

Structural Therapy Massage level 1:

Level I:

STM level 1 is an excellent introduction to applied therapeutic touch! Whether you are looking to become a professional therapist or just want to add an invaluable skill to your present profession, dancers, pilates instructors, personal trainers, yoga students/teachers, moms, athletes and office workers etc can all benefit from this work.

Through the methods of structural therapy massage, I have devised what I consider to be very practical and proven methods of treatment for many common ails of today's society.

You will learn some useful techniques derived from my background as a certified Rolfer for structural integration / movement therapy background. You will learn new ways of seeing and understanding the human body that are both fascinating and inspiring.

Below are the basic elements we will be covering in STM level 1:

1) Functional anatomy -

You will learn and embody anatomy from a movement Perspective, through hands on palpation (touch) to identify and explore the Bones and their landmarks, muscles, tendons, ligaments, their origins and insertions.

Movements and functions of joints and muscles will be touched on and explored in level 1.

2) Soft tissue manipulation / bodywork.

We will be covering areas of the superficial musculature. Those areas include:

Backwork

Shoulders

Ribs, torso and legs.

You will learn how to apply proper body mechanics to deliver a safe and effective soft tissue manipulation techniques.

3) Body reading/ Postural analysis:

This is an important part of understanding the human form and what is considered an "ideal posture".

Through observing ourselves in movement we will explore natural movement

patterns and how we can begin to treat through structural therapy techniques a body towards the goal of achieving a more balanced free flowing structure.

4) We will cover the basic safety/contraindications and ethics within the treatment arena so gain more awareness of things to watch For when working with a client.

MATERIALS REQUIRED

1) You will need an anatomy book.

The anatomy-coloring book is a good one to start with as well as frank netters anatomy book, or any other one with full color drawings that appeal to you.

2) Note pad.

3) Wear comfortable clothing.

We will be exploring and working on each other, that will require you to on occasion to be in you underwear:

For men, you must wear briefs, no boxer shorts please.

For ladies:

A bikini two-piece is excellent to work around, bras and briefs as well.

No biking shorts or tight fitting sports bras please; they're difficult to work around.

4) We will have 3 treatment rooms to work from, so for those of you who feel you need a more private setting when receiving the therapy, we can certainly accommodate you for that.

5) Mobile phones," must " be switched off at all times during the course.

You may use your devices during breaks only.

We want to keep everybody focused within the room and learning environment without distractions from outside agendas.

This course is intense and inspiring!

There is a lot of material to cover, so please be well prepared, present and ready to absorb a lot of information.