

CE Class Information

Class Title: Guided Visualization-for Client Empowerment & Deepened Relaxation

Class Description: Students will learn how to facilitate the usage of two stress management to enhance the effectiveness of select table massage sessions, “Affirmations” and “Guided Visualization”. Course will teach how to read verbal cues to determine client's strongest modes of visual, auditory, or kinesthetic; receive instruction in design sample guided visualization in all 3 modes; and exchange table massages, utilizing customized 1-3 minute guided visualization, with client's strong mode. Students report changes before and after visualizations.

Class Title: Increase Enhancement Sales, Upgrades, & Repeat Clients- *In a Snap!*

Class Description: Learn the instructor's pretested “S.N.A.P.” method. Participants will learn deep listening skills by familiarizing themselves with 3 learning modes of visual, kinesthetic and auditory; address inhibiting self- talk factors; do practice run, taking on both client and therapist roles during heartfelt sale of: 3 different Spa enhancements, one 60 to a 90 minute upgrade; and pre-booking. Students will describe how they feel heard, seen, and cared for versus feeling “sold”.

Class Title: Scalp, Head & Neck "Match and Mirror" Massage- for *Client Felt Optimal Support*

Class Description: Student will receive instruction on how to provide optimal support with the match and mirror technique during scalp, head, neck and shoulder massage. Students will learn how to apply a matching shape of full-body support behind their hand application to clients on the table. Therapists will demonstrate how to “come into roundness” while learning modalities for scalp, head, neck, and shoulders. Therapists will compare their body's mirroring with the ratio of client letting go with ease

Class Title: Qigong Healing & Breathing Applications

Class Description: Students will learn healing and breathing applications in a standing movement-meditation posture of this Ancient Chinese Healing Art Form. The 9 postures in Level One Form promote oxygen increase, greater focus, increased bodily awareness, decrease of stress, and accelerated healing - on both emotional and physical levels. Each therapist will describe how and where they feel their Qi; explain how to utilize diaphragmatic breathing; and demonstrate the simple, yet precise principles in their Qigong practice.