



# 2018

## Continuing Education Program

*Ayurvedic Massage Therapy*

*September 20 & 21 • October 18 & 19 • November 15 & 16, 2018*

*January 17 & 18 • February 21 & 22, 2019*

*Integrated Neuromuscular Therapy and Orthopedic Assessment*

*Treatment of the Jaw and Cervicals*

*September 15 & 16, 2018*

*Prenatal Massage*

*September 21, 2018*

*Offered at Hudson, New Hampshire Campus*

*Mu-Xing Therapy Intensive Training*

*September 23, 2018*

*For more information on our programs visit our website at [www.nhita.com](http://www.nhita.com)*

*Offered at our Bridgton, Maine Campus*

*27 Sandy Creek Road, Bridgton, Maine 207.647.3794*

## Ayurvedic Massage Therapy

*Instructor: Nancy Tripp, LMT, AC*

**Dates:** Thursday & Friday, September 20 & 21, October 18 & 19, November 15 & 16, 2018, January 17 & 18, February 21 & 22, 2019

**Time:** 9 AM - 5:30 PM

**Where:** New Hampshire Institute for Therapeutic Arts, 27 Sandy Creek Rd, Bridgton Maine

**Cost:** \$1,200.00; **Supplies:** \$125.00 (Text, Oils) — REGISTER ONLINE

**CEUs:** 80

Enhance and balance the diversity of your practice with efficacious techniques derived in the East:

This series of five two-day intensives offers instruction in the healing massage techniques developed within the Indian healing practice known as Ayurveda. The Sanskrit translation of Ayurveda is the science of life, the sister science to Yoga. The Massage Therapy techniques instructed in this program are used to promote a balancing of the physical and subtle body systems, providing a sense of wellbeing and deep relaxation through the rhythmic application of herbalized oils and pastes. These techniques offer a practitioner more gentle techniques for body mechanics.

On completion of this course practitioners will have an understanding of assessing client needs in terms of doshic imbalances so that proper treatment, oils and touch may be administered. Ayurvedic anatomy and physiology will be an inclusive part of this program, offering massage therapists a deeper understanding of the application of Ayurvedic massage.

Ayurvedic techniques included within the course:

- Garshana is a dry glove used to exfoliate the skin and stimulate the lymphatic and circulatory systems
- Abhyanga techniques uses warm herbalized oils applied to the head and body to balance the physical and subtle bodies, calming the mind, enhancing digestive functions and promoting longevity.
- Vishesh emphasizes treatment of muscles and tendons using deeper strokes with the application of warm oils.
- Shiro Abhyanga Nasaya is a shoulder, head and neck treatment with herbalized steam.
- Shirodhara calms the mind and effects relaxation of the nervous system by treating with a light, steady stream of oil directed in patterns on the forehead.
- Kati Basti - treatment for relieving tensions of the lower back and disorders of the lumbosacral region, including slip disc, lumbar spondylosis and sciatica.

*Nancy Tripp, LMT, Ayurvedic Consultant - Specializing in Ayurvedic Lifestyle Consults and Ayurvedic Massage Therapy. Nancy taught at New Hampshire Institute for Therapeutic Arts (NHITA) for 21 years. She is a licensed Massage Therapist, graduating from NHITA, and a Certified Ayurvedic Consultant, graduating from the Kripalu School of Ayurveda. She is certified to practice as an Ayurvedic Lifestyle Consultant through in-depth studies of Vedic philosophy, Yogic psychology, Ayurvedic anatomy, physiology and herbology, with a focus on constitutional analysis. Nancy specializes in Ayurvedic massage and instructs the various techniques that comprise the Ayurvedic approach to Massage Therapy. She maintains a practice in Bridgton, Maine*

## **Integrated Neuromuscular Therapy and Orthopedic Assessment Treatment of the Jaw and Cervicals**

*Instructor: Jeff Mahadeen*

**Dates:** September 15-16, 2018

**Time:** Saturday 10 AM - 5:30 PM, Sunday 9 AM - 5:00 PM

**Where:** New Hampshire Institute for Therapeutic Arts, 27 Sandy Creek Rd, Bridgton Maine

**Cost:** \$375 ; pre-reg 21 days in advance for \$325 — REGISTER ONLINE

**CEUs:** 14

This module will explore musculoskeletal anatomy and function of the cervical and the jaw. Lectures will be focused on muscle location/function and activity of daily living (work, hobbies, sports) stressors that will cause dysfunction within the musculoskeletal system and with this information, we will examine the main physiological factors that may create or intensify pain patterns, including nerve entrapment/compression, trigger points, pathologies and postural distortions.

Within this weekend we will discuss NMT's leading theories on the formation of trigger-points and the how's and the why's of deactivating them. These teachings will give us a better understanding of trigger-points which will be carried throughout the courses.

The course will also include Ortho Assessments to the nearby joints and tissue, so as an LMT we know when and where to treat appropriately. We will then apply this knowledge with specific integrated NMT protocol, by applying manual advanced tissue techniques to relieve myofascial trigger points and other soft tissue dysfunction. Practice will include demonstration, palpation, verbal walk through and practice time.

\*This is a stand-alone module, so no prerequisite is required. Take one or all six courses. In order to become certified in Integrated NMT and Ortho Assessment a student must complete all 6 weekends and pass a written and practical test. Courses will be offered in Maine and NH throughout 2018-2019.

Included within the course:

- Comprehensive muscle study – location, function, stressors and trigger point (tps) referral patterns of over 12+ muscles
- Various muscle and connective tissue dysfunctions/pathologies will be discussed i.e., TMJ dysfunction, Whiplash Syndrome and Protracted Head.
- An Orthopedic testing techniques will be demonstrated for each region/joint
- The relationship of forward head to TMJ dysfunction
- Techniques will include; Trigger point release, Myofascial Mobilization principles, Muscle Energy Techniques, Cross Fiber Friction, and various muscle lengthening techniques. Also included emphasis on utilizing correct body mechanics
- 9 + hrs of extensive hands-on work
- Extensive manual of all treatments, muscles (their anatomy and physiology), most lecture notes. Cost \$25, paid day of course

*Jeff brings NMT to a whole new level with nearly 20 years of rehab experience. Jeff will not only incorporate palpation and release of tps, but Jeff's extensive background in exercise and education makes his classes very informative and fun. With Jeff's clinical experience, he has enhanced the NMT procedures with Orthopedic Assessments, Muscle Energy Technique Stretching and some strength training. The in-depth NMT protocols will assist you in working with each client's specific needs towards bringing a resolution of ongoing body pain. Don't miss out on the opportunity of studying with Jeff, he has helped many therapist raise their rehab knowledge and marketing savvy, which in-turn has quantified in extensive practice growth for his students. Go to Jeff Website to see what students are saying and even chat with former students. <http://www.muscularwellnessinstitute.com/manual-therapy-training-student-testimonials.php>*

## **Prenatal Massage**

*Instructor: Susan E. Hanna, LMT, BCTMB*

**Date:** September 21, 2018

**Time:** 9 AM - 5 PM

**Where:** 153 Lowell Road, Hudson, New Hampshire

**Cost:** \$185.00 — REGISTER ONLINE

**CEUs:** 8

This course is designed to provide the professional massage therapist with the knowledge and techniques necessary to provide their prenatal clients with a safe and relaxing treatment session. The course includes benefits, contraindications as well as pathologies pertaining to prenatal clients. An in-depth look at the do's and don'ts of acupressure points along with proper positioning and draping techniques, assures student's will feel confident offering prenatal massage.

## **Mu-Xing Therapy Intensive Training**

*Instructor: Susan E. Hanna, LMT, BCTMB*

**Date:** September 23, 2018

**Time:** 9 AM - 5 PM

**Where:** 27 Sandy Creek Road, Bridgton, Maine

**Cost:** \$185.00 — REGISTER ONLINE

**CEUs:** 8

Mu-Xing Therapy is a unique wood based massage utilizing heated rosewood and bamboo massage tools. Mu-Xing Therapy tools are specially crafted to deliver a full body, deep tissue massage effortlessly. Mu-Xing tools act as an extension of your hands reducing overall wear and tear on the thumbs, hands and wrists. The warmth of the tools helps to melt muscular tension and allows the therapist to work deeper with less effort.

Mu-Xing Therapy is a treatment using warm bamboo and rosewood tools to perform deep tissue massage techniques. Using different sized and shaped tools, the therapist applies a variety of massage strokes which address ischemic tissue and promote a deep sense of overall well-being and relaxation.

This one-day intensive training class is designed to teach students a full body routine utilizing heated bamboo and rosewood instruments with minimum time booked off.

*Instructor: Susan E. Hanna, LMT, BCTMB brings 18 years of bodywork and 13 years of teaching experience to her workshops. Susan is a nationally certified massage therapist and aesthetician. She began her career as a graduate of Delaware Training Institute of Massage Therapy and quickly found her home in the spa industry, eventually opening her own massage business. Her desire to share her experience and knowledge led her to expand her passion as an instructor at The National Massage Therapy Institute in Wilmington, DE. Former owner of AMagical Escape, Owner of CE Systems and co-creator of Mu-Xing Therapy, Susan is committed to ensuring that each student receives a high-quality educational experience.*

NEW HAMPSHIRE INSTITUTE FOR THERAPEUTIC ARTS  
Continuing Education 2018

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## Registration Form

*If you wish to pay by check, please use this registration form. To register and pay online, please use the registration links, which you will find above with each class description.*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Name of program attending: \_\_\_\_\_

Confirm dates of program: \_\_\_\_\_

Amount enclosed: \_\_\_\_\_

Signature: \_\_\_\_\_

**Make Check Payable to:** *New Hampshire Institute for Therapeutic Arts*

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***Print & Mail To:***     **New Hampshire Institute for Therapeutic Arts**  
27 Sandy Creek Road  
Bridgton, ME 04009

***Questions?***  
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