and Friday, Sept 24 & 25, Oct 22 & 23, Nov 19 & 20, Dec 17 & 18, 2009 and Jan 21 & 22, 2010

Cost: \$ 1,200 plus \$ 75 for materials and supplies

** To meet NCBTMB requirements this program is divided into two 40 hour parts, each providing a certificate of completion, as well as a certificate for the complete 80 hour program. Both sections are required to be completed. There is no option to take part one without part two.

This series of five – two day intensives offers instruction in the healing massage techniques developed within the Indian healing practice known as Ayurveda. The sanskrit translation of Ayurveda is the *science of life*, a sister science to Yoga. The Massage Therapy techniques instructed in this program are used to promote a balancing of the physical and subtle body systems, providing a sense of wellbeing and deep relaxation. A substantial part of the program will be devoted to understanding Ayurvedic theory, including the five element theory; *tridoshic* theory, a method of observing the three constitutional types know a *vata*, *pitta* or *kapha*; and *dinacharya*, beneficial daily lifestyle routines.

On completion of this course practitioners will have an understanding of assessing client needs in terms of doshic imbalances so that proper treatment, oils and touch may be administered. Ayurvedic anatomy and physiology will be an inclusive part of this program, offering massage therapists a deeper understanding of the application of Ayurvedic massage.

Ayurvedic techniques included within the course:

- *Garshana* is a dry glove used to exfoliate the skin and stimulate the lymphatic and circulatory systems.
- *Abhyanga* techniques uses warm herbalized oils applied to the head and body to balance the physical and subtle bodies, calming the mind, enhancing digestive functions and promoting longevity.
- *Vishesh* emphasizes treatment of muscles and tendons using deeper strokes with the application of warm oils.
- *Shiro Abhyanga Nasaya* is a shoulder, head and neck treatment with herbalized.
- *Shirodhara* calms the mind and effects relaxation of the nervous system by treating with a light, steady stream of oil directed in patterns on the forehead.
- *Udvardina* provides treatment via the use herbalized pastes applied to the body in a systemic pattern to aid in detoxification.

Nancy Tripp, LMT, Certified Ayurvedic Consultant - Nancy has taught at New Hampshire Institute for Therapeutic Arts (NHITA) since 1994. She is a licensed Massage Therapist, graduating from NHITA, and a Certified Ayurvedic Consultant, graduating from the Kripalu School of Ayurveda. She is certified to practice as an Ayurvedic Lifestyle Consultant through in-depth studies of Vedic philosophy, Yogic psychology, Ayurvedic anatomy, physiology and herbology, with a focus on constitutional analysis. Nancy specializes in Ayurvedic massage and instructs the various techniques that comprise the Ayurvedic approach to Massage Therapy. She is a core instructor at NHITA and maintains busy practices in Bridgton, Maine and Conway, New Hampshire.

Shiatsu/Acupressure Intensive Part I and II

80 Hours **

Instructor: Aaiyn Foster, BA

Dates and Times: Thursday and Friday, Sept. 10 & 11, Oct. 8 & 9, Nov. 12 & 13, Dec. 10 & 11, 2009 and Jan. 7 & 8, 2010

Cost: \$1,200 plus \$ 50 for materials

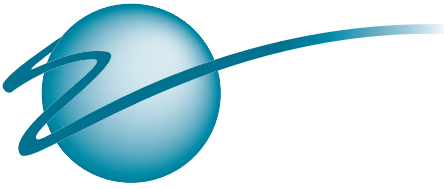
** To meet NCBTMB requirements this program is divided into two 40 hour parts, each providing a certificate of completion, as well as a certificate for the complete 80 hour program. Both sections are required to be completed. There is no option to take part one without part two.

This series of five 2-day workshops will focus on accessing the innate brilliance of the human body through Shiatsu and Acupressure. Based on Traditional Chinese/ Asian Medicine, a medical model, Shiatsu and Acupressure are healing arts used to enhance the body's balance, as well as emotional, psychological, and spiritual harmony. Instruction will incorporate Zen Shiatsu in massage, being able to offer the experience of a deep balance of all body systems. A thorough introduction to the principles and theory of Jin Shin Jyutsu Acupressure, along with some practical applications for massage will be offered.

In this Series, several techniques will be taught that can be incorporated into your massage practice:

- *Zen Shiatsu* is a Japanese form of physical therapy and therapeutic massage, based on TCM, combining massage, gentle physical manipulation, and pressure along meridians.
- *Jin Shin Jyutsu* is a form of Acupressure, an art of reawakening one's awareness and understanding of Self and of the profound delicate power within the energetic matrix in the body.
- *A Shiatsu head, neck, and shoulder release* – which offers a highly effective technique combining a blend of somatic work and massage.
- *A Shiatsu hip release* - a highly effective technique combining a blend of somatic work, physical therapy and massage.
- *A Shiatsu Chair Massage* - an upper body treatment given fully clothed with client sitting in a comfortable and adjustable chair. The 10, 20 or 30 minute stress release routine is aimed at relieving tired aching muscles and to bring about a sense of well being leaving your client feeling relaxed, calm, yet energized and alert.
- *A Natural Face Lift* - a Jin Shin Jyutsu Acupressure sequence which releases stress, nourishes the nervous system; with the focus on a face lift, from the inside out

Aaiyn Foster, BA - received a BA in French Literature and Psychology from the University of Colorado in Boulder. Her graduate work in Traditional Chinese Medicine began with the study of Shiatsu, in Japan, in 1978 - 79 with Shozo Oyamada and Shizuto Masunaga, a leading international Master. Aaiyn completed American certification at the New England Shiatsu Center in Boston in 1988. She is a Certified Practitioner with the American Organization for Bodywork Therapies of Asia and of the American Jin Shin Jyutsu Association, and also has extensive training in a wide range of healing modalities, including Qi Gong, Tai Ji, Reiki, Cranial Sacral, Trager, Resonance Repatterning Neurolinguistic Programming, and Educational Kinesiology (Brain Integration). Aaiyn is currently at work on a text about Energetic Medicine..



2009 Continuing Education Program
Registration Form

Name: _____

Address: _____

Phone: _____

E-mail: _____

	Register By Date	Registration Fee	Amount Enclosed
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Bridgton Courses

Ayurvedic Massage Therapy (begins 9/24/09) <i>*Plus Materials and Supply fees (Ayurvedic)</i>	Aug. 24th	\$1,200* \$75	_____ _____
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Shiatsu/Acupressure Intensive (begins 9/10/09) <i>*Plus Materials and Supply fees (Shiatsu)</i>	Aug. 10th	\$1,200* \$50	_____ _____
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No refund 2 weeks prior to the start of the course.	TOTAL	_____
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Make Check Payable to: *New Hampshire Institute for Therapeutic Arts*

If paying by credit card: **Visa** or **MasterCard**. Name on Card: _____

Card number: _____ Three digit code on back: _____

Address (if different from above) _____

Print and Mail To:

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Questions? e-mail: nhita@verizon.net