
**Nurturing the Mother:
a Marie Claire Miller Seminar**

When: July 22, 23,24
Class Times: 9am-6pm
CE: 24 hours
Investment: By June 22 \$495
After \$545

Instructor: Amy Sullivan, LMT

What you will learn:

- Preconception, pregnancy and postpartum massage
- Anatomy and physiology for pregnancy and birth
- Massage for labor and birth
- Introduction to infant massage Reflexology for childbirth, birth rituals
- Dad's Massage
- Networking, Marketing and Resources
- Nurturing the Pregnant Couple
- Blessingway

**Fertility Massage Specialist:
a Marie Claire Miller Seminar**

When: October 14 and 15
Class Times 9-am-6pm
CE: 14 hr in class 4 hr out of class
Investment: \$325 (Plus \$45 Cert. Fee)
Instructor: Amy Sullivan,LMT

Fertility Massage is a combination of specific massage techniques Claire Marie Miller developed through her own experience of consciously conceiving her daughter Jessica Hope in 1984. The techniques Claire used in her conception also included using fertility awareness, cleansing therapies and visualizations.

At a Glance

Introduction to Thai Yoga Massage

February 4,5,6,7 2010
CE: 24 hour + 3 hour ethics
Investment: \$395

Intro to Forearms: Saving the Hands

February 27 and 28, 2010
CE: 14 hours
Investment: \$250

Reiki Certification Levels I and II

March 14, 2010
Investment: \$150

Bodypatterning

May 21,22, 23, 2010
CE: 15 hours
Investment: \$250

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**Please call or visit shinelouisville.com
to register or for more information.**

In the little green building
southend parking lot of 732 East Market
Louisville, KY
Phone: 502 442 2843
Fax: 502 721 0258
Email: shine@shinelouisville.com



movement,
massage and
family music

*continuing
education
classes*

*in the
healing arts*

massage and bodywork

Introduction to Thai Yoga Massage

When: February 4,5,6,7
Class times: Thursday 6pm-8pm
Friday-Sunday 8:30am-5pm
CE: 24hours, 3 hours Ethics
Investment: \$395
Instructor: Valarie Dunlevy, LMT

Thai Yoga Massage or Nuad Bo-Rarn is an ancient healing system combining Indian Ayurvedic principles, Eastern acupressure techniques and assisted yoga postures.. It is performed on a floor mat, comfortable clothing is worn and no oils or creams are used.

In this 24 hr workshop, Valarie, will give a brief history of Thai Massage, introduce the four traditional positions in Thai Massage (front, side, back and sitting), teach the basic traditional techniques and postures, so that when put together in a flowing sequence, the practitioner can provide a session for 60-90 minutes.

This workshop is open to the professional and non-professional.
No previous experience is required.
Anatomy education background helpful.
Ability to get down on floor and crawl on knees is necessary & very important!.

Intro to Forearms: Saving the Hands

When: February 27 and 28
Class Time: 10am 6pm
CE: 14 hours
Investment: \$250
Instructor: Kreig Cremeans, LMT, APP

This 2 day workshop will be an introduction to using the forearms based from traditional Hawaiian bodywork, Lomi Lomi.

You will learn:

- Proper movement and body mechanics around the table.
- How to do a full body session with forearms.
- Connection, fluidity and breath.
- 5 runs and the percentages of the back.
- Be able to give deep tissue work without harming your hands.
- Basic body lifts and stretches.

Reiki Certification Levels I and II

When: March 14
Class Time: 9am-4pm
CE 0 hours, but Reiki Certification
Investment: \$150
Instructors: Tracie Anderson and
Delora Boaz

Join us for this all day intensive that will provide the comprehensive instruction of the principles while teaching the proficiency in the giving of Reiki Healing. Participants will receive the required attunements for Level I and Level II as well as certification in the Usui System of Reiki.

Bodypatterning

When: May 21,22, 23
Class Time: Fri. 6pm-8pm
Sat. and Sun. 10am-6pm
CE: 15 hours
Investment: \$250
Instructor: : Kreig Cremeans, LMT, APP

BodypatterningSM is a comprehensive look at the body as movement.

Aspects taught in the Basic BodypatterningSM Protocol:

- Learn how the Chakra System is an actual physical aspect in the body.
- Energy is another term for movement.
- Learn the difference between Kinesthetic and Physical bodies.
- Identify trouble areas, both causes and symptoms, faster and have longer lasting effects.
- Assist the body to balance itself through Structural, Visceral, Fascial and Craniosacral tissues.
- Deep tissue is about getting specific, not pressure.
- Create changes with little effort.
- How Trigger Points and Acupressure Points are different and how they relate to each other.