

Collinson Massage School & The Bodyworks
2163 N Academy Blvd
Co Spgs, Co 80909
Phone: 719.310.9297

Continuing Education Classes

Call for dates and times

Essential Oils for Everyday Living

First aid to relaxation! From the Queen of oils, Lavender, to preventing insect bites with Tea Tree, what essential oils you can use to disinfect, clean, breathe, and enjoy every day!

Facilitator: Dee Dee Wirebaugh is a professional aromatherapist of 20 years and a member of the Alliance of International Aromatherapists. She is also a Reiki Master and Healing Touch Practitioner.

Date: Saturday, February 25
Time: 9am-1pm
Cost: \$30 before Feb 20/\$15 deposit
\$35 after Feb 21 and at the door
Certificate of completion

Deep Tissue Technique

Learn the Principles of Deep Tissue Massage, correct use of fingers, thumbs, knuckles, fists, forearms and elbows. Learn active and passive movements, stretching, muscle sculpting, basic stroke strategies, caveats & contraindications.

Facilitator: Kimberly Jackson-Tennant is the founder of the Body Being Massage Center in Truckee, CA, In addition to being the author of "The God of Your Heart", an inspirational book of self healing through meditation, she has been teaching Body-Being Meditation for the past 22 years. She has been a Massage Therapist for 20 years and an instructor of massage for 9 years.

Date: Sat, April 21 & Sun April 22
Time: 9am-5pm
Cost: \$275/\$50 deposit
14 CEU hours

Reiki I

Reiki, Universal Life Energy, is a simple and empowering hands on natural healing method. This non-manipulative & non-invasive healing modality has been proven useful in reducing or alleviating stress and pain. In the first level Reiki class you will receive the traditional energy attunements, which serve to harmonize your energy centers & enhance the flow of life force energy in your life.

Facilitator: Kristi Farmer has been a Reiki Master & teacher since 1996 and has been trained in Usui, Karuna TM and Shibui traditions.

Date: Fri, March 23 & Sat March 24
Time: 6:00pm-10pm & 9:00am-5:00pm
Cost: \$195/\$50 deposit
12 CEU hours

Reflexology

Reflexology is a gentle art & holistic healing technique that uses gentle pressure on the feet & hands and works reflex points that correspond to different areas of the body. It helps reduce stress and improves the body's ability to self heal. It brings balance to body, mind, spirit, and emotion.

Facilitator: Cindy Sweeney's interest in reflexology began at a young age when she watched her grandparents use it to maintain their health. She received hands-on training when she sought out this treatment for herself in her mid-thirties. Cindy is a certified reflexologist through the American Reflexology Certification Board.

Date: Sat, March 31 & Sun April 1
Time: 10:00am-4:00pm
Cost: \$195/\$50 deposit
12 CEU hours

Body-Mind Meditation

Meditation is a wonderful gift to give your body, mind and spirit. You will learn several techniques to begin your own practice and help you remain consistent. The benefits of consistent meditation will be evident in all areas of your life.

Facilitator: Sheley Trumps is a Reiki Master/Teacher/Practitioner and fellow Meditator who has her own massage & Reiki practice in Cascade, Co.

Date: Sat March 10
Time: 10:30am-3:30pm
Cost: \$45/\$20 deposit
Certificate of completion

Registration

Name: _____

Address: _____

Email: _____

Phone# Day: _____ Eve: _____

Class Title/s: _____

Amount enclosed: _____

Payment:

A deposit is due upon reservation for each class. See cover for amount & due date. Sorry, credit cards NOT accepted.

Make check/money order payable to: **The Bodyworks**
Mail to: The Bodyworks
2163 N Academy Blvd
Co Spgs, Co 80909

Deposit is refundable if cancelled 7 days before class. If The Bodyworks cancels a class all money will be refunded.

719 632-9930

www.bodyworkscs.com