

ADVANCED FULLER SCHOOL OF MASSAGE

2009 LEVEL II CLASS DESCRIPTIONS

**** Classes can be taken before Level I***

Textbook requirements are underlined

PLEASE BRING SHEETS AND OIL TO ALL HANDS ON CLASSES

Applied Kinesiology

Become adept at muscle testing and correct structural imbalances that are caused by poorly functioning muscles. A wide range of amazing movements are taught. Learn many techniques that have profound effects on the body, mind and emotions.

Textbook: Touch for Health- \$ 30.00

Aromatherapy*

Practical application of essential oils and effects of combinations for physical and emotional problems. Aromafacials, Aromareflex, bath salts, and others will be taught. The supply fee of \$50.00 is included to cover your essential oils. Personal supplies of Epsom salts, base oils, and bottles will be needed for some classes. Aromatherapy II & III will be announced for certification in this modality. Textbook: Aromatherapy For Vibrant Health and Beauty- \$ 16.00

Ayurvedic Massage*

Based on the ancient detoxification and rejuvenation system of India referred to as Pancha Karma. This ancient medical system is the forefront for massage, acupuncture, yoga, crystalology, stone therapy, to mention a few. Class will include hot oil massage, stone therapy, and shirodhara. Each individual's body constitution will be evaluated. A must class for those interested in offering extraordinary healing benefits for their clientele.

Textbook: The Encyclopedia of Ayurveda Massage- Required Reading: Chapters 1-5 prior to class- \$25.00

Business of Healing*

Expand your knowledge of business practices to follow your own path. Learn ways to build your clientele by use of innovative marketing techniques, record keeping, taxes, and legalities. This is a great class for exchanging ideas with other therapists.

Textbook: Business Mastery 3rd Edition- \$ 29.00

Creating Powerful Therapists*

A strong healthy immune system is vital for therapists. Improve the quality of your life with the knowledge needed for a strong vital force. Qi Gong, Brain Gym, herbs, nutrition, Bach Flower, Homeopathy and MET's are taught.

Textbook: Prescription for Nutritional Healing--\$25.00

Craniosacral Therapy*

This intensive class will teach you the craniosacral rhythm and techniques that re-establish freedom of motion throughout the body. A non-invasive modality that affects the body and emotions. Studies show positive results with A.D.D.

Textbook: The Healer Within- \$15.00 (Sold by Instructor)

Deep Stone Massage*

Learn the technique everyone is talking about. A very grounding way to work with stones. They warm the tissues for deep muscle releases to occur with less discomfort for therapist and client. Add another modality to your resume to enhance your practice.

Deep Tissue Massage

Learn over 50 deep tissue techniques for massage therapists including movements for headaches, sciatic pain, slipped bicipital tendon, thoracic outlet syndrome, menstrual cramps, etc. Deep work becomes easy with these techniques.

Ethics of Touch*

Through participating in ethical situations that massage therapists often face, the student will be better prepared to effectively handle situations using the strategies taught.

Fibromyalgia *

Going beyond conventional massage with treatments for chronic fatigue and depression with neuromuscular and Chinese energy techniques.

Hydrotherapy *

The effects of water therapies are taught along with hands on instruction including massage facials, herbal wraps, salt glows, cryo, steam and paraffin. You will need some personal supplies for projects costing about \$8.00 and a plastic table cover.

Textbook: Spa Bodywork- \$ 50.00

Intending Energy with Intuitive Touch*

Experience the mystery and magic of possibilities. Integrate a series of disciplines to alleviate chronic and acute conditions. Experience the power of intention used with fascial release, meridian balancing, magnetics, chakra openings and A.K. techniques. *Both books recommended but not required Textbook: Touch for Health- \$ 30.00 and Chapman's Reflex Points- \$ 20.00

Massage Cupping

By creating suction with negative pressure, this therapy impresses those who experience it. Cupping techniques simulate lymphatic drainage, cellulite massage and myofascial releases.

Demo kits are available at class from \$25.00

Medical Massage

Integrative therapy for muscle dysfunction with numerous specialized clinical techniques. Effectively aid in the recovery of acute and chronic soft tissue injuries and syndromes. These include motor nerve points, muscle stripping, posture training, and Medical SOAP Notes a focus.

Textbook: Massage for Ortho Conditions- \$ 50.00

Myofascial Release*

Fascial releases that maximize and maintain lasting structural changes in clients with acute and chronic pain and dysfunctions. Recommended for clinical occupations. Intro to Anatomy trains. Recommended but not required Textbook: Intro to Anatomy Trains

N.C.E. Prep

A review of A & P, Pathology, Asian and massage theories. Course includes numerous topics to prepare for the N.C.E.

Ortho-Bionomy- The Spine*/The Extremities*

Ortho-Bionomy works with the innate reflexes of the nervous system to bring relief to acute and chronic pain conditions. This technique uses counter strain and gentle touch so there are no contraindications. Please take note that the instructor comes from Washington State and registration needs to be made two weeks prior to class, or the fee will increase to \$225.00.

Practical Pathology

An in-depth study of pathology, muscle innervations, and blood supplies to better understand the body in health and illness. This hands-on class will provide new techniques to relieve joint and muscle pathologies. Protect your client and yourself with the knowledge of pathology. This class fulfills the pathology requirement.

Textbook: Massage Therapist Guide to Pathology and CD Rom- \$ 50.00

Psychology of Touch*

Examine the importance of touch and the role it plays in human development and in our own development as individuals and therapists. We will participate in a variety of self awareness activities and exercises as we explore touch and its significance in our lives. Throughout the workshop we will also examine the ethical issues and dilemmas facing touch therapists today. (This is a hands on workshop. (Please bring sheets and oil)

Qi Gong/ Tui' na *

Learn how to use an astonishing variety of hand techniques that help with arthritis, fibromyalgia, traumatic joint injuries and many more. Harness the bio magnetic force called Qi-Gong and palpate meridians and points.

Reflexive Micro Systems with Reflexology*

An advanced course on the many systems of reflexology. You will explore the significance of these therapies to assist others on the path of self discovery and healing. Includes auriculotherapy and ear candling, color therapy and foot baths.

Textbook: Hand & Foot Reflexology by Kunz- \$ 14.00

Shiatsu/Acupressure*

Japanese bodywork involving 100 techniques to balance chi in the body. Over 50 acupoints taught to address many common disorders such as anxiety, headaches and low back pain. Five element theory is taught. Flexibility and healthy knees are important. Textbook: A Complete Guide to Shiatsu- \$15.00

Spa Techniques *

Learn the newest and most popular spa techniques. Formulate your own herbal massage body wrap, salt and sugar scrubs. We will also cover foot treatments, kelp and mud applications, aromatic head massage, and facial treatments. Wear a bathing suit and bring a towel. Tuition includes a \$40 supply fee. Hydrotherapy class suggested as a prerequisite. Textbook- Spa Bodywork-\$50.00

Sports Massage

This class includes a wide range of sports massage techniques involved in pre-event, post event as well as conditioning and training. Rehabilitation massage taught for a wide range of sports. Many new stretches are practiced.

Thai Massage (The lazy man's yoga)*

A very unique and ancient massage. Combine breathing, meditation, stretching, yoga and compression to unlock the body and mind of physical and emotional blockages. Comfortable clothing is recommended. Textbook: Traditional Thai Massage- \$ 25.00