## Continuing Education Courses & Workshops
### September 2017 - April 2018

**CenterPoint**

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★ New

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)
Active Isolated Stretching: Lower Body

#659

Saturday & Sunday, February 17 & 18 • 8:00 am - 5:00 pm
Tuition: $350 • Register by February 1 (not eligible for discounts)
Materials fee: $56.00 + tax
Total Hours: 16  NCBTMB: 16 CE hours
Prerequisite: Training in bodywork and manual therapies, fitness professionals, massage and bodywork therapists, athletic trainers, or physical therapists.
Please bring two twin flat sheets, one pillowcase or face cradle cover and one bath towel.
Please wear loose, comfortable clothing such as athletic shorts or sweats suitable for stretching. No pants, dresses, skirts, etc.

The Active Isolated Stretching (AIS) method of muscle lengthening and fascial release is a type of athletic stretching that provides effective and dynamic facilitated stretching of major muscle groups. More importantly, AIS provides functional and physiological restoration of superficial and deep fascial planes.

The Mattes AIS Technique is an effective treatment for deep and superficial fascial release, restoring proper fascial planes for optimal physiologic function.
Performing an Active Isolated Stretch of no longer than 2 seconds allows the target muscle to optimally lengthen without triggering the protective stretch reflex and subsequent reciprocal antagonistic muscle contraction as the isolated muscle achieves a state of relaxation. These stretches provide maximum benefit and can be accomplished without opposing tension or resulting trauma.

Active Isolated Stretching: Lower Body applies the Mattes AIS Technique to the lower body. It is beneficial for many conditions affecting the legs and hips including restriction and pain due to piriformis syndrome, iliotibial band syndrome, restricted quadriceps and hamstring muscles, dysfunction of the lateral hip rotators, lower leg compartment syndrome, a variety of knee conditions, and much more. Enroll in this workshop to help your clients walk, move, and live without the pain and restriction that currently disrupts their lives.

This course is ideal for anyone trained in bodywork and manual therapies or fitness professionals, including massage and bodywork therapists, athletic trainers, and physical therapists. Active Isolated Stretching is beneficial for reducing pain, stiffness, chronic musculoskeletal conditions, and limited range of motion. It is an excellent system for massage and shiatsu therapists to integrate into their sessions with clients.

Instructor: Roger McNear CPT-ACE, NIHs

Active Isolated Stretching: Upper Body

#658

Saturday & Sunday, Sunday, April 7 & 8 • 8:00 am - 5:00 pm
Tuition: $350 • Register by March 22 (not eligible for discounts)
Materials fee: $56.00 + tax
Total Hours: 16  NCBTMB: 16 CE hours
Prerequisite: Training in bodywork and manual therapies, fitness professionals, massage and bodywork therapists, athletic trainers, or physical therapists.
Please bring two twin flat sheets, one pillowcase or face cradle cover, and one bath towel.
Please wear loose, comfortable clothing such as athletic shorts or sweats suitable for stretching. No pants, dresses, skirts, etc.

The Active Isolated Stretching (AIS) method of muscle lengthening and fascial release is a type of athletic stretching that provides effective and dynamic facilitated stretching of major muscle groups. More importantly, AIS provides functional and physiological restoration of superficial and deep fascial planes.

The Mattes AIS Technique is an effective treatment for deep and superficial fascial release, restoring proper fascial planes for optimal physiologic function.
Performing an Active Isolated Stretch of no longer than 2 seconds allows the target muscle to optimally lengthen without triggering the protective stretch reflex and subsequent reciprocal antagonistic muscle contraction as the isolated muscle achieves a state of relaxation. These stretches provide maximum benefit and can be accomplished without opposing tension or resulting trauma.

Active Isolated Stretching: Upper Body applies the Mattes AIS Technique to the upper body. It is beneficial for multiple conditions including neck injury, pain, stiffness, torticollis, SCM difficulties, limited range of motion of neck and shoulders, chronic conditions of the shoulder girdle, shoulder rotator cuff injury, and much more. Enroll in this workshop and learn how to address 70% of your clients’ complaints: neck and shoulder injury, pain and discomfort.

This course is ideal for anyone trained in bodywork and manual therapies, or fitness professionals including massage and bodywork therapists, athletic trainers, and physical therapists. Active Isolated Stretching is beneficial for reducing pain, stiffness, chronic musculoskeletal conditions, and limited range of motion. It is an excellent system for massage and shiatsu therapists to integrate into their sessions with clients.

Instructor: Roger McNear CPT-ACE, NIHs
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 treatment strategies utilizing the 5-Element Creative and Destructive cycles
- 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

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 certification. The certification is valid for two years from the date of the course.

Course policies: Attendees must obtain and read the textbook 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 16 & 17, October 21 & 22, November 18 & 19 • 9:00 am - 5:30 pm
Tuition: $795 • $15 late registration fee after September 7
Materials Fee: $12.00 + tax
Total Hours: 45 NCBTMB: 45 CE hours
Prerequisite: Completion of a shiatsu or Asian bodywork therapy program including TCM
Privacy 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 massage lotions or creams (no oil).

Enroll in this course to increase your clinical effectiveness and personal well-being. Each class begins with Medical Qigong exercises that can be beneficial to clients with advanced diseases like diabetes, cancer, trauma/PTSD, irritable bowel 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 4 • 10:00 am - 5:00 pm
Tuition: $115 • $15 late fee registration after February 22
Total Hours: 6 NCBTMB: 6 CE hours
Prerequisites: Current student or graduate of a massage training program
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 lotions or creams (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 effectiveness 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, Iliotibial tract (IT), Peroneals/Fibularis muscles, Quadratus lumborum (QL), Iliopsoas, Scalenes, 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 Czubcree, B.A., BCTMB
Instructor: Michael Casper, B.A., C.I. AOBTA, Dipl. ABT

Instructor: Olivia James, BA

Instructor: Chelsea Weimer, AMTA

Courses listed Alphabetically - Visit www.CenterPointMN.com for more Information

Auricular Therapy
Monday, November 6 or March 5 • 6:00 pm - 9:00 pm
Tuition: $60 • $15 late registration fee after October 26 or February 22
Materials Fee: $14.50 + tax
Total Hours: 3 • NCBTMB: 3 CE hours
Prerequisites: Graduate of a shiatsu or Asian bodywork therapy program including TCM.

Auricular Therapy for Massage Therapists
Sunday, January 21 • 10:00 am - 3:00 pm
Tuition: $75 • $15 late registration fee after January 11
Materials Fee: $9.50 + tax
Total Hours: 4 • NCBTMB: 4 CE hours
Prerequisites: Current student or graduate of a therapeutic massage training program

Auricular Therapy is based on the concept that the ear is a microsystem of the entire body. Auricular therapy is used by acupuncturists and shiatsu therapists to treat a wide range of physical, mental, and emotional conditions. By using this map of the ear, massage therapists may also tap into this simple and powerful system.

In this class, massage therapists learn:
- How to utilize auricular therapy to enhance massage treatments
- How to place seeds on specific points on the ear to help treat corresponding areas of the body
- Auricular Points for full body balancing and integration
- Auricular Points to help treat internal organs and the endocrine system

Auricular therapy serves as an extension of the massage session. Clients can be taught to manipulate auricular points by themselves to continue supporting the healing process at home. Take this course to add depth and a unique form of healing to your massage practice.

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

Bullet Journaling: Creativity, Balance, and Wellness
Wednesday, November 8 • 6:00 pm - 9:00 pm
Tuition: $60 • $15 late registration fee after October 26
Total Hours: 3

All are welcome!
Please bring a journal, multi-colored pens, and a straightedge.

Are you feeling out of balance, scattered, disorganized, and in need of focus? Does life seem too complicated? There is a creative and dynamic solution for you: Bullet Journaling! Bullet Journaling blends practical planning, creative journaling, and intentional goal setting in a unique and enjoyable process. Bullet Journaling offers tools to help you focus on the areas you wish to improve while keeping you organized and on task. In this course, you will learn the basics of the Bullet Journal system. Inspiring examples with potential uses will be presented. You will be guided to set up the basics of your own journal. Discover how Bullet Journaling contributes to improved health and wellness, work and home balance, and mental health management. Experience Bullet Journaling to balance your life.

Instructor: Olivia James, BA

Connective Tissue Therapy - Neck & Shoulders
Sunday, March 11 • 9:00 am - 6:00 pm
Tuition: $155 • $15 late registration fee after February 22
Total Hours: 8 • NCBTMB: 8 CE hours
Prerequisite: Graduate or current student of a massage training program with completion of advanced therapeutic massage 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).

Connective tissue therapy is a form of massage that targets fascia, ligaments, and tendons in an effort to increase circulation, correct postural dysfunction, and ease chronic tension. This class focuses on working the connective tissue surrounding muscles in the neck and shoulders. Specific work on connective tissues allows for the muscles to relax, helping free them of tension and prevent potential injury.

In this class, students:
- Learn about connective tissue and how it operates
- Gain a greater understanding of structural alignment
- Practice connective tissue therapy strokes focused on the neck and shoulders

Take this course to expand your toolbox of efficient techniques that require less force to treat common “problem areas.” This course is part of a series of three. Watch for future classes focused on other key areas of the body.

Instructor: Chelsea Weimer, AMTA

Couples Massage & Wine Tasting
Wednesday, February 14 • 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.
Craniosacral Therapy (CST) is a gentle, non-invasive, hands-on method for correcting problems in the Craniosacral system in which the brain and spinal cord function. Using a light touch, practitioners work through clothing, assessing and releasing restrictions in the Craniosacral and fascial systems throughout the body to improve the functioning of the whole person. CST encourages the body’s natural healing mechanisms to dissipate the negative effects of stress and improve the body’s internal environment. CST is increasingly used as a preventive measure for its ability to bolster resistance to disease and is effective for a wide range of common problems.

Everyone benefits from this work of balancing and regulating the cerebral spinal fluid, especially those with:

- Headaches (migraine and tension)
- Chronic neck and back pain
- Learning disabilities and attention deficiencies
- Chronic fatigue and fibromyalgia
- Emotional imbalance
- Stress and tension-related problems
- Neurological disorders (Stroke, Parkinson’s Disease, MS, etc.)
- Temporomandibular joint disorder (TMJD) and other connective-tissue disorders

This course explores the anatomy and physiology of the Craniosacral system. You will learn hands-on cranial and fascial release techniques to manage and reduce pain, various illnesses, and dysfunction. Craniosacral techniques are easily incorporated into massage and shiatsu bodywork sessions. Experience how these techniques offer astonishing results with minimal effort.

Instructor: Andrej Perterka, L.Ac.

Cupping for Massage Therapists #735

Sunday, September 24 or February 11 • 10:00 am - 4:00 pm
Tuition: $95 • $15 late registration fee after September 14 or January 25
Materials Fee: $43.00 + tax
Total Hours: 5 NCBTMB: 5 CE hours
Prerequisites: Current student or graduate of a therapeutic bodywork training program (Western or Eastern bodywork therapy)

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 when to best integrate cupping into a massage session. Experience how these techniques offer astonishing results with minimal effort.

Instructor: Andrej Perterka, L.Ac.

Eating Seasonally and Locally - How and Why? #755

Saturday, February 10 • 1:00 pm - 4:00 pm
Tuition: $60 • $15 late registration fee after January 25
Total Hours: 3
All are welcome!

Diets come and go but a healthy connection with food brings joy and health without signing up to a prescriptive diet. If you want to learn to have a passion for your food, this is the course for you.

In this course, you learn how to:

- Connect with local foods and markets
- Respect the seasonality of foods year-round
- Choose specific foods to foster a seasonal and healthy connection to your diet
- Feed yourself and your family in a healthy, nutritious, and pleasurable way

Instructor: Krisha Crabtree, B.A., BCTMB

Courses listed Alphabetically - Visit www.CenterPointMN.com for more Information
Wellness is a byproduct of a healthy approach to food. Everyone can benefit from connecting with their food through mindful eating. Sample recipes will be provided.

Instructor: Ramon Carrion

**Ethics & Research in the Digital Age #702**

**Sunday, March 18 • 9:00 am - 4:00 pm**

**Tuition: $115 • $15 late registration fee after March 8**

**Total Hours: 6 ** NCBTMB: 6 CE hours

**Prerequisite: Current student or graduate of a therapeutic bodywork training program (Western or Eastern bodywork therapy)**

*Please bring a laptop or tablet if you own one.*

Are you looking for a fun ethics and research Continuing Education course to meet the NCBTMB requirements? Specifically designed for board certified therapists, this course will knock out your ethics and research continuing education requirements in just one workshop!

With more than 200 social media platforms to choose from, it’s clear we are living in a world of online communication. Since 2005, social media use has grown a staggering 712%. These days, most people prefer to search for local businesses online and communicate via text messages. Even email is becoming archaic. In light of these recent trends, online communication is rising to the top of ethical discussions - what is appropriate to share and how do you remain professional and ethical in the digital age?

Similarly, many people are acquiring information regarding more specific medical conditions through internet searches and taking a more active role in their personal healthcare. This necessitates Evidence Informed Practice for all health care practitioners. Discover how easy it can be to keep up with recent research in the field of bodywork and how to apply it to your practice.

Upon completion of the course, you will have gained knowledge of:

- The top 5 social media platforms to use to promote your business and communicate with clients
- Recent trends in online marketing and social media
- Ethical communication for social media, email and text messaging
- Where to find scholarly articles and how to glean information from them
- How to apply research to your bodywork practice

Studying ethics and research can be dry and boring. Take this course and enjoy what you are learning while knocking out your CE requirements!

Instructor: Courtney Kupfer, B.A.

**Fall Equinox Celebration - Meditation & Qigong #715**

**Friday, September 22 • 6:00 - 7:30 pm**

**Tuition: $15 (not eligible for discount) • Register by September 19**

**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

**First Aid #302**

**Saturday, September 9 or January 6 • 8:00 am - 12:00 pm**

**Tuition: $45 (not eligible for discount) • $15 late registration fee after August 24 or December 21**

**Materials Fee: CPR & First Aid Textbook: $20.95 + tax; First Aid only book also available for $12.95 + tax; $7.00 mailing fee for either textbook**

**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 First Aid course covers basic emergency response to respiratory failure, bleeding, poisoning, shock, burns, broken bones, and more. The class consists of demonstration and class participation to learn the techniques. Upon successful completion of this course, participants will receive the American Heart Association Adult 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.

**Five Element Qigong #749**

**13 Wednesdays, September 13 - December 6 • 5:10 pm - 5:50 pm**

**Tuition: $120 (not eligible for discount) • $15 late registration fee after September 7**

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
Health Restorative Bodywork Therapy

#4205

15 Wednesdays: January 10 - April 18 • 6:00 pm - 9:00 pm
Tuition: $795 • $15 late registration fee after December 21
Materials Fee: $83.00 + tax
Total Hours: 45 NCBTMB: 45 CE hours
Prerequisites: Current student or graduate of a therapeutic bodywork training program (Western or Eastern bodywork therapy)

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 therapy-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 restoration
- Craniosacral therapy-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 heal the healer as they learn to help others.

Instructor: Andrej Peterka, L.Ac.

Hot & Cold Stone Massage

#720

Saturday & Sunday, November 4 & 5 • 9:00 am - 5:30 pm
Tuition: $275 • $15 late registration fee after October 19
Materials Fee: $71.00 + tax
Total Hours: 15 NCBTMB: 15 CE hours
Prerequisites: Current student or graduate of a therapeutic bodywork training program (Western or Eastern bodywork therapy)

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

Courses listed Alphabetically - Visit www.CenterPointMN.com for more Information
Hot and cold stones can be used to introduce the earth element into a bodywork session. Hot and cold stones are increasingly used as a defining feature in facials, body applications, manicures, and pedicures. They are beneficial for relaxation, injury rehabilitation, energy balancing, deep tissue work and reflexology. Hot and cold stones can be combined with a variety of massage techniques to customize a treatment.

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 practice practitioner looking for a new service to their menu.

Instructors: Megan Hurley, AMTA

**Hydrotherapy #716**

2 Mondays, October 23 & November 6 or February 19 & March 5 • 6:00 pm - 9:00 pm
Tuition: $115 • $15 late registration fee after October 12 or February 1
Lab fee: $20.00
Total Hours: 6  NCBTMB: 6 CE hours
Prerequisites: Current student or graduate of a massage training program
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 massage lotion or cream (no oil).

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 to cultivate wellness. This course focuses on the history of hydrotherapy, the three forms of hydrotherapy and their use 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: Rose Ostenson, BCBTMB

**Introduction to Cupping #717**

Monday, October 23 or February 19 • 6:00 - 9:00 pm
Tuition: $60 • $15 late registration fee after October 12 or February 1
Lab Fee: $5.00
Total Hours: 3  NCBTMB: 3 CE hours
Prerequisites: 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 massage 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, December 2 & 3 • 10:00 am - 5:00 pm
Tuition: $230 • $15 late registration fee after November 9
Materials Fee: $58.95 + 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**

Sunday, January 14 • 9:00 am - 4:00 pm
Tuition: $115 • $15 late registration fee after December 28
Materials Fee: $36 + tax
Total Hours: 6  NCBTMB: 6
Prerequisite: Current student or graduate of a therapeutic bodywork training program (Western or Eastern bodywork therapy).
Please wear loose comfortable clothes, wear of bring 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: Nicole Kilgo, B.S., D.C.

**Massage Basics**

Saturdays: October 14, December 9, February 10, or April 7 • 10:00 am - 5:00 pm

Tuition: $75 (not eligible for discount) • Register by October 10, December 5, February 6, or April 3

Total Hours: 6

All are welcome!

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 will be provided. Wear loose, comfortable clothing.

Massage Basics is designed for people who are considering a career in massage and bodywork, or for those who would like to learn a simple and safe massage sequence to practice on family and friends. You will learn a variety of basic massage techniques for the head, neck, back, arms and legs emphasizing continuity, completeness and confidence. Massage is great for stress reduction, relaxation and improved circulation. Come prepared to experience giving and receiving massage.

Instructor: CenterPoint Faculty

**Moxibustion**

Monday, November 27 or March 26 • 6:00 pm - 9:00 pm

Tuition: $60 • $15 late registration fee after November 16 or March 15

Lab Fee: $8.00

Total Hours: 3

Prerequisites: 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.

Moxibustion is a Traditional Chinese Medicine therapy using the herb moxa made from dried mugwort. Moxibustion is the art of bringing heat to the meridians to tonify Qi and Blood, promote Yang Qi and disperse Cold and Dampness. Students will receive an introduction and history of moxibustion, learn types and grades of moxa wool, techniques, precautions and contraindications, and learn the principles and indications for use of moxa based on contemporary theories and practices of Japanese practitioners. Upon completion of this class, students will be able to explain the history, indications and contraindications of moxa, and perform basic techniques.

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

**On the Spot - Essential Oils for Mood Shifting**

Sunday, October 29 • 9:00 am - 3:00 pm

Tuition: $119 • $15 late registration fee after October 19

Materials and Lab Fee: $13.22

Total Hours: 6 NCBTMB: 6 CE hours

All are welcome!

Essential oils provide gifts from nature to help balance and soothe our mental and emotional bodies. This experiential “play shop” will connect you with your inner wisdom and show you how to open the door to the healing messages from the plant kingdom and help bring more well-being and balance in your daily life.

In this course, you will:

- Find your power oils for mental and emotional well being
- Tap into your inner wisdom and experience what each oil can offer you
- Learn on-the-spot methods to ground, balance or lift your mental and emotional state using essential oils
- Deepen your connection to the plant world and the energies, information, and gifts they offer
- Have a great time while exploring the world of essential oils!

Take this course to explore how to use your intuitive guidance for listening to the oils and learn to select essential oils from an intuitive yet educated viewpoint. Step up your self-care game through the soothing power of essential oils.

Instructor: Jodi Baglien, ABMP, AIA, NAHA

**Pain in the Neck - Text Neck, Migraines, & Whiplash...Oh My!**

Sunday, October 15 • 10:00 am - 5:00 pm

Tuition: $115 • $15 late registration fee after October 5

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, a hand towel, and a blanket or beach towel for warmth. Wear loose, comfortable clothing and bring massage lotion or cream (no oil).

Neck pain is a common client complaint and it is on the increase as we spend more time looking down at our cell phones. As bodyworkers, we are often called upon to alleviate headaches, fix poor posture, rehabilitate muscles after auto accidents or injury, and soothe away work stress.

Take this course to:

- Be able to identify the musculature and anatomy of the neck
- Understand common problems with the local tissues
- Learn basic stretching and self-care techniques for the region
- Learn to work on the neck in a safe and structured way in prone, supine, and side positions
- Identify elusive trigger point patterns that will change the way you approach a session
- Practice basic stretching and self-care techniques for the region

Feel confident in identifying the causes of common complaints and what to do about them. Don’t let others’ neck pain be a pain in yours.

Instructor: Krisha Crabtree, B.A., BCTMB
**Reiki - Level I**

Saturday, March 10 • 10:00 am - 5:00 pm  
Tuition: $115 • $15 late registration fee February 22  
Materials Fee: $19.95 + tax  
Total Hours: 6 NCBTMB: 6 CE hours  
All are welcome!  
Please bring two twin flat sheets, one pillowcase or face cradle cover. Wear loose, comfortable clothing.  

Does working with others leave you feeling drained? Instead of utilizing your own energy, utilize the energy of the universe! Reiki is a form of energetic healing. The practitioner uses very gentle touch or off-body techniques to sense and guide flows of healing energy. Through the attunement process in this course, the practitioner will have the ability to tap into the Reiki energy, and gain a fundamental understanding of Reiki principles that will help guide the use of Reiki for self and others.  

This work is an excellent addition for any bodyworker, and can be learned with little or no previous experience or training. Reiki can be used to enhance sessions with clients, or as a method of self-care and self-healing.  

With the Reiki training and attunements, the student gains access to self-care and client-centered protocols and learns how to apply Reiki energy. The basic fundamental principles of Reiki are covered, as well as some simple techniques and hand placements for full-body treatments and self-treatments. In the practice portion of the class, each participant gives and receives treatments to deepen their connection with Reiki and establish familiarity with the techniques.  

This course is a great introduction to energetic healing and is ideal for holistic health practitioners, allied health professionals, and bodywork therapists looking to add a new skill to their tool box.  

Instructor: Cale Albert, Reiki Master, ABMP

**Save Your Wrists, Use Your Elbows - Posterior Body**

Saturday, March 17 • 9:00 am - 4:00 pm  
Tuition: $115 • $15 late registration fee after March 1  
Total Hours: 6 NCBTMB: 6 CE hours  
Prerequisite: Graduate or current student of a massage training program with completion of Swedish massage training  
Please bring two twin flat sheets, one pillowcase or face cradle cover, one bath sized towel and massage lotion or cream (no oil). Wear loose, comfortable clothing.  

Massage therapists, do you love what you do and want to keep doing it for a long time? Take this course to learn creative forearm and elbow techniques to prevent wear and tear on your wrists and thumbs. This course is for massage therapists, specializing in any modality, who want to enhance their practice and have career longevity. Techniques with the forearm and elbow will be demonstrated on the posterior body to give you new ways to perform old strokes. Benefits of this course include learning a variety of new techniques, a refresher in proper body mechanics, and giving your wrists and thumbs a well deserved break!  

Upon completion you will be able to use forearms and elbows to effectively perform massage strokes in a creative manner while maintaining proper body mechanics. Demonstration and time for hands-on practice will be given. The instructor gives one on one guidance and feedback to students during their practice time to ensure they are meeting the objectives of the course.  

Be sure to watch for a future course focusing on the anterior body!  

Instructor: Rose Ostenson, BCBTMB

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**Shiatsu Basics**

Saturday: September 16, November 11, January 13, or March 10 • 10:00 am - 5:00 pm  
Tuition: $75 (not eligible for discount) • Register by September 12, November 7, January 9, or March 6  
Total Hours: 6  
All are welcome!  
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.  

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

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**Spa & Resort Techniques**

3 Weekends: Saturday & Sunday, October 7 & 8, November 4 & 5, and December 9 & 10 • 9:00 am - 5:30 pm  
Tuition: $795 • $15 late registration fee after September 21  
Materials & Lab Fee: $392.00 (tax included)  
Total Hours: 45 NCBTMB: 45 CE hours  
Prerequisites: Current student or graduate of a therapeutic bodywork training program (Western or Eastern bodywork therapy)  
Please bring two twin flat sheets, 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). 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 shi-
loose, comfortable clothing and wear or bring socks.

Prerequisite: The completion of a massage or shiatsu training program, or an equivalent manual therapy program. Students currently in a training program need to have completed at least 120 hours of bodywork technique. Have you ever wondered how Traditional Chinese Medicine (TCM) works? TCM includes a complete science of the physiology of the body and the relationship between the organs and the musculature of the body. The theory of TCM includes the principles of the Five Elements in nature and Qi as the vital force. The qualities of the primary organs of the body share the same qualities and function as the Five Elements. This course will demystify how shiatsu practitioners assess your symptoms. Attend this basic workshop to experience the science of TCM and the wisdom and effectiveness of Shiatsu Anma therapy.

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

Thai Massage #4204
3 Weekends: Saturday & Sunday, February 3 & 4, February 10 & 11, and March 24 & 25 • 9:00 am - 5:30 pm
Tuition: $795 • $15 late registration fee after January 18
Textbook: $42.00 + tax
Total hours: 45 NCBTMB: 45 CE Hours
Prerequisite: The completion of a massage or shiatsu training program, or an equivalent manual therapy program.

Students currently in a training program need to have completed at least 120 hours of bodywork technique. 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

Spring Equinox Celebration - Meditation & Qigong #743
Tuesday, March 20 • 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: Megan Hurley, AMTA

Tai Chi - Fan Form #758
12 Wednesdays: January 17 - April 4 • 5:10 pm - 5:50 pm
Tuition: $120 (not eligible for discounts) • $15 late registration fee after January 11
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 mindfulness 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 to 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, BCTMB

Traditional Chinese Medicine 101 #748
Sunday, October 8 • 1:00 - 4:00 PM
Tuition: $75 • $15 Late registration fee after October 2
Total Hours: 4
All are welcome!

Have you ever wondered how Traditional Chinese Medicine (TCM) works? TCM includes a complete science of the physiology of the body and the relationship between the organs and the musculature of the body. The theory of TCM includes the principles of the Five Elements in nature and Qi as the vital force. The qualities of the primary organs of the body share the same qualities and function as the Five Elements. This course will demystify how shiatsu practitioners assess your symptoms. Attend this basic workshop to experience the science of TCM and the wisdom and effectiveness of Shiatsu Anma therapy.

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

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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.