

INSTITUTE *of*
CONSCIOUS
BODYWORK
Alive & Well!

Transform Your Life

Through a Career in Conscious BodyWork

World Renowned Teachers The Best in Continuing Education

Winter / Spring 2008 Calendar of Events

Founder & Director's Message

Mission Statement

Conscious Evolution Through Somatic Education:

Our mission is to train massage therapists and bodyworkers to work with the power of conscious intention to produce transformation and healing in the bodies and lives of those they touch.



Beyond technique, the most powerful tool in massage therapy and bodywork is the kinesthetic conversation between the therapist's hands and the living intelligent system of the body. Massage is a creative conversation where sensation is the information the body uses to reorganize itself. This conscious conversation is the essence of Conscious BodyWork.

Here at the Institute of Conscious BodyWork, Alive & Well! you will find a great depth and breadth of training, a comprehensive training in the broad field of somatics, massage therapy and bodywork. Somatics is the study of the body: everything we can know about how it moves, feels, learns, heals, senses and adapts to its environment; how we work with it to release trauma, heal injury, and promote greater vitality.

Studies in the field of somatics have shown us that we have far more control over our state of health, our body processes, and our physical comfort than was previously believed to be possible. All it takes to facilitate this ability is Conscious BodyWork®.

Everyone can benefit from this mind body awareness as we learn to recognize our own ability to handle stress and tension before they become debilitating.

Those of you who study at Alive & Well! transmit this knowledge through your hands to everyone you touch. Positive effects such as these ripple out from each of our graduates like waves made by a stone tossed in a pond. Alive & Well! serves our conscious evolution through somatic education.

The thing I love most about our field of massage, bodywork and somatic education is the way it stimulates our growth and personal evolution while contributing to the increase in consciousness on the planet. You can improve the quality of your own life while helping others improve theirs by taking courses here at Alive & Well! You will find this a pleasurable path for learning and growing, with wonderful new people to know and a sense of belonging to a community of like-minded people, while learning to heal yourself and others.

We are proud of the impact our educational programs have had on the community! Our courses provide information and resources for the community, information essential to living fully alive and well! For most of us, this information was not available as we grew up. It is knowledge our parents never had to give us. This knowledge will transform the lives and health of generations to come.

As any of our graduates can tell you, the impact Alive & Well! has had on the quality of their personal lives has been one of the most valuable benefits of the program. As anyone who hires massage therapists can tell you, our graduates are the best!

Jocelyn Olivier, Founder and Executive Director

Raised in Canada on the islands off the West Coast of British Columbia, applauded as one of the best in her field here and abroad, Jocelyn began her work in Marin County, California, in 1972. Her path to the creation of Conscious BodyWork® and NeuroMuscular Reprogramming® was influenced by studies in neuromuscular re-education, applied and educational kinesiology, American Indian and Hawaiian shamanism, and a trip to China to study Chinese physical therapy, or Tui-Na. Jocelyn is past President of the Association for Humanistic Psychology (AHP). She produced and directed the 1999 International Somatics Congress: Body Wisdom. Most recently Jocelyn founded Healus Center to provide neuromuscular and brain function rehabilitation for conditions that have not previously responded to therapy.

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Accreditations & Approvals:

▶ **ICBW is licensed by the California Bureau for Private Postsecondary Vocational Education** to provide certification in Massage Therapy and Conscious BodyWork.

▶ **Approved by the California Board of Registered Nursing (BRN)** to give Continuing Education Units. Our BRN provider Number is CEP 7086.

▶ **Approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved provider.** The NCBTMB provides a voluntary national certification of massage therapists and bodyworkers through administration of the National Certification Exam (NCE). Our NCBTMB provider number is 020807-00.

▶ **Approved by the Veteran's Administration.**

Certification Programs

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Certification Programs

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Staff:

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Admissions Advisors

Linda Pickenheim
Student Advisor

Siannan Gall-Hixson
Administrative Coordinator

Rua Necaise
Scheduling/Calendar Production

The Profession

Transform Your Life...

Through a Career in Massage Therapy and BodyWork

Exciting Opportunities

A career in the rapidly growing field of alternative health allows you to choose from a variety of work environments. Spas, exotic destination resorts, cruise ships, rehabilitation facilities, and fitness centers are just a few of the choices.

Rewarding Career

Your earning potential is immense and helping others, while helping yourself, is the most fulfilling work you will ever do.

Be Your Own Boss

Working for yourself provides the freedom and flexibility to make friends and family a priority. Owning a private practice allows you the freedom to set your own schedule and choose your own location.



"I researched many schools before I chose one. My final piece of research was to call employers to ask which school they thought was the best. Alive & Well! was unanimous!"

–Amber Guaraglia

"Whenever I mention I studied at Alive & Well! it's gold!"

–Robin Calvert

 *Contact info:*

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The Right Choice for You

Start Any Time

We have open enrollment with classes available days, evenings, or weekends, and intensive programs for those who desire total immersion. You can begin taking the steps toward a meaningful and fulfilling career today and begin working just shortly after completing as little as 140 hours in foundation courses.

Achieve Your Goals

The caliber of education you will receive at the Institute of Conscious BodyWork® is unparalleled. Our programs are designed to develop your unique talents and give you a comprehensive foundation for a successful career. Achieve a competitive advantage in any setting, having mastered structural, circulatory, and energetic techniques.

Ensure Your Success

We offer specialized training certificates and the latest in continuing education classes to increase your marketability and growth. Continuing education units are available for all courses taught at the Institute, including those that are part of a certification program.

Receive Individual Attention

We offer a learning environment that encourages your success! Our hands-on courses are intimate in size and are organized so that you are supported in your learning process. Whether you are an audio, visual, or kinesthetic learner we are here to assist you. Receive one-on-one personalized attention from our teachers, teaching assistants, and admissions staff.

Learn From The Best

Our teachers are among the best, recruited for their expertise and experience in their field, having years of clinical practice to enrich your classroom experience. Each instructor uses innovative and creative abilities to develop and present their curriculum. They are passionate about imparting their expertise in their specific subject and field.

Apply Your New Skills

Our student clinic provides you with the opportunity to practice your newly acquired skills in a supervised setting. We also provide professional externship opportunities, partnering with employers in the surrounding communities.

Fund Your Future

Our programs are affordable, and our goal is to ensure every student wanting to attend has the ability, regardless of financial resources. We have many options to fund your education and our admissions representative can assist in choosing the one that best fits your budget and lifestyle.

Receive Ongoing Support

We care about the success of our students. From beginning to end you are supported in your path as a student at the Institute of Conscious BodyWork®. Our admissions advisor will assist you in choosing the best program to suit your individual needs, lifestyles, and career goals. Our staff is here to help you stay on track and aid you in your career once you have completed your program.

Your next step:


Contact our Admissions Department for a tour of the campus and our professional clinic to experience Conscious BodyWork first hand.

Certification Programs - Introductory

Certified Massage Technician

Our introductory classes provide you with a strong foundation in Anatomy, Kinesiology, Conscious BodyWork®, and the basics of a professional career in Massage Therapy. These classes are also for anyone who would like to develop their skills in touch to share with friends and loved ones or for those preparing for our professional programs.

CMT
140 hrs

CMT Courses:	Hrs	Massage Ergonomics	6
Anatomy/Kinesiology	36	Reflexology.....	15
Conscious BodyWork Level I	27	Supervised Clinical Practice.....	21
Conscious BodyWork Level II		Total CMT Hours	140
OR Principles of Polarity I*	24		
Counseling For BodyWorkers	6		
Establishing A Business	5		

* You may enroll in one or the other for your CMT certificate.

CMT
Intensives

Take the fast track to certification! Total immersion is possible with our CMT Intensive program where it is possible to complete the coursework in 3 – 4 weeks. Our 2008 Intensives are July 7 - 27 and August 4 - 24. A January Intensive will be added if there is sufficient interest. Call for more information. Space in an Intensive is limited.

CMT – Somatic Educator

The CMT - SE program is a dynamic, movement-based training rooted in experiential exercises based on Body-Mind Centering®, Alexander Technique, and Hakomi-based Counseling. You will gain a greater movement integration and efficiency, while learning to educate your clients with basic somatic skills. Our 5 week intensive is July 6 - Aug 8, 2008.

- Learn the basic developmental perceptual motor patterns.
- Gain confidence in re-educating your clients toward increased health.
- Develop increased vitality & ease as a practitioner through re-patterning habitual alignment and movement patterns.
- Learn skills for deepened communication with clients within a bodywork setting.

*This Intensive is taught at the **Moving On Center in Oakland, CA** and is the only program of its kind in the San Francisco Bay Area!*

CMT – SE
(East Bay Only)
197 hrs

Courses include:	Massage Level I	Principles of Developmental Movement
	Massage Level II	
Massage Ergonomics		Total Connectivity
Body Counseling		Integration & Practice
Anatomy & Kinesiology		Clinical Practice

Advanced Body Worker

The Advanced BodyWorker program will broaden your skills to enable you to respond effectively to a wider variety of client needs. In addition to achieving a higher level of professionalism, this next step in your development increases your ability to understand the relationship between knowledge, caring, conscious touch and living systems.

ABW
300 hrs

ABW Courses:	Hrs.	Deep Tissue	37
Prerequisite: CMT	140	Integrative Lymph & Visceral	26
Advanced Palpatory Anatomy	36	Supervised Clinics	22
Building Your Practice	15	Total ABW Hours	300
CBW Level II or Polarity*	24		

* Whichever was not taken in CMT.

Certification Programs - Professional

Conscious BodyWorker® CBW

For a career in professional massage and bodywork, our 570-hour CBW program is the best plan. It offers the broadest spectrum of specialized knowledge and experiential learning in the San Francisco Bay Area.

The CBW program will hone your skills beyond our entry-level certificate programs so that you can respond effectively to a wider variety of client needs. The ability to provide expertise in lymphatic, structural and emotional/energetic bodywork increases your value to potential employers and assists in your success as a practitioner. This program exceeds industry standards of 500 hours of education.

Our Conscious BodyWorker program presents three options to support your professional interests and objectives.

Structural CBW Program 570 hrs

The techniques you will gain from our Structural program are among the most refined manual therapy rehabilitation tools available. They will position you for working effectively with sports injuries, athletic performance enhancement, neuromuscular and coordination problems, and postural alignment. If your professional focus is therapeutic and your desire is to work with chiropractors, in sports facilities, freelance with athletes, or in injury rehab, this is the program for you!



Structural CBW			
Course Requirements:	Hrs.		
CMT & ABW programs	300	National Certification Study Group.....12	
Assmnt. Strategies & Integration (DT II)	24	On-Site Massage	12
Biomechanics & Ergonomics	18	Pathology & Contraindications.....	18
Conscious BodyWork® Level III	27	Introduction: Pregnancy Massage.....	6
Consciousness Studies	18	Somatic Process & Integration	9
Ethics & Communication	12	Sports Injury & Chronic Pain	18
Functional Anatomy & Physiology	18	Supervised Clinical Practice.....	36
Myofascial Release	12	Trigger Points	12
Neuro Physiology of Touch	18	TOTAL CBW Hours	570

Integrated CBW Program 570 hrs

A great bodyworker is one who has the sensitivity and ability to work with all of the systems of the body, whether circulatory, neuromuscular, postural, lymphatic or emotional / energetic. We have integrated Eastern and Western modalities to give you the range and versatility necessary to respond to a variety of client needs with tools most appropriate to the moment. The integrated program will give you the skill to address both the neuromuscular and the neuro-emotional components of well-being.

Integrated CBW			
Course Requirements:	Hrs.		
CMT & ABW programs	300	Ethics & Communication	12
Acupressure	40	Myofascial Release	12
Brain Gym	15	On-Site Massage	12
Chi Gung	18	Introduction: Pregnancy Massage.....	6
Conscious BodyWork® Level III	27	Somatic Process & Integration	9
Consciousness Studies	18	Sports Injury & Chronic Pain	18
Cranio Sacral Therapy	24	Supervised Clinical Practice.....	38
Emotional / Energetic Tune-Ups	9	The Therapeutic Relationship	12
		Total CBW Hours.....	570

Our Area of Expertise - Reprogramming the Body

NeuroMuscular Reprogramming®



"My practice tripled in the year after I took NMR. When you can help solve people's structural problems, they send you lots of new clients."

Gale Ulvang, NMR
Practitioner

NMR corrects the dysfunctional postural and movement patterns resulting from overuse and injury that are the source of mystifying chronic pain and degeneration in muscles and joints. It assists rapid and accurate healing of acute injuries. It is an approach to structural bodywork that engages the motor control center of the brain to rewrite the motor programs governing coordinated movement.

NMR uses muscle testing to assess dysfunctions of the coordination system resulting from traumatic injury and overuse, cueing the brain for new learning, and resulting in the immediate correction of neuromuscular imbalances. NMR works with the body's organizational intelligence. You will become skilled at addressing neuromuscular pain at its source: the motor control center of the brain.

NMR is the perfect complement to the work of other health professionals. This approach is applicable and utilized in chiropractors' offices, physical therapy departments, and sports training and sports injury rehabilitation centers. As a massage therapist, your practice will expand immediately. Practitioners who have been through the training program have been amazed at how deeply effective their work has become through the addition of NMR.

The difference between NMR and other neuromuscular therapies lies in its ability to bring consciousness to complex neuromuscular dysfunctions and cue the brain for new learning. This kinesthetic conversation as an aspect of therapy is fast and thorough, usually painless and does not require force. The results achieved are longer lasting and truly re-educational for the client. **NMR can provide the solution for conditions which have not previously responded to therapy.**

This 72-hour professional training course enables you to create treatment protocols specific to each client's condition. It introduces you to principles and techniques that will enable you to resolve patterns of dysfunction you may never have seen before.

Now you can become a fully trained NMR Conscious BodyWorker® with our new 570 hour CBW - NMR.

NeuroMuscular Reprogramming is a trademarked work developed at the Institute of Conscious BodyWork Alive & Well!

**NMR
CBW Program
570 hrs**

NeuroMuscular Reprogramming® CBW	
Course Requirements:	Hrs.
CMT & ABW programs	300
Basic Muscle Testing	6
Conscious BodyWork® Level III	27
Consciousness Studies	18
Ethics & Communication	12
Myofascial Release	12
NeuroMuscular Reprogramming®	72
NMR Supervised Clinical Practice	22
Advanced NMR	36
OnSite Massage	12
Introduction: Pregnancy Massage	6
Somatic Process & Integration	9
Sports Injury & Chronic Pain	18
Supervised Clinic Practice	20
Total CBW Hours.....	570

FREE Intro Evening: Thursday May 8th 7-9pm

Specialized Certifications & Courses

Being a bodyworker in today's world means staying on top of what is current in the industry. Our Continuing Education is the best in the San Francisco Bay Area. We now offer certifications in Pregnancy Massage and Advanced Myofascial along with a multitude of continuing education courses. Add to your repertoire and increase your value. Continuing Education Units for NCBTMB and BRN are available for all courses taught at ICBW including those that are part of a certification program.

Advanced Myofascial Certification

Til Luchau and Larry Koliha

Learn advanced and little-known Myofascial techniques, which can be easily incorporated into a wide variety of bodywork styles. Join us for this unique opportunity to study with Til Luchau and Larry Koliha. Take individually or combine in any order. All classes comprise a comprehensive system, encompassing over 20 session sequences and more than 200 techniques, tests, and procedures.

Anatomical structures to review prior to the course and complete certificate requirements are available at www.advanced-trainings.com.

Advanced Myofascial Techniques: The Spine, Ribs & Low Back	George Sullivan	12 hrs	S/S	Apr 26, 27	9:30a-5:30p
Advanced Myofascial Techniques: Neck & Head	Til Luchau or Larry Koliha	6 hrs	Fri	Jun 20	9:30a-5:30p
Advanced Myofascial Techniques: TMJ/Headaches	Til Luchau or Larry Koliha	12 hrs	S/S	Jun 21, 22	9:30a-5:30p

Pregnancy Massage Certification

Mahriah Blackwolf

Become certified in Pregnancy Massage! This 2 part certification program is offered only at the Institute of Conscious BodyWork®. Learn basic protocols including structural techniques to help relieve and correct sciatic and psoas problems. This course will give you the skills you need to work with moms-to-be. The only school in California offering a certification in Pregnancy Massage.

Pregnancy Massage Certification	Mahriah Blackwolf	33 hrs	F/S/S	May 30, 31, June 1, June 27, June 28, 29	10a-5p 2-5p 11a-5p
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Create Your Own Package

Design your own continuing education program. Select several classes worth \$2000 or more and receive a discount of 8%.

All our courses can be taken individually as Continuing Education.



FREE Events & Ongoing Classes

You are invited to a FREE Introductory Evening on...

Conscious BodyWork Certifications in Massage Therapy Mon or Thurs Jan 10, Mar 10, May 29, Jun 26
with Jocelyn Olivier & Staff 7 - 9 pm FREE

Open House with Jocelyn Olivier, founder and director of Alive & Well! and Healus Center and creator of Conscious BodyWork® and NeuroMuscular Reprogramming®. Jocelyn discusses the programs at Alive & Well!, the rapidly growing field of massage and bodywork, and what is unique about our Conscious BodyWork approach. A demonstration of techniques ends the evening.

Pregnancy Massage	with Blackwolf & Langevin-King	Thursday Feb 21	7-9pm	FREE
Hilot Therapy	with Jeff Cohen	Thursday Feb 28, or	7-9pm	FREE
		Wednesday Apr 2	7-9pm	FREE
NeuroMuscular Reprogramming®	with Jocelyn Olivier	Thursday May 8	7-9pm	FREE

Come prepared to take advantage of our Intro Evening enrollment offers!

Feel Great in Your Body
with Ongoing Classes at Healus Center!

Active Isolated Stretching (AIS)

with AJ Maldonado

Make daily activities easier with increased range of motion and comfort. This system gives you a great at home, self-assisted stretching routine. This is a series of six progressive sessions.

\$90 for the series

Massagercise

with Ralph Pinkerton

Experience improved health and higher energy while feeling more relaxed. Improve flexibility, coordination, vitality and ease of movement; regardless of your age or physical ability.

\$15ea

Smart Yoga

with Megan Scott PhD

Use the universal principles of alignment to open the body and connect to your own highest potential and consciousness.

\$15ea

Call for dates and times of classes 415.945.9945 ext 224

Healus Center & the Institute of Conscious BodyWork

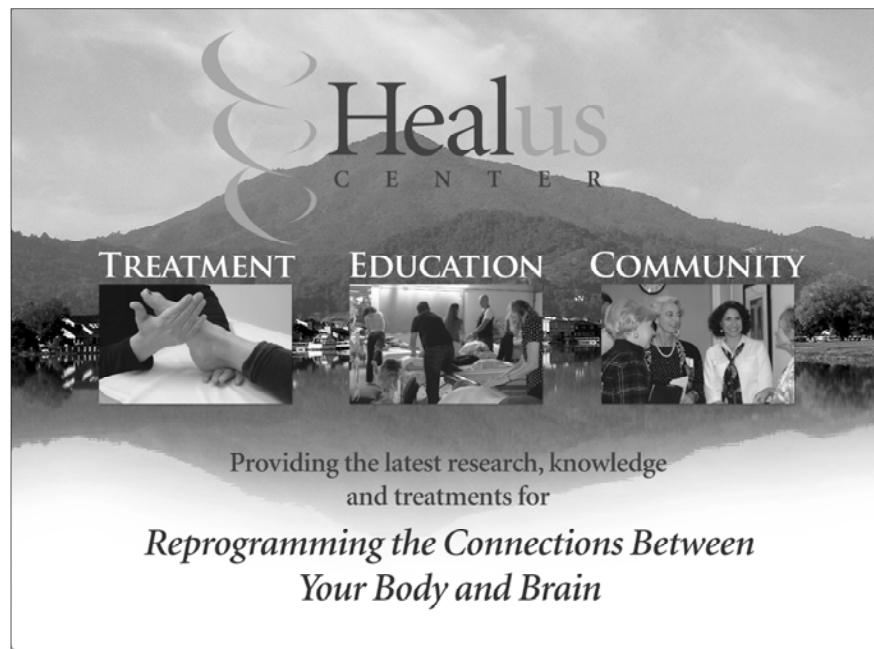
*More than
20 years*

The Institute of Conscious BodyWork, Alive & Well! has provided quality education to a superior breed of bodywork practitioners throughout the San Francisco Bay Area and the world.

We have trained over 10,000 massage and bodywork professionals.

As we mark the completion of our second decade as the premier massage and bodywork school in the San Francisco bay area, we are also celebrating the successful one year anniversary of our professional treatment center, expanding to the whole building and including: NeuroFeedback, Chiropractic, NeuroMuscular Reprogramming®, brain function facilitation, hands-on stress reduction and emotional release techniques.

The Healus Neuro Rehab Center and the Institute of Conscious BodyWork are working together in our new location to bring you the latest research, knowledge and treatments for reprogramming the connections between your body and brain. Come in for a free 1/2-hour neuromuscular coordination assessment. We have solutions for those hard to solve body problems.



Lectures

Join Alive & Well! and the Healus Center for a series of lectures inquiring into the nature of consciousness, the body, health and our abilities to heal. Explore with us the importance of conscious attention and intention on healing and the opportunity to know radiant health and experience ecstatic aliveness. Through freeing the breath and body to moving fluidly.

Hear about the impact of shock and trauma to the spine and what it takes to free our bodies to be resourceful once again after injury to the head and spine.

If you do not receive our eflyers, please contact us to add your email to our lists. New email addresses receive an immediate \$25 credit toward classes at Alive & Well!.

Email: alive@alivewell.com or call: 415-945-9945 ext 224

Schedule of Courses

Winter/Spring 2008

Course	Instructor	No. Hrs.	Day of Week	Dates	Time	Date to Register	Type of Program	Course Fee
Active Isolated Stretching AIS	A. J. Maldonado	24	F/S/S	May 16, 17, 18	9a-6p	Apr 25	Wrkshp	\$581
Acupressure	Malcolm McDonald	40	S/S Tue	Jun 7, 8, Jul 19, 20 and Jun 10, 17, 24, Jul 1, 8	10 – 5p and 7 – 10p	May 16	CBW	\$871
Anatomy/Kinesiology Option 1	Larry Munn	36	Tue	Jan 29, Feb 5, 12, 19, 26, Mar 4, 11, 18, 25, Apr 1, 8, 15	7-10p	Jan 8	CMT	\$784
Anatomy/Kinesiology Option 2	Larry Munn	36	Tue and Sat	May 6, 13, 20, 27 and Jun 3, 10, 17, 24 and Jun 7, 14	7-10p 10a-5p	Apr 15	CMT	\$784
Advanced Palpatory Anatomy	Larry Munn	36	S/S	Mar 22, 23, Apr 5, 6, 19, 20	10a-5p	Feb 29	ABW	\$784
Biomechanics & Ergonomics	Ann Grassel	18	Wed	May 7, 14, 21, 28, Jun 4, 11	7-10p	Apr 16	CBW	\$392
Building Your Practice	Corinna Kavanagh	15	Thur	Apr 3, 17, May 1, 15, 29	7-10p	Mar 13	ABW	\$327
Carpal Tunnel & Wrist Problems	Larry Munn	6	Tue	Apr 22, 29	7-10p	Apr 1	Wrkshp	\$145
Chi Gung	Steve Seto & Shana Walt	18	Mon	Jan 28, Feb 4, 11, 18, 25, Mar 3	7 -10p	Jan 7	CMT	\$392
Clinic Orientations	Clinic Supervisor	1	Fri	Jun 13	7-9p		All	FREE
CMT Intensive At The Healus Center		140	3 wks	July 7 - 27	9a- 9p		CMT	Call for Info
CMT – SE Intensive At The Moving On Center		197	5 wks	July 6 – Aug 8	8a- 4p		CMT	Call for Info
CBW Level I Option 1	Elizabeth Seymour	27	Mon	Jan 14, 21, 28, Feb 4, 11, 18, 25, Mar 3, 10	7-10p	Dec 21	CMT	\$589
CBW Level I Option 2	Ginger Inglis	27	S/S Sun	Mar 15, 16, 29, 30, and Mar 23	10a-5p and 10-1p	Feb 22	CMT	\$589
CBW Level I Option 3	Dana Rose Arevalo	27	Mon	Apr 28, May 5, 12, 19, Jun 2, 9, 16, 23, 30	7-10p	Apr 7	CMT	\$589
CBW Level II Option 1	D. Arevalo & Gretchen Grace	24	Tue	Feb 5, 12, 19, 26, Mar 4, 11, 18, 25	7-10p	Jan 15	ABW	\$523
CBW Level II Option 2	G. Inglis, or D. Arevalo	24	Tue	May 6, 13, 20, 27 Jun 3, 10, 17, 24	7-10p	Apr 15	ABW	\$523
CBW Level III	G. Inglis, or J. Olivier	27	Thur	Mar 13, 20, 27, Apr 3, 10, 17, 24, May 1, 8	7-10p	Feb 21	CBW	\$589
Counseling for BodyWorkers	Michelle Leuschen	6	Sun	Apr 6	10a-5p	Mar 14	CMT	\$145
Deep Tissue I	Michael McFarland	37	S/S, Fri Sat	Feb 23, 24, Mar 8, 9, and Feb 22, Mar 7, and Mar 29	10a-5:30p 7 - 9:15p 10a-5:30p	Feb 1	ABW	\$805
Deep Tissue II: Assessment Strategies & Integration	Michael McFarland	24	S/S	May 3, 4, 24, 25	10a-5p	May 11	Y ABW	\$581
Emotional Energetic Tune-Ups	Jocelyn Olivier	9	Thur	Jan 17, 24, 31	7-10p	Dec 27	CBW	\$218
Establishing A Business Option 1	Corinna Kavanagh	5	Sun	Apr 27	10a-4p	Apr 6	CMT	\$121

Schedule of Courses

Winter/Spring 2008

Course	Instructor	No. Hrs.	Day of Week	Dates	Time	Date to Register	Type of Program	Course Fee
Establishing A Business Option 2	Corinna Kavanagh	5	Sun	Jun 22	10a-4p	May 30	CMT	\$121
Establishing A Business Option 3 - Intensive	Corinna Kavanagh	5	Sun	Jul 27	10a-4p	Jul 3	CMT	\$121
Ethics & Communication	Corinna Kavanagh	12	Tue	Jan 8, 15, 22, 29	7-10p	Dec 11	CBW	\$290
Face & Head	Patricia Wiltse	3	Mon	May 19	7-10p	Apr 28	Wrkshp	\$73
Facilitating Function	Pamela Johnson	15	F/S/S	Mar 7 and Mar 8, 9	7-10p and 10a-5p	Feb 15	CMT	\$327
Hilot Therapy FREE INTRO	Jeff Cohen	2	Thur or Wed	Feb 28 or Apr 2	7-9p 7-9p		Infrml	FREE
Hilot Therapy	Jeff Cohen	18	F/S/S	May 2, 3, 4	10a - 5p	Apr 11	Wrkshp	\$392
Integrative Lymph & Visceral Massage	Patricia Wiltse	26	S/S	Apr 26, 27 May 10, 11	10a - 5:30p	Apr 4	ABW	\$567
Massage Ergonomics Option 1	Corinna Kavanagh	6	Thur	Feb 7, 14	7-10p	Jan 17	CMT	\$145
Massage Ergonomics Option 2	Corinna Kavanagh	6	Sat	Mar 22	10a- 5p	Feb 29	CMT	\$145
Massage Ergonomics Option 3	Dana Rose Arevalo	6	Thur	May 15, 22	7-10p	Apr 24	CMT	\$145
Myofascial Release Techniques	Dana Rose Arevalo	12	S/S	Apr 12, 13	10a-5p	Mar 21	CBW	\$290
Advanced Myofascial Techniques: The Spine, Ribs & Low Back	George Sullivan	12	S/S	Apr 26, 27	9:30a-5:30p		Cert	\$325
Advanced Myofascial Techniques: Neck & Head	Til Luchau or Larry Koliha	6	Fri	Jun 20	9:30a-5:30p		Cert	\$175
Advanced Myofascial Techniques: TMJ/Headaches	Til Luchau or Larry Koliha	12	S/S	Jun 21, 22	9:30a-5:30p Add Friday's class and save \$50		Cert	\$325 \$450
National Exam Study Group	Josephine Bellisi	12	Tue	Mar 25, Apr 1, 8, 15	7-10p	Mar 4	CMT	\$290
NMR Basic Muscle Testing	Dana Rose Arevalo	6	Fri	Jan 18	10a-5p	Dec 20	Wrkshp	\$145
NeuroMuscular Reprogramming (NMR)	Jocelyn Olivier, Dana Rose Arevalo, Boris Vilner	72	S/S, Sun Wed	Jan 19, 20, Feb 3, 17, Mar 2, 16, 30 & Jan 23, 30, Feb 6, 13, 20, 27, Mar 5, 12, 19, 26	10a- 5p 7-10p	Dec 19	Cert	\$1,916
NMR FREE INTRO	Jocelyn Olivier	2	Thur	May 8	7-9p		Infrml	FREE
Basic Muscle Testing (NMR Prep)	Dana Rose Arevalo	6	Wed	Jun 25	10a-5p	May 21	Wrkshp	\$145
NeuroMuscular Reprogramming (NMR)	J. Olivier, D. Arevalo, B. Vilner, L. Munn	72	Thurs, Fri, Sat, and Sun	Jun 26, 27, 28, 29, Jul 24, 25, 26, 27, Aug 21, 22, 23, 24	10a- 5p	May 22	Cert	\$1,916
NMR, Advanced	J. Olivier, D. Arevalo	30	S/S F/S/S	Jan 12, 13, and Feb 8, 9, 10	10a- 5p	Dec 21	Cert	\$594
NMR Scoliosis	Jocelyn Olivier	12	S/S	Apr 19, 20	10a-5p	Mar 28	CBW	\$290
OnSite Massage	Jocelyn Olivier	12	S/S	Jun 7, 8	10a-5p	May 16	CBW	\$290

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Winter/Spring 2008

Course	Instructor	No. Hrs.	Day of Week	Dates	Time	Date to Register	Type of Program	Course Fee
OPEN HOUSE Option 1	Staff	2	Thur	Jan 10	7-9p		Infrml	FREE
OPEN HOUSE Option 2	Staff	2	Mon	Mar 10	7-9p		Infrml	FREE
OPEN HOUSE Option 3	Staff	2	Thur	May 29	7-9p		Infrml	FREE
OPEN HOUSE Option 4	Staff	2	Thur	Jun. 26	7-9p		Infrml	FREE
Orientation Option 1	Staff	2	Wed	Jan 16	7-9p		CMT	FREE
Orientation Option 2	Staff	2	Fri	Mar 14	7-9p		CMT	FREE
Polarity I Option 1	Bridget Ahern	24	Wed	Feb 13, 20, 27, Mar 5, 12, 19, 26, Apr 2	7-10p	Jan 23	CMT	\$523
Polarity I Option 2	Jeremy Rothenberg	24	Wed	May 14, 21, 28 June 4, 11, 18, 25, July 2	7-10p	Apr 23	CMT	\$523
Polarity I Intensive	Jeremy Rothenberg	24	S/S	July 12, 13, 19, 20	10a- 5p	Jun 20	CMT	\$523
Pregnancy Massage FREE INTRO	Blackwolf & Langevin-King	2	Thur	Feb 21	7-9p		Infrml	FREE
Pregnancy Massage, An Introduction	Lois Langevin-King	6	Sat	Mar 15	10a-5p	Feb 22	CBW	\$145
Pregnancy Massage Certification	Mahriah Blackwolf	33	F/S/S	May 30, 31, Jun 1, and Jun 27, & Jun 28, 29	10a-5p and 2-5p & 11a-5p	May 9	Cert	\$690
Reflexology Option 1	Trish Cooke-Padilla	15	Wed	Apr 9, 16, 23, 30, May 7	7-10p	Mar 19	CMT	\$327
Reflexology Option 2	Gretchen Grace	15	F/S/S	Apr 11 and Apr 12, 13	7 -10p and 10a-5p	Mar 21	CMT	\$327
The Shoulder: Advanced	Jocelyn Olivier	6	Sat	Apr 26	10a-5p	Apr 4	Wrkshp	\$145
SPI - Quality of Touch	mix	3	Thur	Mar 6	7-10p	Feb 14	CBW	\$73
SPI - Energy & Structure	mix	3	Thur	May 22	7-10p	May 1	CBW	\$73
Sports Injury	Bob Gazso	18	F/S/S	Jul 11, 12, 13	10a- 5p	Jun 20	CBW	\$392
The Therapeutic Relationship	Michelle Leuschen	18	F/S/S	May 16, 17, 18	10a- 5p	Apr 25	CBW	\$392
Trigger Point Release	Michael Westgate	12	S/S	Jan. 12, 13	10a- 5p	Dec 21	CBW	\$290
Unwinding	Dana Rose Arevalo	6	Fri	Apr 11	10a- 5p	Mar 21	CBW	\$145

*Enrich your life.
Become a part
of the
Alive & Well!
Community!*



Course Descriptions

Active Isolated Stretching (AIS) *New!*

AJ Maldonado

This is an excellent class for therapists working in sports or physical therapy settings. Learn to teach clients to work actively to safely lengthen muscles and fascia. Class features demonstrations, discussion and practice with each muscle surrounding a joint, indications and contraindications related to diseases, injuries, joint replacements, osteoporosis and aging factors. A perfect adjunct to NMR.

Acupressure

Malcolm McDonald

In this course you will learn the principles of Qi and Balance to further your understanding and use of core concepts in Chinese Medicine. When you finish the course you will have a working knowledge of Chinese Energetics and how to harmonize physical, mental and emotional imbalances in yourself and your clients, utilizing your mental, intuitive, and kinesthetic skills.

Required Book: \$45

Advanced Myofascial Techniques

Til Luchau or Larry Koliba

Leading to an optional certification, course segments can be taken individually or combined in any order. The 5 basic classes comprise a comprehensive system, encompassing over 20 session sequences and more than 200 techniques, tests, and procedures.

Topics include:

- ▶ **Arm, Wrist & Shoulder** ▶ **Pelvis/Sacrum**
- ▶ **Spine, Ribs & Lower Back** ▶ **Scoliosis**
- ▶ **The Neck, Jaw & Head** ▶ **Whiplash (Neck III, IV)**

Call for a flyer with exact topics and dates.

Advanced Palpatory Anatomy

Larry Munn

Learn to recognize which structural elements are contributing to the misalignments that cause neuromuscular pain and dysfunction. Learn to focus your work for best session results. This advanced postural analysis course uses palpation, passive range of motion assessment and visual observation to assess muscular patterns and structural misalignments.

Prerequisite: CMT or equivalent

2 Required Books about \$65, \$30

Anatomy/Kinesiology

Larry Munn or Ben Messana

This entry-level course provides a basic working knowledge of muscles and bones of the human organism. You will learn to confidently "see" into the body's structure with accuracy and insight. Teaching modalities will include lecture, palpation, body assessment and movement.

2 Required Books about \$55, \$30

Biomechanics & Ergonomics

Ann Grassel

In this course you will learn to understand the mechanics of muscle function, joint movement, and breath as they relate to activities of daily living, work, and fitness. You will learn how to identify patterns in movement and work environments that create chronic pain and restrictions limiting the body's natural alignment and balance. Required supplies include: access to a disposable digital camera with photos put on a cd for use in class.

Prerequisite: CMT or equivalent.

Building Your Practice

Corinna Joy Kavanagh

Building a bodywork practice entails blending skills from "big picture" planning to daily tasks. This practical training focuses on the essential tools that you need to create a successful business. Topics include: marketing, self promotion, networking, record keeping, creating a plan, staying inspired and supported. This course uses a "hands-on" approach.

Required Book \$20

Carpal Tunnel & Wrist Problems

Larry Munn

These are considered a leading cause in lost work and disability among secretaries, hairdressers, cashiers, computer operators, carpenters, and bodyworkers. Here is what you can do to resolve the problem without surgery. Class includes self-care tips for bodyworkers.

Prerequisite: CMT or equivalent

Chi Gung: Conscious Movement *New!*

Steve Seto with Shana Walt

Develop a superior quality of touch! Achieve tangible results with just minutes of practice a day!

Chi Gung translates as "energy skill". These 5,000 year old Chinese energy discipline skills have been carefully guarded in martial arts and spiritual practices. Steve presents them as foundational awareness and strategies for clarifying intent and embodying superior movement in massage and bodywork.

Integrate ease, grace and flow into bodywork sessions by applying little known body mechanics and ergonomics to your movements and massage. Work directly with the nervous system to pattern efficient movement as you consciously work with fascia, cranial rhythms and energy meridians.

"My expectations for the quality of instruction have been far exceeded! The Institute has given me the skill, confidence and inspiration to follow my passion!"

– Laurie Lesko, CMT, CBW

Course Descriptions

Conscious BodyWork® Level I

Dana Rose Arevalo or Elizabeth Seymour

Your bodywork career is built on the foundation this course provides! Including: the principles and techniques of Swedish massage, Conscious Bodywork®, full body massage with oil, correct draping techniques, and assessment of muscle tissue. Enjoy lots of hands on experience and gain confidence in your ability to discern which techniques to apply and when.

Conscious BodyWork® Level II

Dana Rose Arevalo, Ginger Solmonson Inglis, or Gretchen Grace

Are you ready for the next level in bodywork? Level II can take you there. Incorporate breathing, stretching and activations to address chronic issues. Discover your rhythm and its use as a powerful tool to increase creativity in your practice. Engage clients in their own healing, bringing profound changes in their bodies. These techniques teach you to minimize effort and maximize results!

Prerequisite: CBW Level I or CMT

Conscious BodyWork® Level III

Jocelyn Olivier or Ginger Solmonson Inglis

Specific protocols are taught for resolving common range of motion restrictions and restoring full function of neck, shoulders, hips and lower back. Activations, mobilizations, active spindle cell releases, and hold release techniques for re-educating movement patterns are added for maximum results from your approach. Learn to mobilize vertebrae with your mind. We will address military spine, sacro-iliac compression, excessive lordosis, frozen shoulder, dowagers hump and much more.

Prerequisite: CMT and 70-100 Client Hours

Counseling for Bodyworkers

Michelle Leuschen or Josephine Bellisi

Good communication skills are imperative for any bodyworker. Gain a better understanding of the deep connection between the mind, the emotions and the body. Develop your communication skills and learn appropriate methods for setting boundaries. Learn to recognize emotional issues and how to manage them professionally.

Prerequisite: CBW Level I

Deep Tissue I: Soft Tissue Mobilization

Michael McFarland

Learn specific deep tissue myofascial techniques, working with knuckles, arms and elbows for deeper work on localized tension or injury patterns. Much more than just a "deep" massage, it is the ability to work with increased depth, safely and with more ease to facilitate greater levels of physical and emotional release.

Focus is on learning to palpate to identify areas of tension, focusing work at specific layers of the body, working with the client actively moving through range of motion to release holding patterns, and proper body mechanics for practitioners to avoid fatigue or overuse injuries while doing deep work.

Prerequisite: CMT

Required Book \$30

Deep Tissue II: Assessment Strategies & Integration

Michael McFarland

Improve your ability to read and assess the body. Learn to design deep tissue strategies for many common dysfunctional patterns and conditions.

Dramatically expand your capacity to relieve pain and tension by using unique deep tissue massage applications that allow you to work smarter not harder.

This intensive will review and build on what you learned and practiced in Deep Tissue I.

Prerequisite: Deep Tissue I

Emotional & Energetic Tune-Ups

Jocelyn Olivier

Using muscle testing, you can discover the emotional issues that contribute to chronic tension. Learn simple releases for the fixations that result from shock, emotional upset and our attitudes about life. Your work will go deeper and be much more effective than simply rubbing tensions away. Integrative techniques for use after accident or injury are presented as well as techniques for migraines and allergies.

Establishing a Business

Corinna Joy Kavanagh

Learn what it takes to establish your new business! A nuts and bolts approach, this is an essential training for developing and honing the skills you need to create a successful business.

Ethics & Communication

Corinna Joy Kavanagh

Mature bodyworkers need to develop a responsible relationship with clients when working in the non-ordinary states of consciousness that bodywork evokes. This course will expand your ethical awareness about healing, love, sex, money and authority. We will co-create a vocabulary of ethics that is appropriate to you and the intention of your practice through role playing, case histories, and dialogue.

Prerequisite: CMT

Face & Head Massage

Patricia Wiltse

The expression of tension is as much in the face as anywhere else, yet it is usually ignored in massage. Learn the ultimate natural face lift. Your clients will look and feel younger in just half an hour!

Course Descriptions

Facilitating Function & Coordination for PT's & Fitness Trainers *New!*

Pamela Johnson, PT and Jocelyn Olivier

Facilitating Function provides you with tools and information to increase the effectiveness of your work with clients. Jocelyn Olivier and Pamela Johnson PT bring their experience and skills with NeuroMuscular Reprogramming and Pilates together to offer tools to address facilitating function in a whole new way.

This class is designed for physical therapists working with patients with chronic or problematic issues, fitness professionals looking for more efficient ways to get results, and bodyworkers interested in a more global approach to relieving dysfunctional patterns.

You will leave with new approaches to movement re-education and motor learning, and with ideas, information and skills that will make a big difference in the results you are able to get with your clients.

Prerequisites: Call Admissions Dept at ext 224

Hilot Therapy *New!*

Jeff Cohen

An ancient healing art from the Phillipines, this 2000 year old therapy is based on the relationship between the blood and the chi. Consistent with Conscious BodyWork, in Hilot Therapy your focus of attention and intention are intimately connected with the effectiveness of your technique.

Through the neurovascular bundle, Hilot Therapy enables you to locate constrictions in the lumen of the blood vessels which reveal compromises in tissue quality. Usually manifested as a cordlike quality, constrictions in the smooth muscle lining of the blood vessel affect a whole area of muscle and organ function.

Introduction to Lymphatic Drainage and Visceral Massage

Patricia Wiltse

A strong and resilient immune system is critical to overall health. Integrative Lymph-Visceral Massage is the gentle and deep stimulation of the lymphatic and visceral systems. Level I introduces the structures and functions of these systems, location of organs (particularly the colon and small intestine), massage skills to improve the function of digestive and eliminative organs, and techniques for the head, neck and abdomen.

Prerequisites: Basic Anatomy and Massage, or CMT

Required Book \$50, to be purchased at class.

Massage Ergonomics

Dana Rose Arevalo, Corinna Joy Kavanagh

Do you feel tired, achy or sore after giving a massage? Proper posture and body mechanics are essential to maintaining energy and muscle integrity during massage. Learn how to prevent carpal tunnel, work painlessly with less effort and maintain your stamina. Do more massage and still feel refreshed and relaxed.

Prerequisite: CBW Level I (concurrent enrollment is acceptable)

Myofascial Release

Dana Rose Arevalo

The fascial system affects the entire body. Distortions in one place can have symptomatic results elsewhere. You'll learn how the components of the fascia organize themselves. Learn powerful techniques to release adhesions and restrictions—no matter how long those restrictions have been part of the body's patterns.

Prerequisite: CMT or CBW Level 1 & Anatomy/Kines.

National Exam Study Group *At last!*

Josephine Bellisi, LMT

This course is designed to create a feeling of ease and confidence for taking the National Certification exam as well as equipping students with strategies of how to approach it. It focuses on the format of the exam, studying and test taking skills, and review of past test questions. We will also go through the steps of signing up for the exam and get an overall understanding of the certification process. We will include some hands on practice, for our body is our greatest resource!

NMR Basic Muscle Testing

Dana Rose Arevalo

Before enrolling in NMR, students must have experience in muscle testing as used in NMR. This course provides the student with this preparation. Anatomy requirements are the same as for NMR, specifically knowledge of kinesiology.

NeuroMuscular Reprogramming® NMR

Jocelyn Olivier, Dana Rose Arevalo, Boris Vilner and Larry Munn

NeuroMuscular Reprogramming® is a detailed and thorough approach to structural bodywork which uses muscle testing to assess structural problems and cue the motor coordination reflexes. With neuromuscular techniques taught in this course or your own soft tissue releases from other systems, you can do refined and detailed neuromuscular re-education to correct dysfunctional coordination patterns at their source, the motor control center of the brain.

Special Prerequisites, please contact admissions.

Advanced NMR

Jocelyn Olivier, Dana Rose Arevalo

Advanced NeuroMuscular Reprogramming® is designed to deepen and expand your NMR protocols and assessment skills, making you a more efficient practitioner. You will be able to achieve more results in less time with less effort. Solve complex problems with more confidence and higher levels of understanding of the interconnected patterns at work within the body.

Prerequisites: NMR

Course Descriptions

NMR for Scoliosis

Jocelyn Olivier

NeuroMuscular Reprogramming® protocols for stabilizing postural and functional support combined with brain integration modalities dramatically reduce the chronic pain experienced by those living with scoliosis.

Prerequisite: *Adv. Anatomy and experience muscle testing.*

On-Site Massage

Jocelyn Olivier

The perfect massage context for promoting your work at parties, shopping centers, events, fairs, stores and conferences. Seated chair massage may become the stress relief choice of the years to come. Presented here are Jocelyn's favorite on-site tune-up techniques.

Alive & Well! Open House

Jocelyn Olivier & Staff

We can dramatically enhance our ability to heal ourselves and others through developing the sense of touch. A discussion and demonstration of Conscious BodyWork® and programs at Alive & Well! will take place.

Orientation

Alive & Well! Staff

Required for all enrolled program students. One time attendance only. Begin your journey with the knowledge of how the school functions and what you need to do to graduate. Receive your binder and logistical information, and ask any remaining questions.

Pregnancy Massage, An Introduction

Lois Langevin-King

Effective prenatal massage facilitates the anatomical & physiological processes and changes of gestation while providing nurturing support and stress reduction. Preventive touch therapies can reduce prenatal complications. Learn potential benefits as well as contraindications for pregnancy massage and methodology precautions for working with high risk, complicated, and bed rest pregnancies, as well as proper client positioning for each trimester.

Prerequisites: *CMT*

Pregnancy Massage Certification

Mabriah Blackwolf

Gain a deeper understanding of structural changes and learn new strokes and techniques to adapt to the special needs of pregnant women throughout all phases of their pregnancy. Based on LooyenWork and specifically adapted for pregnant women, these structural patterns will help relieve and correct sciatic and psoas problems from expanded growth discomfort. Knowing how to align the pregnant body is an essential tool to be a fully artful Pregnancy Massage Practitioner.

This certification is offered only at Alive & Well! Don't miss it! Bring two pillows, a sheet, and a large towel. Spaces are limited and fill up quickly. Maximum class size is 18 students.

Prerequisite: *CMT & 70 – 100 client hours*

Required Book \$27, Required Equipment \$65

Principles of Polarity I

Bridget Abern or Jeremy Rothenberg

Discover the principles fundamental to all pressure point techniques. You will learn how the body's electromagnetic field works, how to balance and energize the chakras and give a complete, relaxing, energy balancing treatment using extremely effective methods to alleviate neck, shoulder, back, and hip problems. In addition, you will learn to do this gentle healing bodywork from a space of connectedness with self, therefore connecting with the client.

Reflexology

Irish Cooke-Padilla or Gretchen Grace

The foot, with its reflex points, is a map of the whole body. Learn a complete foot massage and connect it with reflex points throughout the body. Herbs and supplements are also explored.

The Shoulder: Advanced Techniques

Jocelyn Olivier

Add energetic activation and facilitation releases to your repertoire for the purpose of restructuring the shoulder into a more functional and comfortable anatomical position. Learn great moves that feel good to the clients and get great results at the same time. Understand how simple, effective techniques can alleviate shoulder pains. Also how to evaluate which form of release your client will respond to best. Exercises will be given that will best enhance your work.

Prerequisite: *CMT*

Somatic Process & Integration (SPI)

Jocelyn Olivier, Dana Rose Arevalo,

Elizabeth Seymour and other guest instructors

Learn how to integrate a variety of techniques to design a session that is unique to your client. SPI provides a time to talk philosophy and informally discuss work related issues and questions that come up in working with clients. Open to all CMT grads.

Topics include:

- ▶ *Fascial Adhesions*
- ▶ *Energy & Structure*
- ▶ *Quality of Touch*
- ▶ *Working with the Breath*
- ▶ *Educating Clients*

Sports Injury & Chronic Pain

Bob Gazso

Classic approaches in sports injury treatment help athletes prevent further injuries. Catch them earlier and correct micro-trauma that leads to more severe problems. Learn to assess and treat the most common sports injuries: tendonitis, hamstring and groin pulls, iliotibial band syndrome, rotator cuff problems, shin splints and more. We will focus on thorough palpatory anatomy, contraindications and appropriate timing of treatment. Techniques to soften tissue and make optimal use of biomechanics will allow you to work more efficiently.

Prerequisite: CMT

Supervised Clinical Practice Student Massage Clinic

Larry Munn or Eva Lindholm or Lois Langevin-King

Supervised clinic practice in the Student Massage Clinic is an invaluable part of the CMT, ABW, and CBW programs at Alive & Well! New students can begin clinic hours after their Conscious BodyWork® Level I class. Check your program for the number of clinic hours required. All students are welcome to continue practicing in the clinic on a space-available basis after their program requirement is completed.

The Therapeutic Relationship

Michelle Leuschen

It is imperative for all those in the helping professions to have a clear understanding of their role in the healing process. Examine both your cultural and personal beliefs about what it means to be a bodyworker. Explore ideas about what it means to heal, who is it that does the healing, and what your obligations are to yourself and your clients in this process. Special emphasis will be placed on defining the emotional role of the bodyworker. We will explore these ideas in an open class forum of group exercises, case studies, and personal explorations.

Trigger Point Release

Michael Westgate

Students will be taught the original trigger point technique developed by Dr. Janet Travell, who served as the White House physician for Presidents Kennedy and Johnson. Travell's technique is gentle, safe and highly effective. Students will learn palpation, stretching exercises and ischemic compression techniques for alleviating pain in key muscle groups throughout the body.

Prerequisite: CMT

Recommended Book about \$20

Unwinding

Dana Rose Arevalo

Unwinding is what the nervous system does to release the energy of unfinished expression. Unwinding movements assist the body in releasing everyday and trauma-related stress that have accumulated as chronic tension in the muscles.

Learn to engage and follow these subtle movements initiated in the connective tissue by the body's innate self-healing intelligence. Allowing and facilitating these expressions will help the body restore its natural function and balance. This course will heighten your ability to tune in, listen and trust. It is suitable for all skill levels.

Featured Teacher

Corinna Joy Kavanagh

Born and raised in Germany, I moved to the San Francisco Bay Area in 1990 and received my CMT from Alive & Well! Institute of Conscious

BodyWork! Over the years I have taken hundreds of hours of classes and workshops in various bodywork modalities. I now teach at Alive & Well! sharing my knowledge and passion for bodywork with others. In 2005 I went back to school and became a Licensed Esthetician. Just this past year I opened Body Celebration Day Spa in San Rafael - my dream come true!

I feel so fortunate to have found a profession that I love and that allows me to meet incredible people every day. One of my deepest passions in life is to be of service by facilitating healing, growth and change.

I have been on a quest of self discovery since 1988. I have continued my inner work individually as well as through taking workshops with Anthony Robbins, Deepak Chopra and many other brilliant teachers. The lessons learned taught me to celebrate my life and my body. At the same time, I discovered my gifts of healing, compassion and humor, all of which I bring to my work.

I live in San Rafael with my husband John, our cat Mimi and our dog Ginny. I believe strongly in community support and donate services every year to fundraising events and individuals in need.

My dream is to live in a world where everyone is happy and cared for. I believe that we have more to give to others when we take care of ourselves. I encourage you to take a step towards a well cared for community community by taking classes here at the Institute. Building a rewarding career will not only fill your soul but help the world. Find out what it means to be deeply touched and to feel great in your body and skin.



Teacher Biographies & Testimonial

My Journey Into Massage

Rachel Barker, CMT

My journey into massage began at a time of much change throughout my life. I came to Alive and Well and found so much more than a career opportunity; I found a way of life. From the first classes, I came to appreciate that being a bodyworker starts IN you, then radiates out to those you come into contact with. As I grew in understanding and nurturing of myself, I found that I had been blessed with an education that enables me to give to so many in a way that meets the needs of each individual. As I continue to give, I continue to want to learn more, and am thankful to be part of the Alive and Well! community.



Bridget Ahern B.S., MPA, CMT is a graduate of Alive and Well! While at Alive and Well!, Bridget became captivated with the study of Polarity Therapy, a holistic modality that uses various forms of touch to balance and stimulate the free flow of energy in the body. She has been studying Polarity ever since! Bridget also studies Gestalt Awareness Practice with Christine Price and has a part-time practice in Berkeley.



Dana Rose Arevalo, CBW is one of Alive & Well!'s first graduates. Dana's grandmother introduced her to massage and influences her work. She integrates massage, NeuroMuscular Reprogramming®, unwinding, sound, movement, and underwater therapy to promote health. Dana has been in private practice since 1987.



Josephine Bellisi is a graduate of the Florida School of Massage where she learned the importance of awareness in bodywork and healing. Her approach combines intuition and breath work with knowledge and technical skill. Her love and enthusiasm for life, movement, and conscious awakening informs her dedication to teaching and sharing. Her specialty unites St John NMT and Kinesiology with Communication Skills and Movement Awareness.



Mahriah Blackwolf has been studying massage and movement based therapies since 1977. She is a certified practitioner in Looyen Work, Swedish, Sports and Infant Massage. Mahriah has specialized in massage for pregnant women and has been working in close association with numerous obstetricians, nurse practitioners, mid-wives and birth educators since the opening of her private practice in 1986.



Trish Cooke-Padilla is a graduate of Alive & Well! and has studied at The American Academy of Reflexology. She is a member of the California Association of Reflexology and the International Reflexology Association. Her enthusiasm and love for her work is reflected in her teaching style. Since 1996, Trish has had a private practice in San Rafael.



Robert Gazso certified in 1993 with over 1200 hours of massage & CE courses, Bob studied orthopedic assessment and rehab with graduate work in physiology. Having worked with chiropractors, in spas and a private practice, Bob was a massage therapist & Fitness Director for the largest cruise ship in the world. He has traveled the country doing sports massage with cyclists. He is in the Bay Area to study NeuroMuscular Reprogramming® (NMR).



Ann Grassel, PT has 26 years experience as a physical therapist in sports medicine, exercise & movement re-education and ergonomics as it applies to work environments. She studied with Judith Aston and now combines her physical therapy skills, Aston Patterning training, studies in shamanism and a decade of personal healing work to create programs of health and fitness for all aspects of life.



Gretchen Grace, CBW When Gretchen came to Alive & Well! to study in 1989, she was already a Reflexologist of 20 years. Since then, she has added NeuroMuscular Reprogramming® and Deep Tissue to her private practice treatment options. The passion and excitement she brings to her work and her teaching inspires the same in her students



Ginger Solmonson Inglis, MBW is a graduate of Alive & Well!'s Master BodyWorker program. She has been studying and teaching since 1991. Her positive support, sense of humor and experience invite students to have fun while learning about massage, ergonomics and problem solving techniques. Ginger's private practice includes NeuroMuscular Reprogramming®, Joint Mobilization and soft tissue releases. She loves doing structural work while also addressing energetic & emotional holding patterns. Ginger has a successful private practice in Petaluma.



Corinna Joy Kavanagh graduated from Alive & Well! in 1991. Trained in Movement Ergonomics at the Dynamic Health and Fitness Institute, Corinna introduced and taught the initial Massage Ergonomics classes at Alive & Well!. Corinna is also a Reiki Master and Doula/Labor Coach and has a successful private BodyWork Practice in Marin County.



Lois Langevin-King entered into the A&W! CMT program intending to pursue a career supporting the birthing process. Lois is certified in Pre & Perinatal Massage with Carole Osbourne Sheets, and Pregnancy Massage with Mahriah Blackwolf. A certified birth doula, she's attended over 50 births. Her practice is in Fairfax, CA specializing in Pregnancy Massage



Michelle Leuschen has a Master's Degree in Counseling from West Chester University. She has over 10 years counseling experience and is a graduate from Alive and Well! Institute of Conscious BodyWork. Currently, Michelle has a private practice in San Rafael where she specializes in Emotional Freedom Techniques and other Energy Psychology therapies.

Teacher Biographies



Malcolm McDonald, CMT AC
Malcolm is highly trained in 5-Element Chinese Medicine, Foot Reflexology and Lymphatic Work, Shaolin Hsing-I Kung Fu, and Virginia Satir's Human Validation Family Communications. Through his training organization, SkyeGroup International, he trains people across the country in the Living Healing Arts.



Michael McFarland
has been a dedicated practitioner of bodywork since his initial training in Hellerwork twenty years ago. He's an associate trainer on the Hellerwork faculty. His knowledge and experience are extensive and diverse having trained with Joseph Heller, Greg Johnson PT, St. John Seminars, and Upledger training.



Larry Munn MDiv., CMT
is a graduate of Alive and Well! with a private practice in San Rafael and Berkeley. He combines NeuroMuscular Reprogramming with various soft and deep tissue release protocols to help his clients achieve structural integration and well being. Larry brings a gentleness, maturity, and dedication to his teaching and clinic supervision that gains him rave reviews from all who work with him.



Jeremy Rothenberg, APP, CMT
received his CMT from ICBW in 2003 and has completed Associate Polarity Practitioner coursework with Hanna Hammerli. He is currently studying at the American College of Traditional Chinese Medicine in San Francisco. He has a private bodywork practice in Berkeley, California.



Elizabeth Seymour
is a graduate of Alive & Well!, and has been in private practice since 1989. She combines NMR, cranial sacral therapy, polarity, and lymphatic massage with a deep intuitive listening through shamanic teachings to facilitate healing for the whole being. Elizabeth expresses her artistic creativity through sculpting.



Boris Vilner, MBW
Graduated in 1999 from Alive & Well!'s 1000 hour Master Conscious BodyWorker program. His expertise is in myofascial release, soft tissue and joint mobilization, and NeuroMuscular Reprogramming®. Boris works in the Healus NMR Clinic and privately in Novato.



Michael Westgate
With a focus on Trigger Point Therapy, nutrition and cleansing, Michael's education includes a fifteen year apprenticeship in Celtic Energy Healing. He runs a successful pain relief practice with offices in Corte Madera and San Francisco.



Patricia Wiltse
creator of Integrative Lymph-Visceral Massage and coauthor of "An Integrative Approach to Lymphatic and Visceral Health," Patricia is a prominent figure in the holistic health care field. She has trained with Lauren Berry, Jean Pierre Barral, and Chi Nei Tsang. She received certification in Casley-Smith Lymphedema Therapy, Vodder MLD, Foldi CDP and Integrated Awareness.



Steve Seto
has been researching and training in Chi Gung and how it applies to martial arts and movement for 12 years. He has cross-trained in many movement disciplines including the work of Anna Halprin, Emilie Conrad's Continuum and Scott Sonnon's circular strength training. A passionate instructor who makes tangible & practical such esoteric knowledge as Chi Gung.



Shana Walt
creates a bridge between healing through movement and movement through healing. She is a massage and craniosacral therapist whose work is deeply informed by her training in dance. Her teaching promotes self awareness and how to integrate movement within our everyday lives.



Special Guest Teachers

Jeff Cohen
apprenticed in the Phillipines for 5 years, accumulating extensive experience working spinal cord injuries. He was involved in spinal cord research in the 1980's with the Miami Project while traveling throughout the US working with children who were paralyzed. Jeff has been on the medical staff of the SF Ballet as their massage therapist for the past 18 years. He also tours and works with the Mark Morris Dancers.



Pamela Johnson
OMD PT

has a practice in orthopedic physical therapy and Pilates.

Pamela has been a certified Trager practitioner and tutor, has studied cranio-sacral therapy, Esoteric Healing, Feng Shui and sacred geometry, all of which she draws on in her study of the body-mind and its importance in the healing process.



A. J. Maldonado
has many years of combined teaching experience in all aspects of Personal Training, Post Rehabilitation, Flexibility Training, Pilates Mat and Reformer, Power Vinyasa Yoga, Massage Therapy, Reiki Healing energy work and dance. A.J. works with the very de-conditioned to the elite athlete.



Clinics you can afford

Affordable Massage & BodyWork

Available To The Community

We provide our students with the ability to apply their new skills in a real life setting, working under the supervision of a clinic facilitator. Our Student Clinic offers the experience students need while making therapeutic massage, Conscious BodyWork® and NeuroMuscular Reprogramming® available to everyone. Each student has completed required coursework prior to working with the public.

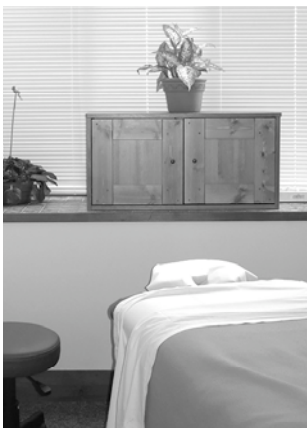


NeuroMuscular Reprogramming® Clinic

NMR provides solutions for conditions which have not previously responded to therapy. Practitioners will utilize muscle testing to assess dysfunctions of the coordination system, cuing the brain for new learning. The immediate correction of neuromuscular imbalances addresses pain at its source: the motor control center of the brain. You can expect accelerated recovery and relief from chronic injuries and ailments such as:

- ▶ Sciatica
- ▶ Loss of Muscle Strength
- ▶ Structural Imbalances
- ▶ Low Back & Neck Pain
- ▶ Frozen Shoulder
- ▶ Sports Injuries
- ▶ Old Injuries

1^{1/4} hour sessions available Mondays 2:30 or 4:15 pm



Conscious BodyWork® Clinic

This approach to massage therapy draws on the power of conscious attention and intention as a powerful tool to bring about change in the living tissue of the body. Students are integrating tools from many bodywork modalities to deliver a session appropriate to the client's needs. Beginning and Advanced students are available.

**Available Tuesdays 4:15 & 5:30 pm,
Thursdays 5:30, 6:45 & 8 pm and
Saturdays 10:15, 11:30 am, 12:45 & 2 pm**

**Call 415.945.9945 ext 0 for an appointment.
Advanced booking recommended.**

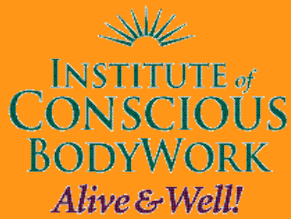
Registration, Refunds and Reviews

Many courses are open to all interested persons; you need not be part of a certification course to attend. Continuing education units are available for all courses taught at the Institute including those that are part of a certification program.

- Registration** To register, contact the Admissions Department: 415 945-9945 or toll free 888-259-5961. A deposit is required to save your space. For individual courses, the deposit is \$100 or 50% of the tuition, whichever is less. For enrollment in a program or a package less than \$3000, the deposit is \$200. For enrollment in a program over \$3000, the deposit is \$300.
- Tuition Payment** **Registration for individual courses is due 3 weeks prior to the course start date.** Texts and supplies are not included in tuition fees. Early enrollment in all courses is encouraged to avoid cancellation of under-enrolled courses!
- We accept cash, check, money order, Visa, MC, Discover, or American Express.
- Program tuition is due in full prior to the first day of class unless a payment plan is completed and signed with an admissions counselor.
- Waived Course** **Tuition Credit for waived program courses may be given** if a student has completed a course in the same subject, provided they have documentation of completion. The pro-rated cost of the waived course is deducted from the total program tuition. If the course was completed at a school other than the Institute of Conscious Bodywork a \$30 waived course fee applies. If the course was completed at Alive & Well! the waived course fee will be excused.
- Discounts** **A discount of 5% is offered for individual course enrollments for pre-payment in full by cash or check. Payment must be received no later than 4 weeks prior to the course start date in order to receive this discount. No discounts are applicable to individual courses after the published registration deadline.**
- An 8% discount is offered on tuition for custom packages totaling \$2,000 or more.** To receive discount payment in full by cash or check only must be received no later than 4 weeks prior to the start date of the first course in the package.
- Buyers Right to Cancel** **You may cancel your contract with the Institute of Conscious BodyWork®**, without penalty of obligation, at any time and receive a refund for the part of the program not taken provided you have not yet completed 60% of the program.
- Your refund rights are described in the refund policy. To cancel this contract, send a written notice of cancellation to the Institute of Conscious BodyWork, Alive & Well!, attention Admissions Department, at 150 Nellen Ave., Corte Madera, CA 94925.
- Tuition Refund Policy** **A student must submit a written notice of withdrawal from a program or package.** If the withdrawal occurs within 24 hours from the time of enrollment, full tuition will be refunded. If the withdrawal occurs after the 24-hour grace period, but on or prior to the first day of instruction, tuition minus the non-refundable registration fee of \$100 will be refunded. If withdrawal occurs after the first day of instruction, tuition minus the non-refundable registration fee of \$100, and pro-rata tuition for each course attended will be refunded. Tuition is due in full for any course of which 60% or more has been completed.
- After 60% of a program has been completed, there is no refund available.**
- Individual Course Refunds** If the withdrawal occurs within 24 hours from the time of enrollment, full tuition will be refunded. If a student cancels enrollment for a course two weeks or more prior to the course start date, tuition minus the \$25 non-refundable registration fee will be refunded. If a student cancels enrollment for a course less than two weeks prior to the course start date, tuition less a \$100 non-refundable registration fee or one-half of the class tuition (whichever is less) will be refunded. If a student cancels enrollment after the course has begun, tuition less the non-refundable registration fee, and pro-rated tuition for all classes attended will be refunded. Missing 50% or more of any course is considered a drop, pro-rated tuition for all classes attended and the non-refundable registration fee will be deducted from the tuition paid. After 60% of a course has been completed, there is no refund available.
- *Non-refundable registration fees apply to all courses whether taken individually or as part of a program. At the student's discretion, any refund due may be paid to the student or held on account for use towards other courses. Any monies due must be paid to the Institute of Conscious BodyWork, Alive & Well! within 30 days of withdrawal. Any tuition refund due will be paid to the student within 30 days of withdrawal.
- Make-up Classes** **Students may make up classes they miss**, provided they do not miss 50% or more of the course. If a student misses 50% of a course, that course must be dropped and the student may re-enroll in a future session.
- Right to Enroll** **Important: All outstanding money owed the Institute of Conscious BodyWork must be paid prior to enrolling in future courses with the exception of contractual payment agreements.**
- State Licensure** As of June 2007, the State of California does not license massage practitioners. Local cities and townships have varying requirements for practices within their jurisdiction. For information on pending state licensing requirements, contact the Admissions Department.

Office hours: Monday–Thursday 9 a.m. – 5 p.m. • Friday 9 a.m. – 4 p.m.





150 Nellen Ave.
Corte Madera, CA 94925

Directions from North:

- Take Highway 101 to the Lucky Dr. exit.
- Turn right onto Nellen Ave. to Alive & Well! at 150 Nellen Ave.



Directions from South:

- Take Highway 101 to the Lucky Dr exit.
- Turn right onto Redwood Hwy.
- Turn right onto Wornum Dr.
- Turn right onto Tamal Vista Blvd.
- Turn left onto Fifer Ave.
- Turn right onto Lucky Dr.
- Turn right onto Nellen Ave. to Alive & Well! at 150 Nellen Ave.

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