



Three days of CEU's that will fulfill all of your requirements for PA Licensure renewal (except CPR and Child Abuse Recognition). Choose from a variety of courses and get your requirements finished in three days with nationally recognized instructors. Classes begin Sunday at 9:00 AM and include the following choices. Please arrive by 8:00 AM on your first day of classes to complete the registration process so the workshops may start on time.

<b>Registration Due Dates:</b>	<b>Before 6/30</b>	<b>7/1-7/31</b>	<b>8/1-8/31</b>	<b>9/1-10/9</b>
<b>Full registration, including all classes:</b>	<b>\$395</b>	<b>\$425</b>	<b>\$450</b>	<b>\$475</b>
<b>Per day registration fee:</b>	<b>\$135</b>	<b>\$150</b>	<b>\$165</b>	<b>\$180</b>

**If space is available, the On-Site Registration will be Full conference - \$525 or Per Day - \$200.**

*Full Payment Required With Registration.*

**TRAGER PRINCIPLES & RESISTANCE-RELEASE WORK WITH DEANE JUHAN**

**Oct. 15 - Shoulder Girdle**

**Oct. 16 - Pelvic Girdle**

**Oct. 17 - Spine & Torso**

**Time: 9:00 AM - 5:15 PM Hours: 7 PER DAY - NCBTMB & Pa Renewal approved**

*You may take one, two or all three days of classes for up to 21 hours of credit.*

I met Dr. Milton Trager at Esalen Institute, where I was a member of the massage crew, in 1976. His work completely changed the course of my career, and I studied with him for 24 years until his death in 1997. I am a practitioner and teacher of his work, and his approach has been the core of my practice for 38 years.

Resistance-Release Work has been the most significant development in my practice and teaching since my Esalen years and my early association with Dr. Trager. It is based upon his sensibilities and intentions, but it is a further extension of his work as it has been taught by his institute training program.

The Trager Approach, like many modalities, has traditionally focused upon relaxation, lengthening, softening and so on, manipulating the tissues of a passive, receptive client. The Trager process of relaxation is very powerful and effective, but in recent years I have recognized that relaxation is only one half of the work of resolving pain and restrictions and restoring freedom of movement. The other half--transferring the relaxed state to more functional patterns of movement--requires active participation of the client to re-coordinate old habits and to establish new patterns.

Muscles activate and coordinate in response to vectors of resistance. Resistance-Release Work combines relaxation (release) with the application of specific vectors of force (resistance) around which more functional movement can be reorganized. These vectors consist of tractions and compressions that challenge synergistic groups of muscles to exert their forces in a more complete and more coordinated fashion. As muscles are more consciously activated, their capacity for more complete relaxation is greatly enhanced. The results, as muscles learn to work more effectively in concert, are more strength and more ease, and a sense of personal empowerment for clients as they learn that their own consciously aware efforts can transform discomfort, pain and restricted movement.

The principles of the work are not difficult to learn initially, and their applications unfold endlessly as the practitioner becomes more familiar with them and with the holding patterns of their clients. Resistance-Release Work is a powerful addition to virtually any bodywork modality. **Assigned reading will be sent via email after registration.**

**Presenter: Deane Juhan** may be best known as the author of *Job's Body: A Handbook for Bodywork* – which many consider the essential text on the means, methods, uses, and deeply personal applications of what has come to be known as “bodywork” – a vast, sophisticated series of modalities and techniques that take massage to the level of personal transformation at its greatest expression, profound emotional release and reintegration at its most basic core.

First trained in Esalen massage, he developed a private practice and led workshops in massage as well as seminars in anatomy and physiology for bodyworkers. In 1976 he met Dr. Milton Trager, founder of the Trager Institute for Psychophysical Integration, and has been a practitioner and instructor of the TRAGER Work® approach ever since. He is on the faculty of the Northern California Trager Institute

**MASSAGE EQUIPMENT AND SUPPLIES:**

**Classes are hands on (except Ethics) and massage tables, lubricant, linens, bolsters, etc. are required. You are responsible for bringing your own tables, linens, equipment and supplies to use throughout the conference. Please plan accordingly.**

## **PATRICK INGRASSIA OF NAYADA INSTITUTE**

### **BodySaver - "No Thumbs" Deep Tissue Massage**

*(\$30 workbook fee paid to instructor)*

**Sunday & Monday 10/15-16/2017**

**Time: 9:00 AM - 5:15 PM**

**Hours: 14 NCBTMB, New York & Pa Renewal approved**

The Nayada Institute is offering our revolutionary BodySaver Massage course! The BodySaver Method™ is a unique modality that protects you from strain, fatigue, and injury while allowing you to offer longer, more effective sessions. Better still, it can be combined with any other modality to take your practice to the next level. Are you ready to offer your best massage, all day, every day? Want to perform therapeutic massage at ANY pressure without EVER having to use your thumbs? Register for the BodySaver Massage course today!

### **Introduction to Thai for the Table**

*(\$30 workbook fee paid to instructor)*

**Tuesday 10/17/2017**

**Time: 9:00 AM - 5:15 PM**

**Hours: 7 NCBTMB, New York & Pa Renewal approved**

Thai Massage for the Table creates a partnership between you, your client, and the movements of this flowing modality. This course offers a unique fusion of Eastern techniques presented in a format that is friendly to the Western practitioner. Thousands of years of Asian tradition meet modern ergonomics and body mechanics to give you techniques that are creative, versatile, and powerful. With Thai Massage for the Table, you'll learn a modality that's safe, effective, fun to perform, and in demand!

Nayada's BodySaver Method™ enhances the traditional Thai massage, allowing you to perform the authentic techniques of this modality with less strain and a reduced risk of injury. With Thai Massage for the Table, you won't need to climb onto the table or floor to offer traditional techniques. You'll use a natural rocking motion to avoid the stretch reflex, allowing your clients to relax and move with you, while leveraging your body weight and momentum to power the massage without strain.

**Presenter: Patrick Lee Ingrassia, LMT**, is a world-renowned massage therapist, teacher, and innovator, as well as the founder of the Nayada Institute of Massage. Patrick graduated from the Florida School of Massage, and went on to earn his Thai Massage Teacher Certification from the Institute of Thai Massage in Chiang Mai, Thailand, after studying extensively with Master Chongkol Setthakorn. He has been teaching massage in the United States, Canada, Costa Rica, and Mexico for over 15 years.

Patrick invented the BodySaver Method, a unique modality that allows massage therapists to extend their careers and protect their bodies while delivering effective massage at any pressure. He also invented the hot stone Accuroller and developed the Stick and Stone Massage modality. He is a NYS Licensed Massage Therapist, Kripalu Certified Bodyworker, Certified Personal Trainer, and Yoga teacher. Emphasizing experiential training, Patrick teaches creative, practical methods that students can put to use immediately to enhance their massage careers.

## **ETHICS FOR THE MASSAGE PROFESSIONAL WITH KENN HOWARD**

*Free bonus included with full 3 day conference registration ONLY.*

**Time: 5:45 PM - 7:45 PM OR 8:00 PM - 10:00 PM**

**Hours: 4 NCBTMB & Pa Renewal approved**

*(First 30 registrations will be in the 5:45 PM section. After 30 registrations, you will be placed in the 8 PM section.)*

**Sunday and Monday Evenings (YOU MUST ATTEND BOTH SESSIONS TO RECEIVE CREDIT)**

Enjoy this exploration and discovery of ethics for massage therapists with Kenn Howard, author of the column "A Question of Ethics" in the Massage and Bodywork magazine. Kenn's experience and style will help make your day of discussing professional boundaries, dual relationships, inappropriate behavior and how to deal with it an enjoyable experience.

**Presenter: KENN HOWARD, MT, NMT**, is a graduate of PghSMT Massage Therapy Training and Advanced Massage Therapy Training and is trained in a number of other massage techniques. He is certified in TouchPro© Chair Massage and has a BA in Philosophy from the University of Pittsburgh.

## **2018 REGIONAL CONFERENCES**

**ERIE PENNSYLVANIA SEPTEMBER 16, 17, 18, 2018 WITH  
JAMES GRAFFENBERG - A.I.S, GEORGE KOUSALEOS - CORE MYOFASCIAL, WOLFGANG LUCKMAN  
FACIAL MASSAGE - INDIAN HEAD - TAOIST ACUPRESSURE, KENN HOWARD - ETHICS**

**7 SPRINGS PENNSYLVANIA OCTOBER 28, 29, 30, 2018 WITH  
CHRIS MORAKIS - MYOFASCIAL RELEASE, WILLIAM BURTON - MEDI-CUPPING, PATRICK  
INGRASSIA - BODYSAYER/THAI, KENN HOWARD - ETHICS, AND MORE TO BE ADDED.**

## **MYOFASCIAL RELEASE WITH CHRISTOPHER A. MORAKIS**

If you are interested in releasing chronic and acute stress, tension, and pain and increasing range and ease of motion, you will want to consider including myofascial release in your professional toolbox. In these seminars you will also get a thorough introduction to the Myofascial Release Massage and see why almost 4,000 manual therapists have learned these techniques and the principles behind them. The Myofascial Release Massage is a derivative of Hellerwork, itself a gentler derivative of Rolfing. The techniques are deep, highly effective, and easier on your body than other deep tissue modalities. Most of your time spent in these classes will be hands-on. The instructor will review all strokes taught to ensure that you can use what you learn in your practice immediately. Thoroughly illustrated manuals will be provided for each seminar.

*You may take one, two or all three days of classes for up to 21 hours of credit.*

### **Myofascial Release Massage for the Hands and Arms, and Neck and Shoulders**

**Sunday 10/15/2017**

**Time: 9:00 AM - 5:15 PM**

**Hours: 7 NCBTMB, Pa Renewal approved**

*"Taking these newly-learned techniques back to my practice allowed me to accomplish more with some people in a single session than I had been able to during months of weekly sessions before I took these seminars."*

*— James Dahler, North Canton, Ohio*

In our flexion-addicted society, where everyone is bent over their keyboards or their phones, more and more people are seeking relief for pain and stress in their hands, arms, neck, and shoulders. But they aren't the only ones. Musicians, construction workers, athletes, injury victims, and, of course, massage therapists all suffer from problems in these parts of their bodies. In this one-day workshop you will learn the techniques taught in the Myofascial Release Massage Seminars that effectively help people seeking treatment for carpal tunnel syndrome, neck and shoulder injuries, and general over-use problems. Most of you will leave the seminars with hands and arms that feel better than at any time since you started massage school.

### **Myofascial Release Massage for the Torso**

**Monday 10/16/2017**

**Time: 9:00 AM - 5:15 PM**

**Hours: 7 NCBTMB, Pa Renewal approved**

In massage school you probably learned two or three strokes for the front of the torso and several more for the back of the body. In this one-day seminar you will learn to effectively address the following muscles from a fascial perspective; pectoralis major and minor, teres major and minor, latissimus dorsi, quadratus lumborum (four different strokes), internal and external intercostals, diaphragm, rectus abdominus, anterior serratus, infra and supra-spinatus, spinalis, longissimus, iliocostalis, and superior and inferior posterior serratus. In other words you will learn how to give a Myofascial Release Massage to the entire torso. This work is highly effective in the relief of general stress and tension as well as helping clients who suffer from shoulder issues, postural problems, breathing difficulties, and back pain.

*Female students enrolled in Day Two Torso Work should wear a bra or sports bra to facilitate access to the rib cage.*

### **Myofascial Release Massage for the Feet and Legs**

**Tuesday 10/17/2017**

**Time: 9:00 AM - 5:15 PM**

**Hours: 7 NCBTMB, Pa Renewal approved**

Many of our clients are not much aware of their feet and legs and when they are it's because these areas hurt. In this one-day seminar you will learn a fascial address to this often ignored area of the body. Clients with plantar fasciitis, knee issues, and hip pain will really benefit from what you learn in this class. Further, the deep release of stress and tension in the lower body often induces similar relaxation in the upper body.

*All students enrolled in Day Three Feet and Legs should wear loose fitting shorts to facilitate access to the hips.*

#### **Registration Information:**

**Preferred method of registration: Download, print and mail or fax registration form from website. [www.massageschoolpittsburgh.com](http://www.massageschoolpittsburgh.com) or 412.241.4933 FAX**  
**You may also call 800.860.1114 to register with a credit card.**  
**On-line registration is not available.**

#### **Holiday Inn - Harrisburg/Hershey**

**Conference room rates: \$109**

(Rates DO NOT include 6% sales tax or 7% hotel tax) Rates are guaranteed until September 14, 2017

Call Holiday Inn 717-469-0661 to reserve your room and mention Pittsburgh School of Massage Therapy.  
604 Station Road

Grantville, PA 17028

**Nationally Recognized Massage Therapy Continuing Education**

**Harrisburg, Pennsylvania**

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*Look inside for details on our Harrisburg Conference at the*

*Holiday Inn - Harrisburg/Hershey.*

*All the CEUs you need for license renewal in one convenient conference.*

**Harrisburg Conference October 15, 16, 17, 2017**

*Check inside or at [www.massageschoolpittsburgh.com/continuing-education/](http://www.massageschoolpittsburgh.com/continuing-education/)*

*for our complete CE schedule.*



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