



INSTITUTE of  
CONSCIOUS  
BODYWORK

*Alive & Well!*

*Transform Your Life  
Through a Career in Conscious BodyWork*

***World Renowned Teachers***

***The Best in Continuing Education***

***Fall 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.

# Table of Contents



## *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.**

<i>Certification Programs</i>	<i>Page No.</i>
The Profession .....	4
The Right Choice for You.....	5
Certification Programs	
CMT – Certified Massage Technician .....	6
CMT – SE (CMT) – Somatic Educator .....	6
ABW – Advanced BodyWorker.....	6
CBW – Conscious BodyWorker .....	7
NMR – NeuroMuscular Reprogramming® .....	8
Other Certifications and Classes .....	9
Open Houses and Other Events .....	10
Healus Center .....	11
Schedule of Courses .....	12 – 14
Course Descriptions .....	15 – 19
Featured Teacher.....	19
Testimonials .....	8, 10, 20
Teacher Biographies .....	20 – 21
Massage Clinics .....	22
Registration, Refunds, & Reviews .....	23

## *Staff:*

**Jocelyn Olivier**  
Founder & Executive Director

**Jude Gibson**  
Operations Manager, Ext. 222

**Hannah Seelig**  
Admissions Advisor, Ext. 224

**Linda Pickenheim**  
Student Advisor, Ext. 303

**Sue Ellen Raby**  
Administrative Coordinator, Ext. 226

**Rua Necaise**  
Projects/Graphic Designer

## ***Referral Rewards Program!*** ***Attention: Students, alumni & community -- we appreciate your referrals.***

*You will receive a \$50 credit for each person who enrolls in a program and mentions your name!*

**REDEEM FOR CLASSES, SESSIONS OR PRODUCTS**

# The Profession

## *Transform Your Life...*

*Through a Rewarding 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.

### ***Lucrative Career***

Your earning potential is immense and helping others, while helping yourself, is the most fulfilling work you may 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:*

INSTITUTE of  
CONSCIOUS BODYWORK

*Alive & Well!*

150 Nellen Ave.

Corte Madera, CA 94925

415.945.9945

fax 415.945.9944

alive@alivewell.com

## *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 Admissions at Ext. 224 for a tour of the campus and professional healing clinic to personally experience the great Conscious BodyWork vibe!**



# 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	* You may enroll in one or the	
Establishing A Business .....	5	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 2009 Intensives are July 6 - 26 and August 3 - 23. 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 - Aug, 2009.

- 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	Bartenieff Fundamentals: Patterns of
	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 .....
Biomechanics & Ergonomics .....	18	Pathology & Contraindications.....18
Conscious BodyWork® Level III .....	27	Introduction: Pregnancy Massage.....6
Consciousness Studies .....	18	Somatic Process & Integration .....
Ethics & Communication .....	12	Sports Injury & Chronic Pain .....
Functional Anatomy & Physiology .....	18	Supervised Clinical Practice.....36
Myofascial Release .....	12	Trigger Points .....
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 .....
Acupressure .....	40	Myofascial Release .....
Brain Gym .....	15	On-Site Massage .....
Conscious Movement.....	18	Introduction: Pregnancy Massage.....6
Conscious BodyWork® Level III .....	27	Somatic Process & Integration .....
Consciousness Studies .....	18	Sports Injury & Chronic Pain .....
Cranio Sacral Therapy .....	24	Supervised Clinical Practice.....38
Emotional / Energetic Tune-Ups .....	9	The Therapeutic Relationship .....
		Total CBW Hours.....
		570



# Our Area of Expertise - Reprogramming the Body

## *Neuro Muscular Reprogramming*<sup>®</sup>



*"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<sup>®</sup> with our new 570 hour CBW - NMR program.**

**FREE Intro Evening: Wednesday Dec 17th 7-9pm**

**NMR  
CBW Program  
570 hrs**

NeuroMuscular Reprogramming <sup>®</sup> CBW	
Course Requirements:	Hrs.
CMT & ABW programs .....	300
Basic Muscle Testing.....	6
Conscious BodyWork <sup>®</sup> Level III .....	27
Consciousness Studies .....	18
Ethics & Communication .....	12
Myofascial Release .....	12
NeuroMuscular Reprogramming <sup>®</sup> .....	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
<b>Total CBW Hours.....</b>	<b>570</b>

*Thanks for teaching this...!*

*I live in Raleigh, North Carolina and I took the NMR course from Jocelyn a couple of years ago at Medical Arts Massage School. I use NMR all the time and have improved my use of it over time by experimenting and finding common patterns between muscles. It is definitely the most effective of all the massage modalities I use. Thanks to Jocelyn for teaching this stuff!*

— Cynthia Lambert

NeuroMuscular Reprogramming<sup>®</sup> is a trademarked work developed at the Institute of Conscious BodyWork<sup>®</sup> Alive & Well!



# Certification Programs & Continuing Education

## *Special 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**

*Advanced-Trainings.com  
Faculty*

**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 George Sullivan. 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](http://www.advanced-trainings.com).

Advanced Myofascial Techniques: The Spine	Advanced-Trainings.com Faculty	7 ceu's	Fri	Oct 31	9:30a-5p
Advanced Myofascial Techniques: Scoliosis	Advanced-Trainings.com Faculty	16 ceu's	S/S	Nov 1,2	9:30a-6p and 9:30a-4:30p
Advanced Myofascial Techniques: Leg, Knee, Foot	Advanced-Trainings.com Faculty	14 ceu's	S/S	Mar 7,8,2009	9:30a-5p and 9:30a-4p

### **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	Dec 12, 13, 14, Jan 9, Jan 10, 11	10a-5p 2-5p 11a-5p
---------------------------------	-------------------	--------	-------	---	--------------------------

### **Hip Replacement Surgery: What to do Pre and Post?**

*Jeff Harband, PT  
Jocelyn Olivier*

**Even AFTER hip replacement surgery, pain problems persist.**

The alignment and compression issues that necessitated the hip replacement are still there sometimes complicated by the surgery itself. Conditions leading to hip replacements can be easily spotted and corrected before the cartilaginous and osseous changes occur. Addressing the coordination imbalances in a specific order gets the job done faster.

Jeff Harband PT and Jocelyn Olivier MBW will present easy protocols and strategies to correct muscular dysfunctions affecting the hip, low back and legs.

They will review and assess gait issues that result from chronic hip pain.

Hip Replacement Surgery: What to do Pre & Post?	Jeff Harband & Jocelyn Olivier	9 hrs	Fri Sat	Dec 12 Dec 13	7-10p 10a-5p
--	-----------------------------------	-------	------------	------------------	-----------------

### **Create Your Own Package**

**Design your own continuing education program.**

Select several classes worth \$2000 or more and receive a discount of 8%.

*All of our courses can be taken individually as continuing education.*

# FREE Events

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

## **Conscious BodyWork Certifications in Massage Therapy**

**with Jocelyn Olivier & Staff**

**Thurs Aug 28, Dec 11**

**7-9pm**

**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.

## **NeuroMuscular Reprogramming® with Jocelyn Olivier**

**Wednesday Dec 17**

.....

**7-9pm**

**FREE**

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



## ***Join us for our End of Summer Soiree!***

**Students, alumni & community --  
come honor & celebrate this year's A&W! Graduates.**

*Music, dancing, laughter, and community!*

*Food & beverages, Pot Luck welcome!*

**Saturday August 30 6 -11 pm**

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

---

***Call for dates and times of classes 415.945.9945 Ext. 224***

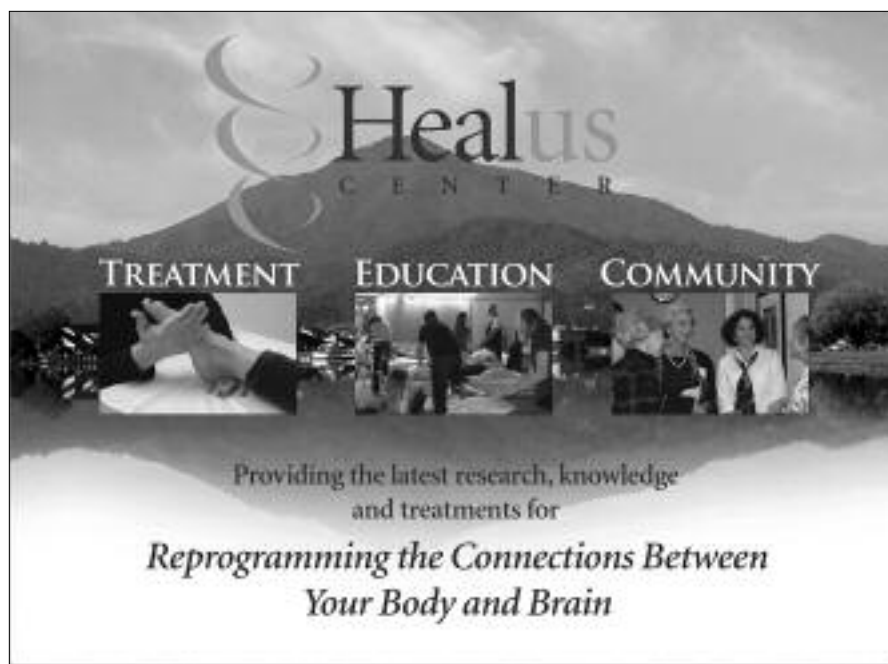
# Healus Center, ICBW & Referral Rewards

*More than  
20 years*

**If you want to 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**



**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.*

Over two decades as the premier massage and bodywork school in the San Francisco bay area, we are also celebrating the successful two year anniversary of our professional treatment center including: NeuroFeedback, 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 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.

## ***Referral Rewards Program!***

***Attention: Students, alumni & community -- we appreciate your referrals.***

*You will receive a \$50 credit for each person who enrolls in a program and mentions your name!*

**REDEEM FOR CLASSES, SESSIONS OR PRODUCTS**

# Schedule of Courses

*Fall 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	Nov 21, 22, 23	9a-6p	Oct. 31	Wrkshp	\$581
Anatomy/Kinesiology	Larry Munn	36	Tue	Sep 30, Oct 7, 14, 21, 28, Nov 4, 11, 18, 25, Dec 2, 9, 16	7-10p	Sep 9	CMT	\$784
Advanced Palpatory Anatomy	Larry Munn	36	S/S	Oct 11, 12, 25, 26, Nov 15, 16	10a-5p	Sep 19	ABW	\$784
Biomechanics & Ergonomics	Ann Grassel	18	Wed	Nov 5, 12, 19, Dec 3, 10, 17	7-10p	Oct 15	CBW	\$392
Building Your Practice	Corinna Kavanagh	15	Thur	Oct 23, Nov. 6, 20, Dec 4, 18	7-10p	Oct 2	ABW	\$327
Carpal Tunnel & Wrist Problems	Larry Munn	6	Mon	Jan 12, 19	7-10p	Dec 18	Wrkshp	\$145
Clinic Orientations	Clinic Supervisor	1	Thur	Sep 11	7-9p		All	FREE
Clinic Orientations	Clinic Supervisor	1	Wed	Dec 3	7-9p		All	FREE
CMT Intensive At The Healus Center		140	3 wks	July 6 - 26, 2009 An August Intensive may be added if sufficient demand exists.	9a- 9p		CMT	Call for Info
CMT – SE Intensive At The Moving On Center		197	5 wks	July – Aug, 2009	8a- 4p		CMT	Call for Info
CBW Level I	Dana Rose Arevalo	27	Mon	Sep 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17	7-10p	Sep 2	CMT	\$589
CBW Level II	D. Arevalo & Gretchen Grace	24	Tue	Sep 23, 30, Oct 7, 14, 21, 28, Nov 4, 11	7-10p	Sep 2	ABW	\$523
CBW Level III	J. Olivier	27	Mon	Sep 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10	7-10p	Aug 25	CBW	\$589
Conscious Movement	Steve Seto & Shana Walt	18	Mon Tue	Nov 17, 24, Dec 1, 8, 15, and Dec 16	7-10p 7-10p	Aug 27	CBW	\$392
Consciousness Studies	Suresha Hill	18	Wed Sat	Oct 8, 15, 22, 29, and Oct 18	7-10p 10a-5p	Sep 17	CBW	\$392
Counseling for BodyWorkers	Aureya Magdalen	6	Sat	Nov 1	10a-5p	Oct 10	CMT	\$145
Deep Tissue I	Michael McFarland	37	S/S, Fri Sat	Sep 27, 28, Oct 18, 19, and Oct 10, 31, and Nov 8	10a-5:30p 7 - 9:15p 10a-5:30p	Sep 5	ABW	\$805
Emei Chi Gung: For Healing Self and Others	Devatara Holman	24	Mon	Sep 29, Oct 6, 13, 19, 27, Nov 3, 10, 17	7-10p	Sep 5	Guest	\$400
Emotional Energetic Tune-Ups	Jocelyn Olivier	9	Tue	Jan 13, 20, 27	7-10p	Dec 19	CBW	\$218
Establishing A Business	Corinna Kavanagh	5	Sun	Dec 14	10a-4p	Nov 21	CMT	\$121
Ethics & Communication	Corinna Kavanagh	12	Thur	Jan 8, 15, 22, 29	7-10p	Dec 18	CBW	\$290
Face & Head	Patricia Wiltse	3	Mon	Sep 15	7-10p	Aug 25	Wrkshp	\$73

Updated 8/4/08 8pm

# Schedule of Courses

*Fall 2008*

Course	Instructor	No. Hrs.	Day of Week	Dates	Time	Date to Register	Type of Program	Course Fee
Facilitating Function	Pamela Johnson & Jocelyn Olivier	15	Fri S/S	Oct 24 and Oct 25, 26	7-10p and 10a-5p	Oct 3	CE	\$327
Functional Anatomy	Thomas Wells	18	Fri Sat Sun	Nov 7 and Nov 8 and Nov 9	7-10p 9a-6p 9a-5p	Oct 17	CBW	\$392
Hip Replacement Surgery: What to do Pre & Post?	Jeff Harband & Jocelyn Olivier	9	Fri & Sat	Dec 12 Dec 13	7-10p 10a-5p	Nov 21	CE	\$218
Integrative Lymph & Visceral Massage	Patricia Wiltse	26	S/S	Sep 20, 21, Oct 4, 5	10a – 5:30p	Aug 29	ABW	\$567
Massage Ergonomics	Dana Rose Arevalo	6	Thur	Oct 9, 16	7-10p	Sep 18	CMT	\$145
Myofascial Release Techniques	Dana Rose Arevalo	12	S/S	Dec 20, 21	10a-5p	Nov 28	CBW	\$290
Advanced Myofascial Techniques: The Spine	Advanced-Trainings.com Faculty	7	Fri	Oct 31	9:30a-5p	Oct 3	Cert	\$175
Advanced Myofascial Techniques: Scoliosis	Advanced-Trainings.com Faculty	16	Sat Sun	Nov 1 Nov 2	9:30a-6p 9:30a-4:30p	Oct 3	Cert	\$355
Advanced Myofascial Techniques: Leg, Knee, Foot	Advanced-Trainings.com Faculty	14	Sat Sun	Mar 7 Mar 8	9:30a-5p 9:30a-4p	Feb 13	Cert	\$355
National Exam Study Group	Josephine Bellisi	12	Wed	Sep 10, 17, 24 Oct 1	7-10p	Aug 20	CMT	\$290
NMR Basic Muscle Testing	Dana Rose Arevalo	6	Fri	Jan 16	10a-5p	Dec 12	CE	\$145
NeuroMuscular Reprogramming (NMR)	Jocelyn Olivier, Dana Rose Arevalo, Boris Vilner	72	S/S, Sun Wed	Jan 17, 18, Feb 1, 15, Mar 1, 15, 29, and Jan 21, 28, Feb 4, 11, 18, 25, Mar 4, 11, 18, 25	10a- 5p 7-10p	Dec 13	CBW	\$1,916
NMR FREE INTRO	Jocelyn Olivier	2	Wed	Dec 17	7-9p		Infrml	FREE
NMR, Advanced	J. Olivier D. Arevalo	30	F/S/S S/S	Feb 6, 7, 8 and Feb 21, 22,	10a- 5p	Jan 16	Cert	\$594
OnSite Massage	Jocelyn Olivier	12	S/S	Sep 6, 7	10a-5p	Aug 15	CBW	\$290
OPEN HOUSE Option 1	Staff	2	Thur	Aug 28	7-9p		Infrml	FREE
OPEN HOUSE Option 2	Staff	2	Thur	Dec 11	7-9p		Infrml	FREE
OPEN HOUSE Option 3	Staff	2	Tue	Jan 6	7-9p		Infrml	FREE
Pathology & Contraindications	Dr. Caren Cole	18	Mon	Feb 2, 9, 16, 23 Mar 2, 9	7-10p	Jan 12	CBW	\$392
Pregnancy Massage Certification	Mahriah Blackwolf	33	F/S/S Fri S/S	Dec 12, 13, 14 and Jan 9 and Jan 10, 11	10a-5p 2-5p 11a-5p	Nov 21	Cert	\$690
Pregnancy Massage	Lois Langevin-King	6	Thur	Oct 30, Nov 13	7-10p	Oct 10	CE	\$145
Primary Orientation	Staff	2	Tue	Sep 16	7-9p		CMT	FREE
Principles of Polarity	Jeremy Rothenberg	24	Wed	Oct 1, 8, 15, 22, 29, Nov 5, 12, 19	7-10p	Sep 10	CMT	\$523

Updated 8/4/08 8pm

# Schedule of Courses, Ongoing Classes & Testimonial

## *Fall 2008*

Course	Instructor	No. Hrs.	Day of Week	Dates	Time	Date to Register	Type of Program	Course Fee
Reflexology	Trish Cooke-Padilla	15	Fri	Nov 14 S/S Nov 15, 16	7-10p 10a-5p	Oct 24	CMT	\$327
Somatic Process & Integration	mix	3	Fri	Nov 14	7-10p	Oct 24	CBW	\$73
Somatic Process & Integration	mix	3	Fri	Dec 5	7-10p	Nov 14	CBW	\$73
Sports Injury & Chronic Pain	Bob Gazso	18	F/S/S	Dec 5, 6, 7	10a- 5p	Nov 14	CBW	\$392
Stretching & Massage	Gretchen Grace	6	Tue	Sep 16, 23	7-10p	Aug 26	CBW	\$145
Trigger Point Release	Michael Westgate	12	S/S	Jan. 10, 11	10a- 5p	Dec 19	CBW	\$290
Unwinding	Dana Rose Arevalo	6	Sat	Oct 11	10a- 5p	Sep 19	CBW	\$145

Updated 8/4/08 8pm

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

### 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.

**\$12ea**

Mondays 12:45 - 1:45 pm

### Emei Chi Gung: For Healing Self and Others

**with Devatara Holman L.Ac**

Learn a life long practice you can use to heal yourself and others while training toward enlightenment. Devatara studied in China for many years, where she was given the job of teaching Emei to the west. Her private practice in acupuncture is located on Caledonia St in Sausalito.

**8 week course \$400**

Mondays starting Sep 29 7 - 10 pm

## *Testimonial*

When we first attended Alive & Well!, I was there primarily to drive my daughter to classes, and to be her study partner. I figured that I would pick up some knowledge that would benefit the customers at my herb shop. *I had no idea that what I would learn could so alter my life.*

In 1980 I underwent a radical mastectomy, which left me fairly crippled. After 24 years of physical and massage therapies, I could *almost* stand up straight, and had limited range of motion and an *inability to lift a single pound with my right hand*. With the knowledge I have acquired at the Institute, I have been able to begin rebuilding muscles that were still there, but long forgotten. I became able to move in directions unattainable for 24 years, not to mention being able to assert and effect in these directions! Now, what had been a 2 1/2" diameter right arm, is nearly the same size as my left arm. I can actually elevate my right arm over my head without the assistance of my left hand, and have full range of motion.

Due to one single session with an NMR student under Dana Rose's direction, I am able to hold a cereal bowl in mid-air and wash it! *The amazing thing is that I am actually now doing what I never thought possible.* I can even give a good massage!

*I am very proud and grateful to affiliate myself with such a credible and unique school.* —Judith Elliot



# Course Descriptions

## Active Isolated Stretching (AIS)

**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.

## Advanced Myofascial Techniques

**Advanced-Trainings.com Faculty**

**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**

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**

## Clinic - Orientation

**Larry Munn, Eva Lindholm or Lois Langevin**

**Required for all enrolled program students before starting clinic.**

One time attendance only. Get acquainted with how the Alive & Well! Student Public Massage Clinic operates. Learn how to locate client files, prepare for your client, present your session and receive feedback about your progress. Ask questions and interact with the community.

## Conscious BodyWork® Level I

**Dana Rose Arevalo or Ginger Solmonson Inglis**

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,**

**Gretchen Grace, or Larry Munn**

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**

# Course Descriptions

## 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**

## Conscious Movement: The Heart of Movement

**Steve Seto with Shana Walt**

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

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.

## Consciousness Studies

**Suresha Hill, Ed.S., H.S.E., CMT**

Using the body as your canvas, explore the effects of conscious attention and intention on living systems. Within the context of client interactions such as intake, assessment, palpation and treatment, universal principles of the impact of consciousness will be tested and observed. Receive an overview of the latest research and theories underlying the science of consciousness. This class is a culmination of centuries of esoteric knowledge and recent research and discoveries.

## Counseling for Bodyworkers

**Aureya Magdalen**

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**

## 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 *New!* & Coordination for PT's & Fitness Trainers

**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**

## Functional Anatomy & Physiology: Advanced Biomechanics

**Thomas Wells**

Beyond the knowledge of bones and muscles is the knowledge of advanced biomechanics, how muscles shape our posture and movement. Learn to analyze how injuries and chronic tension patterns affect other parts of the body; how an impact to the bottom of the foot can create tensions on the opposite side of the neck; how one tight scalene can ricochet throughout the body in spirals and diagonals. Specific tests to assess which muscles are causative in classic injury patterns such as rotator cuff injuries and knee sprains are presented.

## 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.

# 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.

## Pathology and Contraindications

**Caren Cole, D.C.**

Taught in an interactive manner, this course is designed to inform the body worker about working with "the less than 100% healthy person". We will use real cases from your experience and those from doctors' offices. You will begin with studying therapeutic processes and ethical considerations, then move through symptoms and diseases, poisons and contagions.

## Pregnancy Massage, An Introduction

**Lois Langevin-King**

Effective prenatal massage facilitates the anatomical and 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

**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

**Trish 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.



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

## Sports Injury & Chronic Pain

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*

## Stretching & Massage

*Gretchen Grace*

Integrate effective stretching into your table massage with techniques from several modalities. Incorporate focus to assist joint mobilization, muscle lengthening, cramp relief, and range of motion.

**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.

## 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

**Til Luchau**



Til Luchau is the Director of Advanced-Trainings.com. He is a therapist and coach whose background includes extensive experience with Process Work, individual and organizational wellness, conflict resolution, collaborative practices, and cutting-edge training methods.

As a Certified Advanced Rolfer®, Til is a faculty member and Coordinator of the Rolf Institute's Foundations of Rolfing Structural Integration program, where he is the originator of Skillful Touch Bodywork (the Rolf Institute's own training and practice modality). Formerly a resident practitioner at the Esalen Institute, Chair of the Rolf Institute's Teacher Training Committee, and Adjunct Faculty member of Naropa University's Somatic Psychology Department, he has trained thousands of practitioners in his popular courses at schools and centers in over a dozen countries on five continents.

His private practice is based in the Boulder/Denver area, and includes Rolfing, supervision, and professional coaching with clients from around the world.

---

*"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



# Teacher Biographies & Testimonial

## *A Brand New Day!*

*Massage school was an idea I had contemplated for ten years, as my formal education in Athletic Training was missing one vital ingredient, Manual Therapy. After attending an open house, I knew in my heart that The Institute was the place for me.*

*In a short time, I have embarked on a budding new career, become gainfully employed in two of the Bay Areas most prominent settings and am gradually building a respectable clientele of my own.*

*The Institute's greatest asset is its diverse staff of Instructors. Infused with equal parts wisdom and enthusiasm they inspire with open hearts.*

*To each of them, a heartfelt Thank You!*

—Lisa Trost



**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.



**Dr. Caren Cole** After a successful career in social research, Dr Cole found her passion as a Chiropractor, becoming one of the premier female chiropractors in the country. With over 20 years of practice she has won many awards, held prestigious positions and has helped thousands of patients. A popular instructor at the Life West Chiropractic College, she is known for her interactive teaching style. Dr. Cole has mentored hundreds of students and doctors, generously sharing her vast experience and knowledge.



**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 Gazdo** 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, California.



**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 70 births. Her practice is in Fairfax, CA specializing in Pregnancy Massage



**Suresha Hill, Ed S, HSE, CMT** earned three degrees from Kent State University, followed by certificates in Breath Therapy, Hypnotherapy, and Hanna Somatic Education. An Integrative Therapist of twenty years, she has developed and teaches her own approach to bodywork, NeuroSomatic Integration™. Twenty-five years of meditative practice facilitated her interest in working with subtler methods to accelerate change in the body through a concept she calls "Quantum Somatics".



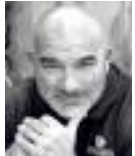
# Teacher Biographies



**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 bodymind and its importance in the healing process.



**Aureya Magdalen, MA, MFT, CMT** is a skillful psychotherapist, master intuitive, teacher, business consultant and energy work practitioner. She offers personal, couples, and family sessions, and teaches metaphysical skills and classes for healing practitioners. One of her specialties is working with the "new children" and their families. Aureya's practice is based in the unity of all life.



**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.



**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.



**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 and practical such esoteric knowledge as Chi Gung in his own work, The Heart of .

**George Sullivan**

is a Certified Advanced Rolfer®, is Certified in Advanced Myofascial Techniques, and is an Instructor for Advanced-Trainings.com's Advanced Myofascial Techniques series. George's keen interest in anatomy, proper body mechanics, as well his skill, specificity, and sensitivity of touch all inform his extremely competent instruction. With an extensive Aikido background, his teaching is noteworthy for its depth, clarity, and easygoing style. He lives and practices in Olympia, WA.



**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, California.



**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.



**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.



**Thomas Wells**

is a bodyworker and is a highly sought after personal trainer with practices in Santa Rosa, CA. Specializing in NeuroMuscular Reprogramming® and corrective exercise; Thomas has developed his own unique system by adapting and integrating multiple disciplines into his NMR.



**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.



## Special Guest Teacher

**Jeff Harband, PT**

Jeff completed his Physical Therapy studies at Columbia University over 15 years ago after obtaining his MS in Kinesiology from UCLA. Skillful application of hands-on techniques on top of his background as a personal trainer at the Sports Training Institute in NY and Sports Club LA in Los Angeles allows Jeff to provide his patients with significant relief from pain and stiffness.



An avid triathlete, Jeff knows first-hand what it takes to maintain an active lifestyle and a high level of fitness.

Over the last 10 years he has acquired additional specialized training in aquatic therapy and multiple hands-on techniques to speed up his results. Used alone or in conjunction with land-based therapy aquatic therapy is extremely effective for the treatment of patients of any age.

Jeff owns Olympic Physical Therapy in Tiburon where he offers full one-hour appointments, giving the patient the best possible quality service, with hands-on care, personalized exercise programming, and consistent communication with doctors.



## 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<sup>1/4</sup> hour sessions available Mondays 4:00 or 5:30 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  
Saturdays 10:15, 11:30 am, 12:45 & 2 pm**

**Call 415.945.9945 Ext. 0  
to schedule your healing appointment.  
(Advanced booking required.)**

# 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.** 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.



INSTITUTE of  
CONSCIOUS  
BODYWORK

*Alive & Well!*

150 Nellen Ave.  
Corte Madera, CA 94925

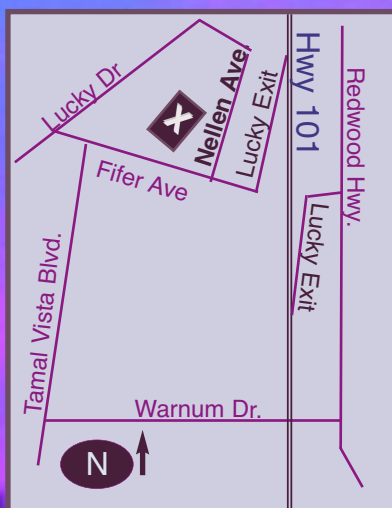
*Providing quality education  
in massage & bodywork.*

*Serving the San Francisco  
Bay Area since 1987.*

PRSR STD  
U.S. Postage  
PAID  
Permit No. 191  
Santa Rosa CA

*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 Warnum 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.*

[www.alivewell.com](http://www.alivewell.com)  
[alive@alivewell.com](mailto:alive@alivewell.com)  
415.945.9945