



NEW HAMPSHIRE INSTITUTE FOR THERAPEUTIC ARTS

School of Massage Therapy

2018

Continuing Education Program

Ayurvedic Massage Therapy
June 21 & 22 • July 19 & 20 • August 16 & 17
September 20 & 21 • October 18 & 19

Clinical Mastery of TMJ Disorders™ For Massage Therapists
April 14 & 15

Integrated Neuromuscular Therapy,
Ortho Assessment Model and Treatment of the Thoracics
April 28 & 29

For more information on our programs visit our website at www.nhita.com

Offered at our Bridgton, Maine Campus
27 Sandy Creek Road, Bridgton, Maine 207.647.3794

Ayurvedic Massage Therapy, 80 CEUs

Instructor: Nancy Tripp, LMT, AC

Dates: June 21 & 22, July 19 & 20, August 16 & 17, September 20 & 21, October 18 & 19, 2018

Tuition: \$1,200.00; **Supplies:** \$125.00 (Text, Oils)

Enhance and balance the diversity of your practice with efficacious techniques derived in the East:

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, the 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 through the rhythmic application of herbalized oils and pastes. These techniques offer a practitioner more gentle techniques for body mechanics.

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 steam.
- 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.

Kati Basti - treatment for relieving tensions of the lower back and disorders of lumbosacral region, including slip disc, lumbar spondylosis and sciatica.

Nancy Tripp, LMT, Ayurvedic Consultant - Specializing in Ayurvedic Lifestyle Consults and Ayurvedic Massage Therapy. Nancy taught at New Hampshire Institute for Therapeutic Arts (NHITA) for 21 years. 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 maintains a practice in Bridgton, Maine

Clinical Mastery of TMJ Disorders™ For Massage Therapists, 16 CEUs *Instructor: Joe Rodin MA, LMP, CTP*

Dates: April 14 & 15, 2018

Tuition: \$340.00

Manual Therapy for the jaw helps patients with neck, jaw, face and shoulder pain as well as many different kinds of headaches.

You'll learn:

- Anatomy and physiology of the TMJ
- Biomechanics and assessment of the TMJ
- Intra-oral and extra-oral palpation and treatment techniques
- Indications and contra-indications to treatment, and hygiene
- Integrating neck, head and TMJ treatments

Joe Rodin MA, LMP, CTP, has been practicing bodywork for seventeen years. A certified Trager® Practitioner, he's also studied and taught cranial sacral therapy and other forms of manual therapy in Washington and California. He's worked at the nationally recognized TMJ Orofacial Disorders Center in Seattle where he's treated extensive jaw, head, neck and facial problems.

16 CEUs Provided, NCBTMB Provider #681

Integrated Neuromuscular Therapy, Ortho Assessment Model and Treatment of the Thoracics, 14 CEUs

Instructor: Jeff Mahadeen

Dates: April 28-29, 2018

Time: Saturday 10-5:30, Sunday 9-5:00

Tuition: \$375; pre-reg 21 days in advance for \$325 | [Register Online](#) (if you prefer to mail a check, use the order form below)

This module (1 out of the 6 Jeff offers) will explore musculoskeletal anatomy and function of the thoracic cage (anterior and posterior).

Lectures will be focused on muscle location/function and activity of daily living (work, hobbies, sports) stressors that cause dysfunction within the musculoskeletal system. With this information, we will examine the main physiological factors that may create or intensify pain patterns, including nerve entrapment/compression, trigger points, pathologies and postural distortions.

Students will learn various Ortho Assessments to the nearby joints and tissue, so as LMTs we know when and where to treat appropriately. Throughout the course, Ortho Assessment Model/Protocols and treatment models, which can be utilized throughout the body, will be emphasized.

We will then apply this knowledge with specific integrated NMT protocol, by applying manual advanced tissue techniques to relieve myofascial trigger points and other soft tissue dysfunction. Practice will include demonstration, palpation, verbal walk through and practice time.

Jeff Mahadeen LMT, Certified Structural Integrator, is the owner of The Muscular Wellness Institute and Treatment Center, one of the most successful Treatment Centers in New England.

Since 1998, Jeff has been teaching and developing curriculum for various schools across the country. Soft Tissue Manipulation/Musculoskeletal Education are his area of specialty, and he has developed extensive 96-hour certification programs and manuals in Myofascial Mobilization, Neuromuscular Therapy, and Strengthening Therapeutics. Jeff's formal education is not only in the above mentioned tissue therapeutics, but he has studied kinesiology, biomechanics, dissection, and personal trainer courses.

Jeff's dedication to the field of education has been recognized by various organizations throughout the massage and therapeutic professions. He has presented for AMTA regional conferences, physical therapy conferences and universities, and has written a number of articles that have been published by Massage Magazine and the AMTA.

Registration Form

Name: _____

Address: _____

Phone: _____

E-mail: _____

Name of program attending: _____

Confirm dates of program: _____

Amount enclosed: _____

Signature: _____

Make Check Payable to: *New Hampshire Institute for Therapeutic Arts*

Print & Mail To: **New Hampshire Institute for Therapeutic Arts**
27 Sandy Creek Road
Bridgton, ME 04009

Questions?
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