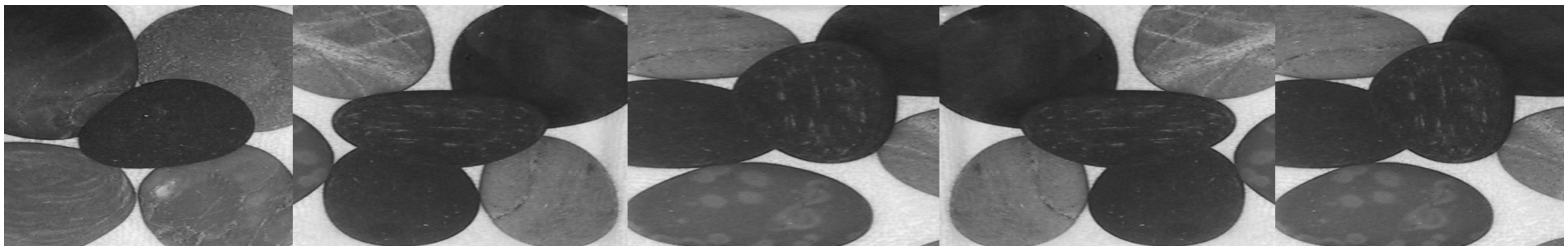

Hot Stone Massage

with instructor: Hallie Sawyers, LMT, APP, NCTMB

Saturday, 3/4/17, 10-5 p.m.
Sunday, 3/5/17, 9-1 p.m.

at Finger Lakes School of Massage, Mt Kisco, NY

Mmmm … this is the best massage EVER!

$300

Recoup the expense of training in 3 sessions!

10% early bird discount: register before 2/4/17
30% repeater discount: Take the training again and renew skills!

This introductory training provides:
8 NCBTMB & 8 NYS CE Credits, hot stone massage benefits and contraindications, basic safety, client & self-care, 60 & 90 minute hot stone massage protocols including specific techniques to address major muscle groups., hands-on instruction & practice, a detailed training manual, and certificate of completion.

Join us for two powerful days of training that provide everything you need to offer one of the most sought-after spa therapies. On day one, we will spend the morning learning about hot stone massage and see a demonstration of techniques. The afternoon will be spent trading supervised hot stone massage sessions, becoming familiar with techniques and enjoying this deeply relaxing and detoxifying therapy. Day Two will be spent solely in supervised practice, trading hot stone massage sessions, delving more deeply into techniques and building familiarity with this powerful discipline. You'll experience first-hand the deeply relaxing and detoxifying effects of this therapy, log plenty of practice hours and leave feeling ready to begin offering this therapy within your practice.

Prerequisites: Upon registering, students must supply their license number, and if repeating the class, a copy of their previous hot stone massage certificate of completion.
Required Supplies: Jojoba oil, single sheet set, mattress pad, 6-8 hand towels, 2-3 pillow cases. **Note: Electric stone heaters, massage stones, digital thermometers, and slotted metal spoons are <u>all provided</u> for student use during class.**

To register contact Finger Lakes School of Massage:
607-272-9024 or email: workshops@flsm.com

Approved for 8 CE credits by both NYS and NCBTMB