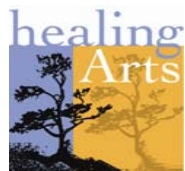


Multi-modality Massage and Bodywork Seminar Topics **Benefits**

Pre and post-care goniometric measurements	Document incremental improvements in ROM and posture
Key bony landmarks & associated soft-tissue	Time-efficient client care and techniques
Appropriate touch / client communication	Ethical procedures and practices
Case studies and injury scenarios	Testimonials and endorsements
Area specific treatment demonstrations	Cost effective training. Immediately useful for yourself and others
Treatments like BPP™, PNF, Sports Massage and Trigger Point Therapy	Immediate impact resulting in satisfied clients and referrals
Yoga stretching and exercises	Helps build strong bodies and minds

PNF: Proprioceptive Neuromuscular Facilitation



Copyright © Healing Arts Center, 2008

Multi-modality Massage and Bodywork with Yoga

This fun and fascinating seminar teaches the most popular soft-tissue treatments including reflexology, sports massage, acupressure, myofascial release and trigger point therapy. Additionally students can choose 30 hours of yoga stretching or practicum hours for a total of 102 hours. Graduates will be eligible for licensing in cities like Prior Lake. Participants will give and receive therapeutic massage and bodywork. In this seminar you will learn:

- Pathologies and Testing/Analysis (12 hrs)
- Reflexology (3 hrs.)
- Swedish massage (9 hrs.)
- Sports massage (12 hrs.)
- Acupressure (12 hrs.)
- Myofascial release/trigger point therapy (12 hrs.)
- Deep tissue/muscular therapy (12 hrs.)

Instructors: Rick A. Johnson MBA, CMT, NCTMB and Marie B. Robling CMT, CYT

Location: Healing Arts Center, Prior Lake MN
 Dates: Tuesdays, starting in October: 6 p.m. – 9 p.m.

Registration by phone: 952-447-3636
 Registration online: www.CHAMPSadvantage.com

Rick A. Johnson



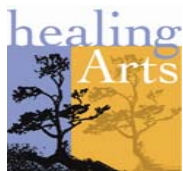
Recent Publications:

- **Anatomy Flashcards for Healing Massage Techniques, PEARSON / Prentice Hall**
- **Healing Arts Protocol, MASSAGE Magazine**
- **Prevention and Care of Wrestling Injuries, Guillotine Magazine**
- **Healing Arts Handbook, Healing Arts Center**

MBA, CMT, NCTMB USA (Olympic) medical support team, therapist, researcher & instructor

Recent Reviews:

- **New Product of the Week, MASSAGE Magazine**
- **Flashcards help athletes recover from injury, Prior Lake American Newspaper**
- **Local man creates Flashcards for Therapists, Thisweek Newspaper**



www.CHAMPSadvantage.com ♦ Call 952.447.3636

Marie B. Robling



- **20 years of Yoga studies and teaching**
- **Certified Massage Therapist (CMT)**
- **Certified Yoga Teacher (CYT)**
- **Reiki, 2nd Degree**
- **Qigong, 3rd Level**
- **Clinical experience at Chiropractic Specialists in Jordan**

Phasing™ is a fully integrated testing and treatment methodology. Phasing identifies areas of tightness and limited range of motion. Once a problem is identified it can be treated with various techniques like PNF, myofascial release, trigger point therapy, and chiropractic adjustment.

