CONTINUING
EDUCATION

Ann Arbor Institute of Massage Therapy

180 Jackson Plaza • Ann Arbor, Michigan 48103
734.677.4430 • Visit our website at www.aaimt.edu
Thank you for your interest in the Ann Arbor Institute of Massage Therapy’s Continuing Education Program.

We look forward to working with you in extending your massage therapy knowledge, experience, and expertise.

One clock hour equals 1 CE credit.

NCBTMB/Board Certification requires 50 hours of continuing education, including 6 hours of professional ethics during a four-year certification period.

(Dates subject to change *includes weekday class.)
**Anatomy & Palpation Skills**

**Faculty Instructor:** David Van Eck  
**Date:** July 17-19, 2015; December 18-20, 2015  
**Time:** 9am-5pm each day  
**Credits:** 21  
**Price:** $350 (AAIMT Graduate: $280)  

**Prerequisites:** This workshop is only open to massage therapists.

This workshop will expand your ability to palpate body landmarks, muscles and structures. Emphasis is on anatomy, body mechanics, exercises for increasing sensory awareness and self care. Experiential techniques are used to help distinguish muscles, bones, and various other structures.

**Advanced Anatomy & Palpation Skills**

**Faculty Instructor:** David Van Eck  
**Date:** May 28-29, 2016; November 19-20, 2016  
**Time:** 9am-5pm each day  
**Credits:** 14  
**Price:** $275 (AAIMT Graduate: $220)  

**Prerequisites:** This workshop is only open to massage therapists.

This workshop will take you beyond elementary palpation and into the realm of being exact with muscle attachments and muscle bellies. Emphasis will be on feeling through each layer of tissue to the next layer with precision and expertise.

Join us for these two days of mentoring to be able to bring a much higher degree of professionalism and competency to your practice and clients.

**Anatomy & Physiology Lectures**

**Faculty Instructor:** Various faculty members  
**Date:** Contact us for details.  
**Time:** 9am-12:30pm or 6pm-9:30pm  
**Credits:** 3.5  
**Price:** $50 (AAIMT Graduate: $40)  

**Prerequisites:** These lectures are only open to massage therapists.

Please call to inquire about attending an Anatomy & Physiology Lecture. Each inquiry will be handled on an individual basis.

**Chakra**

**Faculty Instructor:** Cathleen Francois  
**Date:** TBA  
**Time:** 9am-5pm  
**Credits:** 7  
**Price:** $90 (AAIMT Graduate: $75)  

**Prerequisites:** This workshop is open to the public.  
**No prior massage experience necessary.**

An in-depth look at the Chakra system for first timers and for experienced learners! Practical understanding is obtained through the recognition of where, why and how the energy system of the body works with the physical form.

Along with the basics, you’ll learn simple practices to balance and rejuvenate plus techniques to cleanse and enhance each area of your life. Learn to create harmony, grace and balance within. For thousands of years, people of the East have studied and used the Chakra system of the energy body to balance their health, emotions and overall well being. As a fundamental part of alternative health procedures, meditation and enlightenment; the Chakra system has become an integral part of the learning process for those who seek a more healthful and fulfilling life.

**Change for Success**

**Faculty Instructor:** Cathleen Francois  
**Date:** TBA  
**Time:** 9am-5pm  
**Credits:** 7  
**Price:** $120 (AAIMT Graduate: $95)  

**Prerequisites:** This workshop is open to the public.  
**No prior massage experience necessary.**

You have the skills, you have the license. Do you have a plan? Creating a lucrative, successful life in the career field you’ve chosen can be easy with a proper approach and professional persona.

This class helps you clarify your success goals, create the clear image of what you want for your career and business, enhance your professional character, design, structure and build your ideas; and sets you on the path by giving you the tools for a proper mindset to achieve exactly what you want.
Chi Nei Tsang

Faculty Instructor: Craig Parian
Date: TBA
Time: 9am-5pm each day
Credits: 14 Price: $275 (AAIMT Graduate: $250)

Prerequisites: Any type of Eastern or Western massage or bodywork training.

Chi Nei Tsang translates into “working the energy and programming of the internal organs.” An ancient practice developed by Taoist Monks in mountain monasteries to detoxify, strengthen, and refine the body to carry the energy for high levels of spiritual practice. The living Chi-Gung Master Mantak Chia, discovered an elder healer in the 1980’s practicing this form of healing. Master Chia served and watched the healer over years in order to learn, preserve, and adapt this ancient healing technique to modern culture.

The abdominal area, or hara, as it is known in Japanese culture, is the storehouse of Chi and the place where we birth life. As the brain thinks, the belly feels. Feeling is the movement of Chi, or energy-in-motion, e-motion. This e-motion is the bodily experience of our interactions with the world as we perceive it. Choices and responses to these perceptions create patterns of energy held in the hara. If these patterns are imbalanced, the birthing of this imbalanced energy into matter appears as physical symptoms, and eventually ill health.

In this course we will learn how to treat the origin of health problems and build the resilience of the body’s defense system. This is done with deep holds into the organs and muscles of the hara along with a special pattern of breath that brings awareness and deep release to areas of discomfort and stuck Chi. A take home manual will be included.

Besides learning a profoundly life-changing tool to add to your practice, you will receive lots of deep healing work through demonstrations, exercises, and working on each other, experiencing visceral changes in your center and more awareness of the movement of Chi.

Chi Nei Tsang can be learned and practiced either Eastern mat-based style, or on a massage table.

CPR and First Aid

Faculty Instructor: Dummies on the Run
Date: TBA
Time: 1pm-4pm
Credits: 0 Price: $45

Prerequisites: This workshop is open to the public.

Attend this class to get your CPR and First Aid certification. Taught by Dummies on the Run.

Energetic Healing

Faculty Instructor: Cathleen Francois
Date: TBA
Time: 9am-5pm
Credits: Pending NCBTMB Price: $160 (AAIMT Graduate: $128)

Prerequisites: This workshop is open to the public.

Begin to understand the principles of the science and logic behind energy healing through this comprehensive format. Bring your professional and personal relationships into new light with the latent power that you hold in your soul. Open the doorway of your mind and the unseen implications of life force energy. Learn to release what no longer serves you and your clients by transforming the energies that are within and around you. Explore the magnetic fields of your environment, body and the globe. Participants will learn how to engage their own natural energetic abilities, experience techniques of various healing modalities and gain understanding of the tools and treatments used by today’s integrated and holistic providers.

Ethics Online Lecture

Credits: 2.5 Price: $50 (AAIMT Graduate: $40)

If you need more than 3.5 CE credits in Ethics, you may attend our online class.

*Add this class to the Professional Ethics and Boundaries class and you will receive 6 CE credits total. When you’re ready, simply register online and we will email your ID and instructions on how to complete the course. You must pass the online quiz in order to receive the credits.

Maniken

Faculty Instructor: Various faculty members
Date: October 19, 2015; April 14, 2016
Time: 9am-12:30pm or 6pm-9:30pm
Credits: 38.5 Price: $500 (AAIMT Graduate: $400)

Prerequisites: This workshop is open to the public.

Morning or evening class available. There are 11 classes where each student will study anatomy in a three dimensional way by using clay and a uniquely designed skeletal model. As anatomy texts are a two dimensional illustration of three dimensional material, the student gains an understanding regarding the layering of the musculoskeletal system by building the system in clay. Call for date of each class.
MYOFASCIAL THERAPY WORKSHOPS with certificate of Achievement

Myofascial Therapy is an effective form of Deep Tissue Massage which addresses postural distortions and chronic myofascial patterns of strain. Myofascial Therapy offers a client/therapist cooperative approach for improving structural alignment with specific emphasis on palpatory skills, postural assessment techniques, direction, pressure, breath awareness, perception and sensitivity. Other topics covered include body psychology and concepts of armoring, past trauma, bodywork boundaries and safety issues, and biomechanical aspects of strain.

Myofascial Therapy Course (with certificate of Achievement)

Faculty Instructor: David Van Eck
Date: See Individual Workshop Dates
Time: 9am-5pm each day
Credits: 8.5
Price: $1,150 (AAIMT Graduate: $920) If prepaid by Myo I
$1,245 (AAIMT Graduate: $1,000) If prepaid by Myo III
Prerequisites: These workshops are only open to massage therapists and massage therapy students.

Join us for this one day review before you take your MBLEx exam. Subjects included are: Anatomy, Physiology, Kinesiology, Pathology, Pharmacology, Massage History, Massage & Bodywork Assessment, Massage & Bodywork Application, Professional Standards, Ethics, Business and Legal Practices.

AAIMT suggests you purchase Pearson's Massage Therapy Exam Review, Fifth Edition. We carry this book in our retail store. You can arrange for a copy to be waiting for you at the start of the workshop by ordering it as you register for the class.

Meditation for Every Day

Faculty Instructor: Cathleen Francois
Date: TBA
Time: 9am-5pm
Credits: 7
Price: $90 (AAIMT Graduate: $75)
Prerequisites: This workshop is open to the public.

There are thousands of ways to meditate and gain awareness. This class offers you the tools and techniques that you can actually use. Based on the Awareness Principle, we will engage in fun, simple and profound aspects of day to day moments that will take you deeper into yourself to enhance perception, create relaxation, generate mindfulness, and release stress without demanding conflict within your time schedule or philosophical views.
NEUROMUSCULAR THERAPY WORKSHOPS
with certificate of Achievement

Neuromuscular Therapy is used for the freeing and relief of chronically tense, contracted, and painful tissues. It is an advanced form of massage therapy, which requires a high degree of anatomical precision, specificity and skilled palpation. Neuromuscular Therapy provides complete and effective relief from chronic pain and tension. The student acquires an understanding of the principle and philosophy of myofascial dysfunction.

Neuromuscular Therapy Course (with certificate of Achievement)

Faculty Instructor: Jocelyn Granger
Date: See Individual Workshop Dates
Time: 9am-5pm each day
Credits: 98
Price: $1,400 (AAIMT Graduate: $1,120)
$1,575 (AAIMT Graduate: $1,260)

Prerequisites: These workshops are only open to massage therapists and massage therapy students.

TREATING THE "CORE" MUSCLES: We learn to correct postural dysfunction due to muscular imbalances in the core area.

Myofascial Therapy I

Faculty Instructor: David Van Eck
Date: August 7-9, 2015; January 29-31, 2016
Time: 9am-5pm each day
Credits: 21 (24.5 with review class)
Price: $365 (AAIMT Graduate: $295) or
Myofascial Therapy I PLUS one review class: $415 (AAIMT Graduate: $335)

Prerequisites: This workshop is only open to massage therapists and massage therapy students.

To take the two certification tests after taking the three workshops and not attending any review classes, there is an additional fee of $150.

TREATING THE THORACIC AND CERVICAL REGIONS: We learn to help correct postural dysfunction due to muscular imbalance in the thoracic and cervical areas.

Myofascial Therapy II

Faculty Instructor: David Van Eck
Date: August 21-23, 2015; February 12-14, 2016
Time: 9am-5pm each day
Credits: 21 (24.5 with review class)
Price: $365 (AAIMT Graduate: $295) or
Myofascial Therapy II PLUS one review class: $415 (AAIMT Graduate: $335)

Prerequisites: This workshop is only open to massage therapists and massage therapy students. MUST ATTEND Myofascial Therapy I FIRST.

TREATING THE EXTREMITIES: We learn to help correct postural dysfunction due to muscular imbalances in the extremities.

Myofascial Therapy III

Faculty Instructor: David Van Eck
Date: September 18-20, 2015; February 26-28, 2016
Time: 9am-5pm each day
Credits: 21 (24.5 with review class)
Price: $365 (AAIMT Graduate: $295) or
Myofascial Therapy III PLUS one review class: $415 (AAIMT Graduate: $335)

Prerequisites: This workshop is only open to massage therapists and massage therapy students. MUST ATTEND Myofascial Therapy I and II FIRST.

In order to gain a certificate of Achievement in Neuromuscular Therapy, you must attend Neuromuscular Therapies I, II, & III Workshops in their entirety and earn a passing grade (75%) on the Neuromuscular Therapy written and practical exams. It is highly recommended that you attend each workshop's review classes and the mock testing class. When taking any of the NMT workshops or series, you will be required to purchase the textbook Neuromuscular Therapy Manual. Please call our receptionist and she can help you with your purchase.

You will receive a certificate of Achievement in Neuromuscular Therapy and the total earned CE Credits.
**Neuromuscular Therapy I**

**Faculty Instructor:** Jocelyn Granger  
**Date:** December 11-13, 2015; June 10-12, 2016  
**Time:** 9am-5pm each day  
**Credits:** 21 (31.5 with three review classes)  
**Price:** $375 (AAIMT Graduate: $300) or  
  Neuromuscular I PLUS three review classes: $525 (AAIMT Graduate: $420)  

**Prerequisites:** This workshop is only open to massage therapists and massage therapy students.  
When taking the NMT I workshop, you will be required to purchase the textbook  
Neuromuscular Therapy Manual. Please call our receptionist and she can help you with your purchase.

This workshop begins with an examination of the theory and history behind Neuromuscular Therapy. We proceed with treatment of: Head, Neck, and Shoulder.

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**Neuromuscular Therapy II**

**Faculty Instructor:** Jocelyn Granger  
**Date:** January 8-10, 2016; June 24-26, 2016  
**Time:** 9am-5pm each day  
**Credits:** 21 (28 with two review classes)  
**Price:** $375 (AAIMT Graduate: $300) or  
  Neuromuscular II PLUS two review classes: $475 (AAIMT Graduate: $380)  

**Prerequisites:** This workshop is only open to massage therapists and massage therapy students. MUST ATTEND Neuromuscular Therapy I FIRST.

Treatment of the Shoulder, Arm, Hand, Back and Abdomen.

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**Neuromuscular Therapy III**

**Faculty Instructor:** Jocelyn Granger  
**Date:** July 10-12, 2015; January 22-24, 2016  
**Time:** 9am-5pm each day  
**Credits:** 21 (31.5 with three review classes)  
**Price:** $375 (AAIMT Graduate: $300) or  
  Neuromuscular III PLUS three review classes: $525 (AAIMT Graduate: $420)  

**Prerequisites:** This workshop is only open to massage therapists and massage therapy students. MUST ATTEND Neuromuscular Therapy I and II FIRST.

Treatment of the Hip, Thigh, Knee, Ankle and Foot.

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**Neuromuscular Therapy IV**

**Faculty Instructor:** Jocelyn Granger  
**Date:** TBA  
**Time:** 9am-5pm each day (2 day workshop)  
**Credits:** 14  
**Price:** $285 (AAIMT Graduate: $265)  

**Prerequisites:** This workshop is only open to AAIMT Graduates. All other massage therapists must have permission from Jocelyn Granger (this applies to those who have not had NMT I-III). The Neuromuscular Therapy Manual is helpful but is not required. MUST ATTEND Neuromuscular Therapy I, II and III OR EQUIVALENT.

Learn more about the treatment of TMJ Dysfunction, sciatica conditions, and additional, more direct positions for many of the techniques previously learned in NMT I, II, III. Also taught is pelvic stabilization and self-care techniques. This workshop is entirely hands-on.

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**Orthopedic Assessment**

**Faculty Instructor:** Various U of M Athletic Trainers  
**Date:** November 22, 2015; May 21, 2016  
**Time:** 9am-5pm  
**Credits:** 7  
**Price:** $200 (AAIMT Graduate: $160)  

**Prerequisites:** This workshop is only open to massage therapists and personal trainers.

During this one day workshop students will learn about the proper way to perform many very important orthopedic tests for athletes and anyone else you suspect of having an injury. It is very important to be able to properly assess a person for injury prior to massaging them. Armed with this information, your massage on this individual will never be harmful.
**Pathology**

**Faculty Instructor:** Various faculty members  
**Date:** November 21, 2015; April 23, 2016  
**Time:** 9am-5pm  
**Credits:** 7  
**Price:** $165 (AAIMT Graduate: $135)  

**Prerequisites:** This workshop is only open to massage therapists.

Pathology is the study of the nature of diseases and the structural and functional changes produced by them. Massage therapists are ethically responsible for recognizing clients' deviations from ideal health and knowing if massage is indicated or contraindicated. Our purpose is to help the beginning massage student form a knowledge base upon which they can build as they begin to practice. All students will be assigned homework prior to the workshop by the Academic Coordinator. Please bring this completed assignment to the workshop.

**Pregnancy Massage**

**Faculty Instructor:** Jennifer Giacomelli  
**Date:** September 2, 2015; March 24, 2016  
**Time:** 9am-12:30pm or 6pm-9:30pm  
**Credits:** 3.5  
**Price:** $45 (no Graduate discount)  

**Prerequisites:** This workshop is only open to massage therapists and massage therapy students.

In this workshop students will learn the physiology of pregnancy, labor, and postpartum. Students will be taught techniques so that they can massage their clients competently from their first trimester through their delivery and postpartum stage. Emphasis will be placed on appropriate body positioning and draping as well as contraindications to prenatal massage.

**Professional Ethics and Boundaries Lecture**

**Faculty Instructor:** Various faculty members  
**Date:** October 6, 2015; April 4, 2016  
**Time:** 9am-12:30pm or 6pm-9:30pm  
**Credits:** 3.5  
**Price:** $60 (AAIMT Graduate: $50)  

**Prerequisites:** This workshop is open to massage therapists only for the purpose of continuing education requirements. *Add this to the 2.5 on-line Ethics class for the 6 CE credits total.*

This is a very basic class on professional ethics and boundaries. There is a Professional & Ethical Boundaries class every six months. This is for the new integrative therapist to learn how to provide safe care and have collegial relationships in their business community.

**Quantum Touch Level I**

**Faculty Instructor:** Cathleen Francois  
**Date:** TBA  
**Time:** 9am-6pm on Saturday & 10am-6pm on Sunday  
**Credits:** 13 each level  
**Price:** $350 if registered before day of workshop, $400 at the door (check only).  

**Prerequisites:** These workshops are open to the public. No prior massage experience necessary.

Developed by Richard Gordon, Quantum Touch is rooted in energy work. This technique is taught and practiced around the world. It helps with burn victims, cancer patients, the elderly, infants and more. This work can be seamlessly combined with any modality and will transform your practice. Quantum-Touch provides healing bioenergy for the practitioner as well as for the person seeking great health. See quantumtouch.com for more information.

**Quantum Touch Level II**

**Faculty Instructor:** Cathleen Francois  
**Date:** TBA  
**Time:** 9am-6pm on Saturday & 10am-6pm on Sunday  
**Credits:** 13 each level  
**Price:** $450 (no Graduate discount)  

**To Register for QT Level II call:**  
Quantum-Touch, Inc.  
Toll free: 1-800-424-0041  

**Prerequisites:** These workshops are open to the public. No prior massage experience necessary.

Developed by Richard Gordon, Quantum Touch is rooted in energy work. This technique is taught and practiced around the world. It helps with burn victims, cancer patients, the elderly, infants and more. This work can be seamlessly combined with any modality and will transform your practice. Quantum-Touch provides healing bioenergy for the practitioner as well as for the person seeking great health. See quantumtouch.com for more information.
**Shiatsu I**

**Faculty Instructor:** Craig Parian  
**Date:** TBA  
**Time:** 9am-5pm each day  
**Credits:** 21  
**Price:** $275 (AAIMT Graduate: $220)

**Prerequisites:** *This workshop is open to the public.*  
*No prior massage experience necessary.*

This introductory course of the Japanese healing art, Shiatsu, is a system for healing and health maintenance. Originating in 2500 BC, it is still widely practiced today. In class, the student will learn basic Asian philosophy, meditation guidelines, location of meridians as well as some basic acupressure that can be integrated into other massage work.

This workshop also includes an Intro to Shiatsu class, to be attended prior to the workshop (choose from either the morning (9-12:30) or the evening (6-9:30) class). There is also a Review class (choose either the morning or the evening class) that will take place after the workshop date. Call us for the dates of both the Intro and Review classes.

Must have a large piece of foam to work on (approximately 4’x4’) or bring two yoga mats, a sheet to cover foam/mats, a pillow, and wear loose comfortable clothing to be able to do all the work as well as receive (yoga pants are the best).

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**Seated Massage**

**Faculty Instructor:** Various faculty members  
**Date:** September 26, 2015; March 26, 2016  
**Time:** 9am-5pm  
**Credits:** 7  
**Price:** $150 (AAIMT Graduate: $120)

**Prerequisites:** *This workshop is open to the public.*  
*No prior massage experience necessary.*

The Seated Massage course concentrates on teaching the participant a therapeutic routine that can be adapted to different situations. Use of body mechanics to produce maximum results with minimum effort are taught.

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**Raindrop Therapy**

**Faculty Instructor:** Cindy Haas, NCTMB  
**Date:** TBA  
**Time:** 9:30am-2:30pm (15 minute snack break)  
**Credits:** 4  
**Price:** $130 (no Graduate discount)

**Prerequisites:** *This workshop is open to the public.*  
*No prior massage experience necessary.*

This workshop combines the art of aromatherapy with massage in the application of essential oils to various areas of the body. This therapy provides a revolutionary means of bringing balance and harmony to the body—physically, mentally and emotionally. Only the oils for use during this workshop are provided. These oils are: Thyme, Basil, Peppermint, Oregano, Wintergreen, Cypress, Marjoram, Valor® and Aroma Seiz™. We only use therapeutic grade oils and suggest Young Living brand only. If you are interested in purchasing full size oils prior to the workshop, please contact the retail store at AAIMT.

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**Seated Massage**

**Faculty Instructor:** Various faculty members  
**Date:** September 26, 2015; March 26, 2016  
**Time:** 9am-5pm  
**Credits:** 7  
**Price:** $150 (AAIMT Graduate: $120)

**Prerequisites:** *This workshop is open to the public.*  
*No prior massage experience necessary.*

The Seated Massage course concentrates on teaching the participant a therapeutic routine that can be adapted to different situations. Use of body mechanics to produce maximum results with minimum effort are taught.
Shiatsu II
Faculty Instructor: Craig Parian
Date: TBA
Time: 9am-5pm each day
Credits: 14  Price: $275 (no Graduate discount)
Prerequisites: Shiatsu I at AAIMT or some training in Eastern-Style mat based bodywork is required. Unsure of qualifications? Please call for more information.

For those desiring to delve more deeply into the practical and philosophical use of Shiatsu in a bodywork practice. This weekend will deepen our understanding of the technique and body mechanics of Eastern style bodywork treatment focusing on whole body integration for giver and receiver. We will also learn how Shiatsu techniques can be incorporated into a massage session and time permitting, will incorporate table work.

Topics and areas of focus will include:
- The spine as the central channel from where all body functions are integrated and coordinated.
- Practical therapeutic techniques for maintaining suppleness and flexibility in the spine.
- Learning to use the back as an assessment and treatment tool for all the meridians.
- Developing a deeper understanding of the meridians and their relationship to health.
- Assessment and treatment of individual meridians in traditional stretch positions.
- Treating meridians on the back.
- Oriental assessment of the face, back, and hara.
- Further develop the ability to feel and explore Chi.
- Learn a series of spinal movements for clients and self-care.

Spa Therapies
Faculty Instructor: Jocelyn Granger
Date: TBA
Time: 9am-5pm  
Credits: 7.5  
Price: $250 (No Graduate discount)
Prerequisites: This workshop is only open to massage therapists.

In this class, therapists will learn to do therapeutic bodywraps and spa facials. These are therapies that do not require a bathtub or shower and can be added to a therapist’s repertoire easily to earn additional income. This is easy, soothing work that increases a client’s opportunity to purchase more services. Each therapist will go home with enough product to practice one bodywrap and one soothing facial. In class we will use products for firming the face and re-mineralizing the body.

Sports and Orthopedic Massage Course (with certificate of Achievement)
Faculty Instructor: Jocelyn Granger
Date: See Individual Workshop Dates
Time: 9am-5pm each day
Credits: 115  
Price: $1,600 (AAIMT Graduate: $1,280)
If paid in full prior to one week before beginning the course
Prerequisites: This workshop is only open to massage therapists.

The cost of this course includes four workshops: Sports Massage I (2-days), Sports Massage II (3-days), Sports Massage III (3-days), and Orthopedic Assessment (1-day), hours of working with University of Michigan athletes while being supervised by Athletic Trainers who are AAIMT faculty members, and a written exam. You will also be required to turn in a paper outlining a kinesiological overview of a sport of your choice.

You will receive a certificate of Achievement in Sports and Orthopedic Massage once you have tested successfully, received a passing grade of at least 75% on your paper and put in all of your hours of practical hands-on training.

Sports Massage I: Event Level
Faculty Instructor: Jocelyn Granger
Date: October 10-11, 2015; April 9-10, 2016
Time: 9am-5pm each day
Credits: 14  
Price: $265 (AAIMT Graduate: $220)
Prerequisites: This workshop is only open to massage therapists.

We learn to work with an athlete in relation to the event the athlete participates in. We practice both pre- and post-event massage. This is to assist the athlete to “warm up” prior to the event and to “warm down” while encouraging circulation after the event.

Sports Massage is a rapidly emerging specialty within the massage therapy field. A combination of specialized techniques is used to prevent sports injuries, boost athletic endurance and performance and accelerate recovery from injury or fatigue. The principles and techniques of Sports Massage include: the physiology of the injury and repair process, pre- and post-event work, maintenance work and injury assessment and treatment.
Structural Alignment Part I

Faculty Instructor: Craig Parian
Date: TBA
Time: 9am-5pm each day (1 hour lunch break)
Credits: 14 Pending NCBTMB  Price: $275 (no Graduate discount)

Prerequisites: For trained bodyworkers.

The purpose of the bones are to support the body’s weight and transfer the force of gravity into the earth. The purpose of the muscles are to maintain the structure of the bones in proper alignment. When the bone structure of the body is misaligned the muscles are forced to act as bones and become rigid and hard. Massaging the muscles alone can provide temporary relief, but without a concomitant correction in alignment, the tension and pain will quickly return. Addressing both the musculature and the bone structure yields longer lasting therapeutic results. Developed for bodyworkers, structural alignment utilizes muscle tension rather than high velocity thrusting, to bring alignment back into the body. Because misalignments in the structure are usually caused by trauma the memory of the trauma can remain in the tissue. Besides protecting the psyche from the memory, the body creates misalignment in other parts of the body to compensate for the original misalignment. All these corrections are constantly monitored by the proprioceptive system. This whole process drains energy and resources causing fatigue and loss of vitality. Having this technique in your toolbox and understanding when to use it, will exponentially increase your effectiveness as a bodyworker. With this technique you will visually see changes, and the client will feel changes in body alignment and available energy.

Part I will address the hips and lower spine, and at a later date, Part II will address the sacrum.

In this course you will learn to:
• Assess alignment in the hips and lower back.
• Understand different types of misalignments and how to correct them.
• Clear and balance the hip joints.
• Techniques to correct misalignments in the hips and ankles.
• Techniques to straighten the lumbar vertebrae.

Sports Massage II: Injury Prevention and Correction

Faculty Instructor: Jocelyn Granger
Date: November 13-15, 2015; May 6-8, 2016
Time: 9am-5pm each day
Credits: 21  Price: $365 (AAIMT Graduate: $295)

Prerequisites: This workshop is only open to massage therapists. Participation in Sports Massage I is recommended, but not required.

This is clinical massage therapy with focus on INJURY PREVENTION & CORRECTION. We learn about common sports injuries, how to treat them and how to help an athlete prevent them. Basic orthopedic assessment techniques are also taught.

Sports Massage III: Working Within the Context of the Athlete’s Sport

Faculty Instructor: Jocelyn Granger and Various U of M Athletic Trainers
Date: January 15-17, 2016; May 13-15, 2016
Time: 9am-5pm each day
Credits: 24  Price: $425 (AAIMT Graduate: $340)

Prerequisites: This workshop is only open to massage therapists.

This three-day workshop includes kinesiological overviews of several sports along with injury epidemiology. We will also have a hands-on portion working with several of the injuries presented.

Orthopedic Assessment
See page 11.
**Thai Massage I**

**Faculty Instructor:** Jennifer Giacomelli  
**Date:** October 16-18, 2015; April 15-17, 2016  
**Time:** 9am-5pm  
**Credits:** 28  
**Price:** $465 (AAIMT Graduate: $375)

*Price includes one weekday introductory class prior to the workshop, either 9am-12:30pm or 6pm-9:30pm. and one review class the week following the workshop. Call for these dates.*

**Prerequisites:**  
This workshop is open to the public.

This workshop covers the foundations of Thai Massage and is suitable for new students or practitioners seeking an alternate modality. In level I, students will focus on the supine positions when learning techniques of Nuad Bo Rarn Thai Massage.

Thai massage is practiced on a fully clothed recipient on the floor using a mat. It is an ancient healing system that has been practiced for more than 1,000 years, beginning with Buddhist monks. It is a combination of Ayurveda, Yoga, Buddhism and Thai healing techniques called “ancient healing touch,” this style of massage utilizes stretching movements, yoga positions and pressure on energy points (Sen lines). After receiving a Thai massage, recipients feel flexible, youthful, lengthened and open.

Must have a large piece of foam to work on (approximately 4’x4’) or bring two yoga mats, a sheet to cover foam/mats, a pillow, and wear loose comfortable clothing to be able to do all the work as well as receive (yoga pants are the best).

Western massage practitioners often experience occupational disability from excessive use of hands, shoulders and arms. Thai massage practitioners, however, use their whole bodies to emphasize body mechanics. With strong fundamentals, Thai bodywork is beneficial for the practitioner, and can provide a deeply satisfying career that lasts many decades.

**Structural Alignment Part II**

**Faculty Instructor:** Craig Parian  
**Date:** TBA  
**Time:** 9am-5pm each day (1 hour lunch break)  
**Credits:** 14 Pending NCBTMB  
**Price:** $275 (no Graduate discount)

**Prerequisites:** Completion of Structural Alignment Part I. For trained bodyworkers.

Structural Alignment Part II will complete the work learned in Part I. In SA Part I, we learned how to palpate and assess the hips and lower spine for high ilium and torsion misalignments along with muscle energy techniques to clear hip joints and bring the hips into proper alignment.

In SA Part II we will learn to palpate and identify the different types of misalignments that the sacrum can present while using muscle energy and breathing techniques to correct them. We will then review the hip alignments and put together the two segments into a complete treatment protocol.

The work will be demonstrated and practiced both Eastern mat-based bodywork style and Western massage table style. We will also learn and practice stretches to these areas valuable for client information and self-care.

The completion and mastery of this work will add a powerful tool when used in the right situation and can bring greater results to your work as a practitioner. Clients will feel a shift in their balance and more ease in their stance.

**Table Thai Massage**

**Faculty Instructor:** Jennifer Giacomelli  
**Date:** September 27, 2015  
**Time:** 9am-5pm (1 hour lunch break)  
**Credits:** 7  
**Price:** $165 (no Graduate discount)

**Prerequisites:**  
This workshop is only open to massage therapists. Some former experience with Thai Massage is recommended but not required.

In this one day intensive workshop, practitioners will learn how to utilize Thai Massage Techniques on the table. While traditional Thai Yoga Massage is performed on a mat, this class has been adapted to suit clients who are unable to receive bodywork and is an excellent alternative for the giver who loves the concepts and techniques of Thai Massage, but prefer to work on a table.
Thai Massage II

Faculty Instructor: Jennifer Giacomelli
Date: November 7-8, 2015; April 30-May 1, 2016
Time: 9am-5pm each day
Credits: 17.5 Price: $320 (AAIMT Graduate: $255)

Price includes one weekday review class the week following the workshop. Choose from either the morning (9am-12:30pm) or the evening (6pm-9:30pm) class. Call for this date.

Prerequisites: MUST ATTEND Thai Massage I FIRST.

In this intermediate course, students will build upon what they have learned in the Thai I course. They will move on to skills and techniques for recipients in a seated position, as well as sidelying. Upon completing this course, students will have the tools to offer a complete 2.5-3 hour Thai massage. For additional information on Thai massage, see the course description for the introductory course. Thai II may only be taken if you have completed Thai I, An Introduction and then practiced that work.

Students must have a large piece of foam to work on (approximately 4’x6’), a sheet to cover the foam, a pillow, wear loose comfortable clothing to be able to do all the work and receive it (yoga pants work best), please dress modestly, no cleavage showing. Wear socks so that you can easily put them back on before stepping on to the floor—hygiene counts even with your feet!

Therapeutic Stones

Faculty Instructor: Ingrid Apel
Date: March 12-13, 2016 (Must register by Feb. 18, 2016)
Time: 9am-5:30pm each day
Credits: 15 Price: $350 (AAIMT Graduate: $315)

Prerequisites: This workshop is only open to massage therapists.

Stone Massage is the incorporation of heated and cooled stones into a session of therapeutic massage for the purpose of treating an injury, relieving pain and increasing your client’s general state of well-being. The use of stones enables you to offer your clients the well-known therapeutic benefits of heat and cold, as well as creating movement, friction, pressure and vibration with the stones.

In this course you will learn to:
- Provide a basic Hot Stone full body massage
- Work effectively with hot and cold stones
- Use stones to give a different type of deep tissue therapy
- Provide a cold stone face massage
- Safely use, sanitize and care for your stones

You will receive a certificate of achievement upon completion of the course, the case study and passing the test with at least 75%.

Stones are not included in this course and you will also need to bring additional supplies to the workshop including several therapeutic grade oils. Please contact us for details.
Date: __/__/____

Name of Workshop: ________________________________

Date of Workshop: ________________________________

Name: __________________________________________

Address: _________________________________________

City, State & Zip: __________________________________

Contact Phone Number: _____________________________

Email Address: ____________________________________

Cost of Workshop: _________________________________

Amount paid at this time: ___________________________

Method of Payment: _______________________________

Balance Due: _____________________________________

Michigan License #: ____________________________ Expiration: __________

Additional License #: ______________________________

For workshops over $100, a minimum of $100 is required to reserve a space. Workshops/classes less than $100 must be paid in full at time of registration. DEPOSIT IS NON-REFUNDABLE, however all funds received less a $50.00 processing fee, can be applied to a future workshop or product purchase, if cancellation is received in our office less than two weeks prior to the starting date of the workshop. NO CREDIT will be given for cancellations less than two weeks from the starting date of workshop. Students must attend entire workshop in order to receive continuing education hour credits. There are no partial continuing education hours offered no exceptions. The balance is due no later than two weeks prior to the workshop. An email will be sent stating the specifics for the workshop including materials needed.

You are not registered for a workshop until we have received payment in full. Your deposit does not register you for the class.

If a workshop is cancelled, a complete refund will be issued.

Two week notice is required to cancel a reservation. Payments received will be refunded minus the $100.00 non-refundable deposit for workshops costing more than $100. Workshops/classes less than $100; 50% will be refunded.

AAIMT graduates are entitled to a student discount on most workshops.

If you have questions, please call 734.677.4430 or email us at info@aaimt.edu.