Continuing Education Courses & Workshops
September 2018 - April 2019

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For more information, visit: [www.CenterPointMN.com](http://www.CenterPointMN.com)

For Continuing Education, Workshops, Clinic, or Career Training information, please visit the website above.

To register, call: 952-562-5200 or go online: [www.CenterPointMN.com](http://www.CenterPointMN.com)
### Adult CPR & AED #301
Saturday, September 8 or January 12 • 1:00 - 5:00 pm
Tuition: $45 (not eligible for discount) • $15 late registration fee after August 23 or December 27
Materials Fee: $31.00 (Lab fee: $25 + Textbook: $6 tax included), plus $7.00 mailing fee (to be read before class).
Total Hours: 4
Prerequisite: Must read the textbook prior to the class.
Wear loose, comfortable clothing and bring or wear socks.
This American Heart Association Heartsaver CPR course teaches basic life support techniques to use on adults. The class consists of demonstration and class participation to learn the techniques. In addition to learning CPR for adults, you will be certified to use an Automated External Defibrillator (AED). Upon successful completion of this course, participants will receive the American Heart Association Adult CPR, AED, and First Aid certification. The certification is valid for two years from the date of the course.
Course policies: Attendees must obtain and read the text prior to the class and be prepared to demonstrate the skills to the instructor’s satisfaction.
Instructor: CenterPoint Faculty who are certified American Heart Association’s First Aid/CPR/AED trainers.

### Adult First Aid, CPR, & AED #303
Saturday, September 8 or January 12 • 8:00 am - 5:00 pm
Tuition: $80 (not eligible for discount) • $15 late registration fee after August 23 or December 27
Materials Fee: $31.00 (Lab fee: $25 + Textbook: $6 tax included), plus $7.00 mailing fee (to be read before class).
Total Hours: 8
Prerequisite: Must read the textbook prior to the class.
Wear loose, comfortable clothing and bring or wear socks.
This course begins with the American Heart Association First Aid course that covers basic emergency response to respiratory failure, bleeding, poisoning, shock, burns, broken bones, and more. Demonstrations and class participation facilitate learning of the techniques.
The course continues with the American Heart Association Heartsaver CPR course that teaches basic life support techniques to use on adults. Participants learn from demonstration and class participation. In addition to learning CPR for adults and children, you will be certified to use an Automated External Defibrillator (AED).

Upon successful completion of this course, participants will receive the American Heart Association Adult CPR, AED, and First Aid certification. The certification is valid for two years from the date of the course.
Course policies: Attendees must obtain and read the text prior to the class and be prepared to demonstrate the skills to the instructor’s satisfaction.
Instructor: CenterPoint Faculty who are certified American Heart Association’s First Aid/CPR/AED trainers.

### Advanced Asian Bodywork Therapy #4300
3 weekends: Saturday & Sunday, September 29 & 30, October 27 & 28, December 1 & 2 • 9:00 am - 5:30 pm
Tuition: $795 • $15 late registration fee after September 13
Materials Fee: $12.00 + tax
Total Hours: 45 NCBTMB: 45 CE hours
Prerequisite: Completion of a shiatsu or Asian bodywork therapy program including TCM
Please bring two twin size flat sheets, one pillowcase or face cradle cover, and a blanket or beach towel for warmth. Wear loose, comfortable clothing and bring or wear socks.
Are you a practicing shiatsu therapist who is ready to refine your skills and delve deeper into TCM application? Do want to increase your clinical effectiveness for clients with difficult and complex conditions? Are you so excited about shiatsu and TCM that you want more? This course is for you!

Advanced Asian Bodywork Therapy offers you, the Shiatsu and Asian bodywork therapist, additional skills and techniques to improve clinical effectiveness. You will have the opportunity to deepen your intuitive awareness while improving and refining your assessment and treatment skills. This course focuses on refining your assessment ability and giving you tools to treat complex patterns of disharmony.

This course includes the following areas of emphasis:
- Refining and practicing assessment methods including Hara and Navel diagnosis, 5-Element body type analysis and discernment through palpation and visual assessment techniques
- Addressing mental and emotional conditions with assessment and treat-
In this course you learn:

- Deepening point selection skills in treatments with the use of Transporting points, Lou points for musculoskeletal conditions and the Spirit and Ghost points for effective results
- Using the 8 Extraordinary Vessels to assess and treat advanced conditions and difficult patterns
- Assessing and treating conditions of the “Fu” organs (Yang organs)
- Deepening and expanding the utilization of the 5-Element theory in assessing and treating clients’ imbalances
- Assessment and long-term treatment planning for Yin and Yang combined pathologies, complex conditions, and western physical and mental diseases

Enroll in this course to increase your clinical effectiveness and personal wellbeing. Each class begins with Medical Qigong exercises that can be beneficial to clients with advanced diseases like diabetes, cancer, trauma/PTSD, irritable bowel syndrome, and more. You will quickly be able to integrate the powerful tools, knowledge, and techniques from this course into your practice.

Instructor: Andrea Sullivan, C.I. AOBTA, Cert. ABT, BCTMB

**Advanced Side Position Massage** #721

Sunday, March 31 • 10:00 am - 5:00 pm

Tuition: $115 • $15 late fee registration after March 21

Total Hours: 6 NCBTMB: 6 CE hours

Prerequisite: Graduate or current student of a therapeutic bodywork training program (Western or Eastern bodywork therapy) with at least 120 hours of bodywork technique training.

Please bring one twin size sheet set, one pillowcase or face cradle cover, a hand towel, and a blanket or beach towel for warmth. Wear loose, comfortable clothing and bring massage lotion or cream (no oil).

Are you a massage therapist who wants to increase your therapeutic effectiveness? Are you ready to work more efficiently and with greater ease? This course is designed for massage therapists who want to access, assess, and treat primary musculature with an advanced approach. Accessing a region from the side position allows the soft tissue to be addressed from new and different angles which contributes to the overall efficacy of a treatment.

Many clients are not comfortable lying in the traditional prone and supine positions for long periods of time. Side position allows for greater client comfort while providing better access to structures for greater influence and better results. This advanced work saves wear and tear on your body and sets you apart from other therapists. Working with your clients in the side position makes your sessions easier and more effective.

In this course you learn:

- How to position and drape your clients in side position with ease and comfort
- How to assess and access the following in side position: Tensor Fasciae Latae (TFL), Gluteal muscles, Iliobibial tract (IT), Peroneals/Fibularis muscles, Quadratus lumborum (QL), Iliopsoas, Scalesenes, and Adductors (including adductor magnus)

Students give and receive bodywork in a comfortable atmosphere of learning and discovery that includes instruction, observation and individual feedback. The instructor will give a brief “outside the box” lecture about each structure and demonstrate the techniques. Feedback is given to ensure proper body mechanics, and assist in fine-tuning your palpation and treatment skills. Once you get the hang of it you’ll realize how much easier it is!

Instructor: Krisha Crabtree, B.A., BCTMB

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**Aromatherapy Basics** #713

2 Thursdays: November 8 & 15 • 6:00 - 9:00 pm

Tuition: $115 • $15 late registration fee after October 25

Materials and Lab Fee: $15.48 (tax included)

Total Hours: 6 NCBTMB: 6 CE hours

All are welcome!

These days, essential oils seem to be popping up everywhere, from Pinterest boards to your neighbor’s oil parties. With all the information out there, it’s difficult to know where to start. This class brings you the information and skills you need to know to use oils safely and effectively, save money, and help your family and friends with common everyday symptoms and improve their wellbeing. Sort through the hype and do some essential oil myth-busting all with the help of an experienced Certified Clinical Aromatherapist.

In this course, students learn:

- Essential oil basics – what oils are and how and why they work
- Safety guidelines and the best uses for five different essential oils
- Inhalation and topical application methods
- How to make an inhaler and a topical oil

This is a wonderful introductory course for anyone looking to integrate aromatherapy into their everyday life.

Instructor: Jodi Baglien, ABMP, Regional Director of the Alliance of International Aromatherapists

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**Chi Nei Tsang** #564

Saturday & Sunday, December 8 - 9 • 9:00 am - 4:00 pm

Tuition: $230 • Register by November 20

Materials Fee: $20.00 + tax

Total Hours: 12 NCBTMB: 12 CE hours

Prerequisite: Graduate of a shiatsu or Asian bodywork therapy program including TCM

When an area of the ear is stimulated, it relieves the pathological condition in the associated region the body. The ear has well mapped somatic representations similar to the foot zones in reflexology. Auricular therapy is useful for treating concerns in any of the major systems and is especially helpful for pain and addiction cessation. In this introductory level course participants learn to place ear beads, or seeds, on the specific location on the ear based on the desired pattern outcome. Auricular therapy is an excellent tool to add to your practitioner toolkit and allows treatment to continue long beyond the session.

Instructor: Michael Casper, B.A., C.I. AOBTA, Dipl. ABT

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**Auricular Therapy** #690

Monday, March 4 • 6:00 pm - 9:00 pm

Tuition: $60 • $15 late registration fee after February 21

Materials Fee: $14.50 + tax

Total Hours: 3 NCBTMB: 3 CE hours

Prerequisite: Graduate of a shiatsu or Asian bodywork therapy program including TCM

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Materials Fee: $20.00 + tax

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Prerequisite: Graduate of a shiatsu or Asian bodywork therapy program including TCM

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Instructor: Michael Casper, B.A., C.I. AOBTA, Dipl. ABT
Together you and your partner will learn:

- To sample a delicious selection of wines.
- The basic principles and applications of massage. Participants will then go to Lunds & Byerlys tasting room (St. Louis Park) to sample a delicious selection of wines.
- To practice basic principles and applications of massage. This class will provide you the tools needed to affect real change in your client’s wellbeing. Upon completion of the course you will be able to create an in-depth treatment plan to perform a 45 - 60 minute abdominal session for any pathology of the body.

**Cupping for Massage Therapists #735**

**Sunday, November 4 • 10:00 am - 4:00 pm**

**Tuition:** $100 • $15 late registration fee after October 18

**Materials Fee:** $43.00 + tax

**Total Hours:** 5 NCBTMB: 5 CE hours

**Prerequisite:** Graduate or current student of a therapeutic bodywork training program (Western or Eastern bodywork therapy) with at least 120 hours of bodywork technique training.

Please bring one twin size sheet set, one pillowcase or face cradle cover, and a blanket or beach towel for warmth. Wear loose, comfortable clothing and bring massage lotion or cream (no oil).

Tired of pouring all of your energy into one stubborn muscle? Get things moving faster and with less effort using the simplicity of cupping. Cupping therapy is an ancient technique in which local suction is created on the skin, mobilizing blood flow to promote healing. By creating suction and negative pressure, cupping is used to increase blood flow. This results in loosening adhesions, softening connective tissue and decreasing tension in stubborn trigger points.

Take this course to learn “dry” cupping techniques. You will discover how and when to best integrate cupping into a massage session. Students receive a 17-piece cupping set and will practice cupping on one another during the class with instructor guidance and feedback. This course is perfect for practitioners looking to differentiate themselves by offering a unique service to their clients.

**Instructor:** Courtney Kupfer, B.A.

**Couples Massage & Wine Tasting #711**

**Friday, February 15 • 6:00 - 10:00 pm**

**Tuition:** $75 per couple (not eligible for discount) • $15 late fee per couple after January 31

**Total Hours:** 4

All are welcome!

Please bring one twin size sheet set, one pillowcase or face cradle cover, and a blanket or beach towel for warmth. Massage lotion will be provided. Wear loose, comfortable clothing and bring or wear socks.

Looking for the perfect Valentine’s Day gift? This is the class for you! CenterPoint is partnering with Lunds & Byerlys to provide you and the perfect Valentine’s Day date night. The evening will begin at CenterPoint with a two hour workshop for couples to learn and practice basic principles and applications of massage. Participants will then go to Lunds & Byerlys tasting room (St. Louis Park) to sample a delicious selection of wines.

Together you and your partner will learn:

- The five Swedish massage strokes and how and when to use them
- Basic principles around pressure, depth, and touch
- A simple sequence for relaxation massage

No knowledge of anatomy is required—only a desire to give and receive feedback of what feels good to you. This class is the Valentine’s Day present that will keep on giving!

**Instructor:** Krisha Crabtree, B.A., BCTMB

**Dr. Kaneko Weekend - Shiatsu Anma Therapy & Pain Management #761**

**Friday, October 12 • 5:30 - 7:00 pm, and Saturday & Sunday, October 13 - 14 • 9:00 am - 5:00 pm**

**Tuition:** $350 (not eligible for discount) • $15 late registration fee after September 20

**Materials Fee:** $67 + tax (Textbook required: Shiatsu Anma Therapy, DoAnn’s Short & Long Forms: $59 + tax; Workshop handouts: $8 + tax. Pay for only handouts if you own the textbook – bring textbook to class)

**Total Hours:** 16.5 NCBTMB: 14 CE hours

**Prerequisite:** Completion of a Shiatsu Anma or Asian bodywork therapy program including TCM

Please bring two twin size flat sheets, one pillowcase or face cradle cover, and a blanket or beach towel for warmth. Wear loose, comfortable clothing and bring or wear socks.

It is with great enthusiasm that CenterPoint welcomes Dr. DoAnn Kaneko back to the Twin Cities. We are honored to have the founder of Shiatsu Anma Therapy bringing his gifts to the midwest Shiatsu and Asian Bodywork Therapy community.

People complain of pain often caused by occupational injuries, ongoing chronic conditions, sports-related injuries, past auto accidents and falls, and seemingly unknown origins. Pain emerges and is exacerbated by incorrect postural management in daily activities such as driving and sitting (often at computers). Aging, degenerated disks, osteoporosis, misalignment, deformation of the vertebral body and disks, stress, and emotional and psychological issues are other major causes of pain symptoms.

Shiatsu Anma Therapy is very effective for pain relief and the improvement of our energetic balance. This is accomplished by employing the techniques of Shiatsu Anma Therapy including pressure therapy, kneading techniques, tapping, compression-traction, and range of motion.

Shiatsu Anma Therapy is an efficient and effective therapy to remove the source of pain and symptoms. It often requires participation by the client at home after the sessions through stretching, muscle strengthening, and self-care practices.

The goal of this course, Shiatsu Anma Pain Management, is very simple: Move the qi, blood, lymph, and spinal fluid to eliminate pain. We will assess and address circulation, structural flexibility and alignment, and muscle tissue tone.

This workshop gives the Shiatsu Anma therapist the opportunity to gain an understanding of the root or source of pain in specific regions and cases. Students practice assessing and treating pain with the specific application of the techniques of Shiatsu Anma Therapy. The workshop is divided into three content areas:

**Day 1: Daoyin Self-Care: Movement & Breathing (1.5 hours)**

**Day 2: Shiatsu Anma Therapy for Neck, Shoulder, and Upper Back Pain (7 hours)**

**Day 3: Shiatsu Anma Therapy for Lower Back and Hip Pain (7 hours)**

By enrolling in this workshop, you will be able to:

- Explain the nature of pain and locate the site of pain

Courses listed Alphabetically - Visit www.CenterPointMN.com for more Information
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- List the major symptomatology of tension, spasms, numbness, discomfort, and range of motion
- List the etiology or the source of pain
- Demonstrate basic orthopedic evaluation and read dermatome charts
- Perform Shiatsu Anma Therapy for pain reduction and relief
- Recommend to clients how to deal with pain at home through stretching and exercises

Enroll in this workshop for the opportunity to study with the founder and Master of Shiatsu Anma Therapy, Dr. Kaneko, and to treat your clients’ pain efficiently and effectively with Shiatsu Anma Therapy.

Instructor: DoAnn T. Kaneko, Licensed Acupuncturist (L.Ac.), Doctor of Oriental Medicine (O.M.D.), Ph.D. in Oriental Medicine, Dipl. Ac., NCCAOM, founder and Academic Director for Eastern Education at the Shiatsu Massage School of California

Fall Equinox Celebration - Meditation & Qigong #715

Friday, September 21 • 6:00 - 7:30 pm
Tuition: $15 (not eligible for discounts) • Register by September 18
Materials fee: $1.00 + tax
Total Hours: 1.5
All are welcome!
Wear loose, comfortable clothing and bring or wear socks.

The fall equinox is a time of harvest and a time of reflection upon our achievements. The equinox provides us the opportunity for introspection and letting go of any challenges of the previous season. Through qigong and musically guided meditation, you identify and reflect upon the wonderful gifts of the summer season and set intentions of personal growth for the upcoming fall. Participants create a personal talisman representing their gratitude and personal growth intentions for the upcoming season. Celebrate the concept that the past supports the present, which creates the future. You will leave this class feeling grounded, peaceful, and inspired.

No previous qigong or meditation experience is necessary, all are welcome!
Instructor: Andrea Sullivan, C.I. AOBTA, Cert. ABT, BCTMB

Five Element Qigong #749

13 Wednesdays, September 12 - December 5 • 5:10 pm - 5:50 pm
Tuition: $120 (not eligible for discount) • $15 late registration fee after September 8
Total Hours: 13 - 40 minute sessions
All are welcome!
Wear loose, comfortable clothing and bring or wear socks.

This class is an interactive experience into the qualities of the Five Elements and their mental and spiritual strengths. Five Element Qigong exercises are used to restore health, balance emotions, and empower you to tap into your greatest potential. Weekly, you will explore each element, its practices, organ system emotions, and function. The Qigong movements use breath-work to generate energy and circulate it in the meridians and organ systems to increase vitality.

Health is possible at every age and these movements can be done by all skill levels and body types. Continued practice of Qigong cultivates healing and increases longevity.
Instructor: Andrea Sullivan, C.I. AOBTA, Cert. ABT, BCTMB

GuaSha - Asian Folk Therapy #652A

Saturday, February 16 • 9:00 am - 5:00 pm
Tuition: $135 • $15 late registration fee after January 31
Materials Fee: $19.75 + tax
Total Hours: 7 • NCBTMB: 7 CE hours
Prerequisite: Graduate or current student of a therapeutic bodywork training program (Western or Eastern bodywork therapy) with at least 120 hours of bodywork technique training.

Please bring two twin flat sheets, one pillowcase or face cradle cover, a hair band and writing materials.

GuaSha, also known as “dermal friction”, is a scraping technique used on the surface of the skin, to improve microcirculation and bring more blood and Qi to an area. The technique is accomplished by using a special piece of bone or stone, called a medical board, on slightly oiled skin. Because the moving of blood and Qi penetrates to internal viscera, allowing for a significant decrease in muscle stiffness and pain, GuaSha is an excellent technique for a bodyworker therapist’s toolbox. Used routinely, GuaSha enhances immunity and treats over 30 common diseases without the use of drugs.

“Gua” means to scrape or rub, and “Sha” is the term used to describe the appearance of a faint pink or red rash, also known as petechiae, intentionally raised by the technique. Once discounted as only a popular folk therapy, GuaSha in this modern world has its newfound usefulness as a fascial enhancement technique, which has inspired its revival. This class provides an entire fascial enhancement protocol as well as techniques for the body.

Upon completion of this class, participants are able to describe the usefulness of GuaSha to a client, implement the technique effectively for maximum results and understand all benefits and contraindications. This is an excellent adjunct therapy that can be easily integrated into to your massage or shiatsu practice.

Instructor: Dona McGlennen, RN, CNP, L.Ac

Health Restorative Bodywork Therapy #4205

15 Wednesdays, September 5 - December 12 • 6:00 pm - 9:00 pm
Tuition: $795 • $15 late registration fee after August 23
Materials Fee: $92.50 + tax
Total Hours: 45 • NCBTMB: 45 CE hours
Prerequisite: Graduate or current student of a therapeutic bodywork training program (Western or Eastern bodywork therapy) with at least 120 hours of bodywork technique training.

Please bring two twin flat sheets and one pillowcase or face cradle cover. Wear loose, comfortable clothing.

Most bodywork therapists encounter clients who experience symptoms of Chronic Exhaustion and Depletion (CED). As our society gets busier, CED affects more and more people, especially post-partum women, parents with young children, people working long hours, and patients experiencing or recovering from medical treatments and surgeries. Even students who work and attend school often experience CED. Health Restorative Bodywork Therapy is a course designed to give practitioners from all bodywork modalities skills to assess and treat CED. In this course, students learn to evaluate primary patterns, signs, and symptoms of CED. Students discover how to address clients’ CED with a holistic approach integrating nutrition, application of heat using InfraRed therapy, craniosacral-inspired techniques, auriculotherapy, and the use of therapeutic magnets. Additionally, students learn and practice a self-care routine designed to restore and maintain both health and wellness. The core of
this course centers on the application of the techniques learned to treat CED. Through practice on one another and self monitoring of symptoms, students accumulate data on their own progress. This data is presented as a part of the capstone project at the end of the term. The project includes research findings, results, and experiences with treating CED, and the experience of regularly practicing the self-care routines.

In this class you will learn:

- Concepts and assessments of Chronic Exhaustion and Depletion
- Foundational principles of Qi and the role it plays in CED
- Techniques and applications of InfraRed Therapy
- How nutrition and digestion play a role in healing and restoring
- Craniosacral-inspired techniques to use with individuals who experience CED
- How to use Auricular Therapy, Magnet Therapy, and Ion Cords with individuals who experience CED
- A self-care routine that can also be taught to clients to help restore and improve health and wellness

This course is great for any bodywork therapist looking to add new tools to their treatments—specifically tools that take the effects well beyond the bodywork session. Health Restorative Bodywork Therapy is a class that will help the healer as they learn to help others.

Instructor: Andrej Peterka, L.Ac.

Hot & Cold Stone Massage #720
Saturday & Sunday, February 23 & 24 • 9:00 am - 5:30 pm
Tuition: $275 • $15 late registration fee after February 7
Materials Fee: $71.95 + tax
Total Hours: 15  NCBTMB: 15 CE hours
Prerequisite: Graduate or current student of a therapeutic bodywork training program (Western or Eastern bodywork therapy) with at least 120 hours of bodywork technique training.

Please bring one twin size sheet set, one pillowcase or face cradle cover, and a blanket or beach towel for warmth. Wear loose, comfortable clothing.

In this course students learn the basics of stone massage, general treatment considerations including contraindications, type of stones and their uses, equipment needs and setup, techniques for using stones, and a basic protocol to use in professional practice. Students will practice using hot and cold stone massage and receive feedback on their technique.

This class is perfect for anyone planning to work in or currently working in the spa and resort industry. It is also a great opportunity for the private practitioner looking to add a new service to their menu.

Instructor: Megan Hurley, AMTA

Hydrotherapy #716
2 Mondays, October 22 & November 5 or February 18 & March 4 • 6:00 pm - 9:00 pm
Tuition: $115 • $15 late registration fee after October 4 or February 7
Lab fee: $20.00
Total Hours: 6  NCBTMB: 6 CE hours
Prerequisite: Current student or graduate of a massage training program

Please bring one twin size sheet set, one pillowcase or face cradle cover, two bath towels, four hand towels, and a swimsuit for use in the steam therapy unit.

The average adult human is made up of 65% water so it is only natural that water possesses healing properties. Hydrotherapy is the use of water in its various forms to treat a variety of conditions and to help cultivate wellness. This course focuses on the history of hydrotherapy, the three forms of hydrotherapy and their uses in treatment protocols. Participants learn about the benefits of dry brushing, salt and sugar scrubs, hydrocollator packs, and ice cups. Students also have the opportunity to experience the steam pod. In this course students learn to use traditional hydrotherapy techniques to enhance a bodywork session without the use of expensive or complicated equipment. Enroll in this course to discover these simple and therapeutic techniques that can easily be integrated into your bodywork practice.

Instructor: Krishna Crabtree, BCTMB and Megan Hurley, AMTA

Introduction to Cupping #717
Monday, February 18 • 6:00 - 9:00 pm
Tuition: $60 • $15 late registration fee after January 31
Lab Fee: $5.00
Total Hours: 3  NCBTMB: 3 CE hours
Prerequisite: Current student or graduate of a shiatsu or Asian bodywork therapy program including TCM

Please bring two twin size flat sheets, one pillowcase or face cradle cover, and a blanket or beach towel for warmth. Wear loose, comfortable clothing and bring or wear socks.

Cupping therapy is an ancient technique in which a local suction is created on the skin mobilizing blood flow to promote healing. The function of cupping is to move Qi and Blood in the meridians. Upon completion of this course, students will be able to explain the history, indications, and contraindications of cupping and perform basic cupping techniques. Cupping can be used for a variety of things including breaking up stagnation, treating Wind Invasion, and reducing muscle pain. This course is perfect for practitioners looking to differentiate themselves by offering a unique service to their clients.

Instructor: Michael Casper, B.A., CI. AOBTA, Dipl. ABT

Introduction to Lymph Drainage Massage #751
Saturday & Sunday, November 17 & 18 • 10:00 am - 5:00 pm
Tuition: $230 • $15 late registration fee after November 1
Materials Fee: $60.95 + tax
Total Hours: 12  This course is not eligible for CE through the NCBTMB
Prerequisite: Current student or graduate of a therapeutic bodywork training program (Western or Eastern bodywork therapy). This course is also open to estheticians and allied health care professionals.

Please bring one twin size sheet set, one pillowcase or face cradle cover, a hand towel, and a blanket or beach towel for warmth. Wear loose, comfortable clothing and bring massage lotion or cream (no oil).
Lymph Drainage Massage (LDM) is perhaps the most researched and scientifically validated form of massage in the world. This introductory course, based on the Vodder Method, adds a powerful, pain-relieving tool to your therapeutic toolbox that not many bodyworkers have. By learning the simple and gentle basics of LDM, you will aid in the pain relief of soft tissue injury, surgeries, or inactivity experienced by your clients.*

Take this course to learn LDM techniques for:

- upper body, lower body, face, and neck
- pain and swelling reduction following injury
- pre and post-surgical application to reduce swelling and pain and to expedite the healing process
- reducing edema/swelling from overuse or from inactivity such as bedridden and wheelchair bound clients
- bolstering the immune system during cold and flu season
- general health and well-being

Take this course to learn the basics of Lymph Drainage Massage and discover how these simple yet powerful techniques can help your clients and boost your business.

*This introductory class is not for working with lymphedema patients or patients with a compromised lymph system from cancer surgery.

Instructor: Carolyn Hauck, ABMP

Kinesiology Taping for Bodyworkers #729B

Saturday, April 13 • 9:00 am - 4:00 pm
Tuition: $115 • $15 late registration fee after March 28
Materials Fee: $36 + tax
Total Hours: 6  NCBTMB: 6
Prerequisite: Graduate or current student of a therapeutic bodywork training program (Western or Eastern bodywork therapy) with at least 120 hours of bodywork technique training.

Please wear loose comfortable clothes, bring or wear athletic shorts. Female participants should wear or bring a tank top.

It is time to start reexamining at how we move, injure, and heal! New research indicates that the most integral part of healing is movement. First utilized by acupuncturists and chiropractors in Japan, kinesiology taping is used by a growing number of healthcare professionals to benefit patients through movement and healing.

This course focuses on the basics of kinesiology taping to help reduce pain sensations, delay fatigue, normalize muscle tone, decompress swelling and inflammation, and distribute movement forces in clients of all activity levels.

In this course participants learn:

- Movement therapy concepts and the methods of functional taping
- The physiological effects that kinesiology taping brings to benefit clients of all activity levels
- To utilize basic functional taping for the applications of pain reduction, stability, posture improvement, rehabilitation and edema management
- Use stability and mobility strategies in conjunction with kinesiology taping to help build a better framework for your clients to heal, move better, and move more!

Instructor: Jason Nummi, BS, DC, CST

Kombucha - Home Brew Basics #762

Thursday, September 27 • 6:00 - 8:00 pm
Tuition: $40 • $15 late registration fee after September 13
Lab Fee: $8.00
Total Hours: 2
Prerequisite: All are welcome!

Kombucha is a fermented tea drink full of B vitamins, probiotics, and antioxidants. While it has recently grown in popularity, kombucha has actually been around for thousands of years, first appearing in China in 220 BCE. While it’s easy to find kombucha in stores, it’s also possible to brew your own kombucha at home. This workshop teaches the basics of brewing kombucha to help you get started at home.

Students will learn:

- History and health benefits of kombucha
- Basics of fermentation science
- Process of fermenting kombucha as well as the supplies needed to start brewing at home

Students have the opportunity to taste various flavors of kombucha while gaining confidence to brew their own. Participants will take home their very own SCOBY (Symbiotic Culture of Bacteria and Yeast) and starter tea to jump-start their home brewing.

Instructor: Rose Ostenson, BCTMB

Lomi Lomi #655

Friday - Sunday, August 17 - 19 • 8:30 am - 5:30 pm
Tuition: $375 • $15 late registration fee after August 2
Materials Fee: $5.00 + tax
Total Hours: 24  NCBTMB: 24 CE hours
Prerequisite: Current student or graduate of a therapeutic bodywork training program (Western or Eastern bodywork therapy)

Please bring two twin flat sheets, two wiping towels, two face cradle covers, two pillowcases and three bath towels for draping. Wear loose, comfortable clothing. Dress in layers as the room is heated.

Lomi Lomi, a Hawaiian massage modality, is traditionally practiced as a rite of passage for children coming of age by the Big Kahunas in the temples of Hawaii. This ritual bodywork is based on unconditional love and acceptance, where the person receiving is truly honored for who they are without judgment. This modality is described as long, continuous flowing strokes using the forearm to embrace the body like an ocean wave that then gently recedes.

Take this course to learn:

- The ancient bodywork lineage of Hawaii
- The 7 sacred principles in Lomi Lomi
- How to apply full body strokes
- How to use the forearm to save on wrists and fingers
- What it is to honor your client
- How to hold a sacred space for clients

Students who learn Lomi Lomi experience self-discovery of what it means to love, honor, and respect themselves while at the same time honoring those they work on. Participants use their forearms to embrace the body and provide pressure that saves hands and wrists. Lomi Lomi provides the therapist and the receiver with what it means to experience honor and sacredness in a healing art.

Instructor: Michele Reid, BCTMB
Take this course to:

• Butt at some point. Many important muscles live here, and they are in need of
  maintenance.
  
Suspected bursitis? An aching IT band? Nearly everyone has had a ‘Pain in the
Butt’ at some point. Many important muscles live here, and they are in need of

How often have you overheard someone complain of hip pain? Chronic sciatica?

Instructor: Krisha Crabtree, B.A., BCTMB

Pain in the Gut - Core & More

Sunday, April 14 • 10:00 am - 5:00 pm
Tuition: $75 • $15 late registration fee after April 4
Total Hours: 6 NCBTMB: 6 CE hours
Prerequisite: Current student or graduate of a massage training program

Please bring two twin size flat sheets, one pillowcase or face cradle cover, a blanket or
beach towel for warmth. Massage lotion will be provided. Wear loose, comfortable clothing and bring or wear socks.

Do you have clients with lower back pain that just won’t quit? Mysterious
abdominal pain and digestive issues? Chronic hip and thigh pain? Many clients
and therapists are unaware of the wide-reaching influence of the abdominal
muscles, especially psoas and iliacus. It’s time to approach these common complaints from a different perspective.

Enroll in this course to:

• Learn to identify the musculature and anatomy of the torso and pelvis
• Understand the most common complaints associated with muscles in this
region and the best techniques to address these concerns
• Practice communication and draping techniques for client trust and comfort
• Learn basic strengthening, stretching, and balancing techniques for the
region
• Examine your own body mechanics to avoid misuse injuries and ensure
care longevity

Don’t get tricked into always working the same muscles and expecting different
results. Set yourself apart by taking the path less-explored by other therapists
and join us on “the dark side.”

Instructor: Krisha Crabtree, B.A., BCTMB

Shiatsu Basics

Saturday, September 22 • 10:00 am - 5:00 pm
Tuition: $75 (not eligible for discount) • Register by September
21
Total Hours: 6 NCBTMB: 6 CE hours
Prerequisite: Current student or graduate of a shiatsu training program

Please bring two twin size flat sheets, one pillowcase or face cradle cover, a blanket or
beach towel for warmth. Massage lotion will be provided. Wear loose, comfortable clothing and bring or wear socks.

For those who wish to practice natural healing at home with family, friends,
and self, Shiatsu Basics provides an ideal introduction. Participants learn simple
yet effective finger pressure techniques to relieve and prevent chronic aches &
pains and everyday ailments. Basic theories of Traditional Chinese Medicine
(Qi, Yin/Yang, and Eight Principles) are taught to facilitate understanding of
how and why shiatsu works.

Learn basic shiatsu techniques for the back, neck and feet. Discover how simple
and effective shiatsu therapy is for relieving headaches, back-aches, stiff necks and fatigue. Come prepared to experience giving and receiving shiatsu.

Instructor: CenterPoint Faculty
Spa & Resort Techniques #3208
3 Weekends: Saturday & Sunday, January 26 & 27, February 23 & 24, and March 23 & 24 • 9:00 am - 5:30 pm
Tuition: $795 • $15 late registration fee after January 10
Materials & Lab Fee: $417.05 (tax included)
Total Hours: 45 • NCBTMB: 45 CE hours
Prerequisite: Graduate or current student of a therapeutic bodywork training program (Western or Eastern bodywork therapy) with at least 120 hours of bodywork technique training.
Please bring one twin size sheet set, one pillowcase or face cradle cover, a hand towel, and a blanket or beach towel for warmth. Wear loose, comfortable clothing and bring massage lotion or cream (no oil). Please be prepared to practice the techniques outside of class.
Spas have become one of the largest employers of massage therapists in the United States. Spa techniques combine natural healing traditions with relaxation and restoration for the spa massage client. Spa training prepares the massage or shiatsu therapist to find employment in spa establishments, resorts, hotels, salons, and cruise ships. Bodywork therapists also incorporate spa techniques into private practice without the need for extensive equipment or special “wet room” facilities. The foundation of CenterPoint’s Spa & Resort course is therapeutic. Spa techniques are taught from the healing perspective in addition to comfort and relaxation. These ancient practices have therapeutic benefits for today’s massage clients.
In this course you will discover historical background for spa and resort massage and a vast array of spa techniques including wraps, clay application, hydrotherapy, heated stone massage, and much more. Essential oils and aromatherapy are introduced and integrated into many of the Spa treatments.
In this course you will learn and practice:
- Safe use of hot and cold stones to bring balance and grounding to clients
- The art, science, and application of Aromatherapy Exfoliation techniques using salt, sugar, and manual brushing
- Body wraps with various mediums including clay, mud, seaweed, and herbs
- Hydrotherapy
- Marketing ideas

Spa & Resort Techniques is an excellent way to expand upon your sessions with clients. You can combine many of the spa techniques with your massage or shiatsu sessions to create just the right treatment. Take this course to to increase the types of services you can offer to your clients, both in private practice and in established businesses.
Instructor: Megan Hurley, AMTA

Spring Equinox Celebration - Meditation & Qigong # 743
Friday, March 22 • 6:00 pm - 7:30 pm
Tuition: $15 (not eligible for discounts) • register by March 15
Materials fee: $1.00 + tax
Total Hours: 1.5
All are welcome!
Please wear loose, comfortable clothing and bring or wear socks.
The Spring Equinox is an inspirational time of progress and new growth. The seeds planted today bring the transformation of tomorrow. Celebrate the spring of your renewal with Qigong movements to embody the changes of this time. Set intentions for growth and use the available energy to blossom a bright future.
Participants create a personal talisman representing their gratitude and personal growth intentions for the upcoming season. Celebrate the concept that the past supports the present, which creates the future. You will leave this class feeling grounded, peaceful and inspired.
No previous qigong or meditation experience is necessary, all are welcome!
Instructor: Andrea Sullivan, C.I. AOBTA, Cert. ABT, BCTMB

Structural Energetics - Advanced East West Integrated Bodywork #763
Saturday & Sunday, November 10 & 11 • 10:00 am - 5:00 pm
Tuition: $230 • $15 late registration fee after October 25
Materials Fee: $4.00 + tax
Total Hours: 12 • NCBTMB: 12
Prerequisite: Completion of East West Therapeutic Bodywork training, including TCM.
Please bring two twin size flat sheets, one pillowcase or face cradle cover, and a blanket or beach towel for warmth. Wear loose, comfortable clothing and bring or wear socks.
Do you find yourself working in a massage environment unable to use TCM as much as you’d like? Do you feel like your shiatsu skills and knowledge are on the shelf gathering dust? This workshop will help you refresh your TCM knowledge and enhance your shiatsu techniques with an emphasis on the integration of Eastern and Western applications.
In this course, you will learn and practice:
- How to easily integrate TCM concepts within the framework of western massage to enhance treatment effectiveness and provide an integrated way to look at structural complaints
- How to use the tendino-muscular channels (channel sinews) as the main bridge between the structural focus of western massage and the energetic focus of shiatsu
- The role and function of the channel sinews from the perspective of Chinese medicine as they relate to Western anatomy and kinesiology
- How to integrate acu-points from various point groups of Chinese medicine (Command, Window to the Sky, Influential, Extraordinary Vessel) to further enhance treatment effectiveness
- Techniques to use along the Urinary Bladder, Kidney, Small Intestine, and Gall Bladder sinews to release low back tension and address low back pain
- Techniques to to use on the Triple Heater, Large Intestine, Gall Bladder, and Small Intestine sinews and Window to the Sky points to release patterns of neck, shoulder and upper back tension as well as relieve headaches
- Techniques to use on the Heart, Pericardium, Lung, and Liver sinews to address anxiety and depression
Take this course to breathe new life into your practice and renew your passion for East West integrated bodywork.
Instructor: Michael Casper, B.A., CI. AOBTA

Tai Chi - Fan Form #758
13 Wednesdays: January 16 - April 10 • 5:10 pm - 5:50 pm
Tuition: $125 (not eligible for discount) • $15 late registration fee after January 10
All are welcome!
Please wear loose, comfortable clothing and bring or wear socks.
The Tai Chi Single Fan routine is a graceful and strengthening form of martial arts and dance from the Chen style of Tai Chi Chuan. It utilizes meditative movements that can be applied as a style of self defense and has healing benefits to energize the body and calm the mind. Each movement develops mindful-
ness and strengthens the mind-body connection. Tai Chi produces and collects energy in the internal organs to improve longevity, mental clarity, physical agility and strength, and reduce stress. Regular practice can also help to resolve health issues such as arthritis, back pain, insomnia, and digestive issues. Tai Chi Fan Form encompasses the essential movements of all Tai Chi forms. Each class includes warm-ups, Qigong exercises, Tai Chi posture review, refinements, and additions to the form. All skill levels are welcome!

Instructor: Andrea Sullivan, C.I. AOBTA, Cert. ABT, NCTMB

Thai Massage #4204

3 Weekends: Saturday & Sunday, February 9 & 10, March 9 & 10, and April 6 & 7 • 9:00 am - 5:30 pm
Tuition: $795 • $15 late registration fee after January 24
Textbook: $42.00 + tax
Total hours: 45  NCBTMB: 45 CE Hours
Prerequisite: Graduate or current student of a therapeutic bodywork training program (Western or Eastern bodywork therapy) with at least 120 hours of bodywork technique training.

Please bring two twin flat sheets, one pillowcase or face cradle cover. Wear loose, comfortable clothing and wear or bring socks.

Thai Massage is part of the four-fold traditional medical system of Thailand (the others are herbal medicine, nutritional medicine, and spiritual practices). Thai medicine shares features with Chinese medicine and Ayurvedic medicine, including the concepts of energy flow through pathways of the body. This style of bodywork emphasizes the mind-body connection and has been utilized in the treatment of physical, emotional, and spiritual disorders. The main techniques of Thai Massage include the application of stretching and pressure throughout the whole body to stimulate energy flow. Thai Massage is often called Thai Yoga Massage because the therapist uses his or her body to move the client into a series of stretches similar to Yoga. Thai Massage is performed on a mat and utilizes the thumbs, fingers, forearms, elbows, palms, knees, legs, and feet for stretching, massage and pressure techniques, joint mobilization, and muscle compression. Thai Massage is a very active and energizing, yet deeply relaxing, experience for both the practitioner and the client. Once the client has relaxed, the practitioner (with a heightened sensitivity) stretches the client to his or her comfortable limit.

A high level of significance is attributed to the abdominal region. According to Thai Medicine, all the major energy pathways of the body have their origin in the vicinity of the navel. Therefore, the abdominal massage techniques are a crucial component of the healing benefit of this training.

In this course, you will discover the main features of Thai medicine, including the concepts of energy flow through pathways of the body. The main manual applications of pressure and stretching will be presented and practiced. Students learn to perform a full body Thai Massage. Techniques for the supine, side-lying, and prone positions are included. This course also includes yoga warm-ups and meditation at the start of each class. This is a great course to choose to integrate Thai Massage techniques to expand your massage and/or shiatsu toolbox.

Instructor: Attila Pegan, IASI

Please Read:

Late Registration: There is a $15 late registration fee added to the tuition for anyone registering after the "Register By" date for any course or workshop.

Cancellation and Refunds: Please visit CenterPointMN.com or call 952-562-5200 for CenterPoint’s Cancellation and refund policy.

Policy About Disabilities Act: We welcome all people to CenterPoint. Special accommodations will be made for people with disabilities as long as they have confirmed and paid in full for the course no less than 15 days prior to the start date of the course. Registrations after this time will be processed and, although we will make an effort to accommodate special needs, we cannot guarantee accommodation.

Course Cancellation Policy: If, by the course registration date, the course does not fulfill minimum enrollment requirements, CenterPoint reserves the right to cancel the course. In the event of cancellation, registrants will receive a full refund of monies paid to CenterPoint.