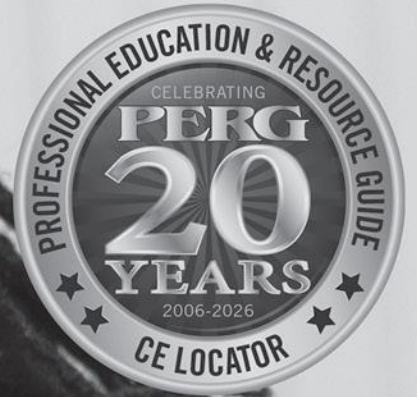




PERG

Professional Education & Resource Guide

FOR MASSAGE THERAPISTS AND BODYWORKERS

North Carolina
CE Fall Edition 2026



PERG

Professional Education & Resource Guide
FOR MASSAGE THERAPISTS AND BODYWORKERS

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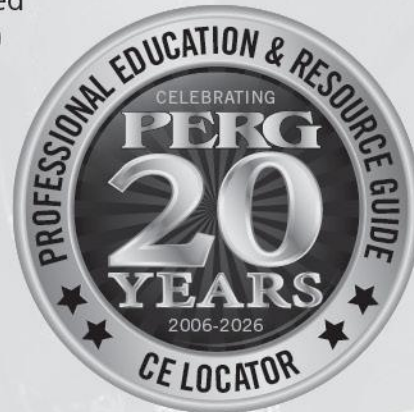
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LETTER FROM THE PUBLISHER

Dear Readers,

Getting organized and evolving with changing times is quite the challenge. This edition, I was able to reflect on how much has changed since our first edition was distributed 20 years ago. The book may look similar, but administrative processes have certainly changed! I'm enjoying learning new skills that have allowed my team to assist advertisers more effectively. The best part about all this is that I love the act of process improvements. The hardest part is that behind-the-scenes processes sometimes get really messy before they get better. Oh well, that's the way of things.



Have a great Fall 2026 season, stay in touch,
and stay connected.

Laura Landsiedel Ford, Publisher

*NC BMBT License renewal update:
licensees now have until December to submit their applications without late penalty.*

About the PERG

NEXT NORTH CAROLINA EDITION JANUARY 2027

Searching for CE courses can require one to look locally or seek a class far away. PERG is the resource at your fingertips. Save it and reference it until your next guide arrives. Search by topic, date, or provider, and more! Just flip through the pages and index which lists all courses in order by date. There is also a course search website that complements PERG in print. Take your search online and start with PERGonline!

The Professional Education & Resource Guide is mailed free of charge to NC licensed massage therapists and bodyworkers. To receive your issue in the mail, keep your address up-to-date with the NC state board (BMBT), as the PERG does not maintain any mailing lists of its own.

View a copy of this publication and search for classes online at PERGonline.com.

Find your favorite provider and resources

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Teaching fun, affordable and knowledge based continuing education since 2003.

Janet is a massage therapist, acupressurist, Asian Holistic Health Practitioner and herbalist.



Janet Wolf Blevins

#398323-00



7/17	Tok Sen	8 Ce's	Hickory
7/25	Healing herbs for your treatment room	4 Ce's	Greensboro
7/25	Ear acupressure	2 Ce's	Greensboro
7/26	Teacher training	8 Ce's	Greensboro
8/8	Abhyanga & Shirodhara	8 Ce's	Greensboro
8/9	Guasha for hands & feet	8 Ce's	Greensboro
8/10	Tok Sen	8 Ce's	Greensboro
8/16	Tuning forks for acu points	8 Ce's	Greensboro
9/6	Spa wraps without a wet room	8 Ce's	Greensboro
9/14	Asian cupping and Guasha	8 Ce's	Greensboro
9/21	Aromatherapy & flower essences on acupressure points	8 Ce's	Greensboro
9/28	5 elements of business success	4 Ce's	Greensboro
10/9-11	Native hot stones 21 Ce's and Ethics Complete renewal weekend	3 Ce's	Maiden NC
10/18	Reiki 1	8 Ce's	Greensboro
10/19	Ethics	3 Ce's	Greensboro
10/19	Gemstone face massage	2 Ce's	Greensboro
10/24	Aromatherapy & flower essence on acupressure points	8 Ce's	Wilmington
10/25	Asian cupping and Guasha	8 Ce's	Wilmington
10/26	Ethics	3 Ce's	Wilmington
10/26	Gemstone face massage	2 Ce's	Wilmington
11/2	Teacher training	8 Ce's	Greensboro
11/7	Acupressure	8 Ce's	Greensboro
11/8	Asian Reflexology	8 Ce's	Greensboro
11/16	Healing herbs for your treatment room	4 Ce's	Greensboro
11/16	Ethics	3 Ce's	Greensboro
11/22	Meditative cancer massage	8 CE's	Greensboro
11/30	Acupressure & Guasha for headaches	3 CE's	Greensboro

FREEBODY MASSAGE

Effective, Trauma Informed/Trigger Point Therapy Trainings

"Cat is a wonderful teacher. I used this material the next day and was able to easily release a person's trapezius. I can't recommend Cat's classes enough! Clear, concise, full of wisdom and fun. I can't think of anything to improve." - CS, student in Releasing Traps and Levator Scap, May 2026

Course Title	#CEs	Date
Releasing the Scalenes	7 CE	9/12/26
<u>Releasing Traps and Levator</u>	<u>4 CE</u>	<u>9/18</u>
Therapeutic Prenatal: Hips/Low Back	14 CE	9/19-20
<u>Freeing the Pelvis</u>	<u>21 CE</u>	<u>10/9-11</u>
Releasing the Psoas and QL	7 CE	10/23
<u>Somassage: Trauma Informed</u>	<u>14 CE</u>	<u>10/24-25</u>
<u>Bodywork, Module 1 **</u>		
Releasing Piriformis and Deep 6	7 CE	11/7
<u>Awesome Thighs, Legs, & Feet **</u>	<u>7 CE</u>	<u>11/8</u>
Releasing the Glutes	7 CE	12/4
<u>Body Mechanics**</u>	<u>5 CE</u>	<u>12/5</u>
Releasing Stress and Anxiety**	6 CE	12/6

** These classes are not trigger point based

**Listed classes held in Asheville, NC.
Electric tables now provided for all.**



Scan for website



Scan for YouTube
Channel

Cat Matlock, LMBT #1080

Since 1993
NCBTMB CE Provider 452039-12
IFS Informed/Somatic Anxiety Coach
Trauma Informed Yoga Therapist

FreeBodyNow.com

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NCBTMB Approved Provider # 1000043

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919-297-8445

info@ApexRetreatSeminars.com

Spa Training on location &
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Check our website for more class offerings!

2026 Fall/Winter Class Schedule

Apex, NC:

Thai Herbal Poultice Facial Massage (7 CE)- 9/21
Fundamentals of Table Thai Massage (8 CE) 9/14 & 12/15
Holistic Aromatherapy for Bodyworkers (16 CE) Apex, NC - 9/28-9/29
Thai Sole Therapy: The Art of Thai Foot Massage (12 CE) 10/26 -10/27 & 12/9-12/10
Comprehensive Table Thai Massage (12 CE) - 11/2 - 11/3
Iliopsoas Mastery: A Trauma-Informed, Neuromuscular &
Thai Massage Approach for the Modern Therapist (7 CE) - 10/7 & 11/10
TCM: Bo Jin Meridian Therapy for the Body (16 CE) 10/19- 10/20 & 12/7-12/8
TCM: Bojin Facial Meridian Therapy and Gua Sha Intensive (8CE) -11/9
Therapeutic Thai Oil Massage (15 CE) - 11/16-11/17
Gua Sha Fundamentals (8CE)- 11/23
Thai Herbal Poultice Massage (Luk Pra Kob) (8CE)- 12/7
Pa Khaw Ma: The Art of Thai Cloth Bodywork - 10/5-10/6 & 12/16-12/17
Sanford, NC:

TCM: Bojin Facial Meridian Therapy and Gua Sha Intensive (8CE)- 9/7
Gua Sha Fundamentals (8CE)- 10/19
Thai Herbal Poultice Facial Massage (7 CE)- 10/27
Thai Sole Therapy: The Art of Thai Foot Massage (12 CE) - 10/12-10/13
Facial Gua Sha Fundamentals (7 CE) - 10/26

Charlotte, NC

Thai Prenatal Herbal Poultice Massage (Luk Pra Kob) (13 CE) - September 14-15

Spa Training on location & Private training with an instructor available!

Reset, Reboot, Restore Retreat Workshop

3 Day 26CE Retreat Weekend

Statesville NC
September 25/26/27



Nervous System first approach to bodywork And Self Care

NCBTMB approved for 16 CE Bowsage 8 CE Somatic 2 CE Somatic yoga Statesville NC

Retreat Property Day 1 Friday 9am Trauma Informed practice 8CE Jena Weeks NCBTMB 1002493

This trauma-informed continuing education course is designed specifically for massage therapists and holistic practitioners ready to deepen their understanding of the nervous system, trauma responses, and how to safely support clients with embodied care.

Day 1 6pm Friday Lemon Balm Tincture Class no CE Lisa Biggs Make your Own Lemon Balm Tincture (alcohol free) Supplies provided Lemon balm (Melissa officinalis) is a calming, antioxidant-rich herb from the mint family used to reduce stress, anxiety, and insomnia, while improving mood and cognitive performance

Day 2, 3 9am-5pm Sat/Sun 2 Day Bowen Training 16 CE Michelle Lally NCBTMB #1189

Bowen Therapy is a revolutionary technique that manipulates the fascia, muscles, and tendons to signal the brain to release, reset, and relax the nervous system.

Day 3 5pm Sunday 2 Hour Somatic Yoga Self Care 2 CE Jena Weeks NCBTMB 1002493

Somatic Yoga offers a core focus of nervous system regulation. It teaches you to feel safe in your body again and releases the notion of alignment and recognizes the importance of your own bodily awareness and feeling.

26 Ce's \$600 Before Aug 1st | Book by Aug 1st for \$200 Saving

\$800 After Aug 1st | Meals included | 20% Discount on Aromatherapy Store products

Tent camping available | Ask About Glamping Lodging \$20-\$40 per night



Life Changing Technique

•Extend your career •Double your income

Enhance your practice with Bowen Therapy.

Michelle Lally, Instructor

[NCBTMB AP #1189] [GA, FL #20-634030]

2026 Dates for 8CE or 16CE or 26CE

Winter Park, FL: July 18/19

Mint Hill, NC: August 1/2

Atlanta, GA: August 4/5 [Tues/Wed]

Newnan, GA: August 8/9

Statesville, NC: August 29/30

Greensboro, NC: September 12/13

Myrtle Beach, SC: September 21/22 [Mon/Tues]

Statesville NC: September 25/26/27 [Fri/Sat/Sun]

26 CE Retreat weekend

Statesville NC: September 26/27

Asheville, NC: October 17/18

Gastonia, NC: October 24/25

Statesville, NC: October 30/31 [Fri/Sat]

Melbourne FL November 9/10 M/T

Tallahassee FL November 14/15

Statesville NC: November 21/22

Wilmington NC: December 12/13

Raleigh/Cary NC: December 19/20

Statesville NC: December 30/31 [Wed/Thurs]

Basic Bowen

16CE Hands on \$400 - \$450 NCBTMB, GA, and FL CE Broker

Find out how rewarding it is to add Bowen Therapy to your massage practice. (No prerequisite required)

*Bowen For Children

*Bowen for Seniors

*Bowen for Clinical/Deep Tissue

*Double your income

*Quick Results

*Simple full body 30 min routine

Subtle, precise rolling movements over the fascia, muscles, ligaments, tendons, and meridians. Integrated pauses (2-5 min) to allow the body to respond to the Bowen move.

Intro To Bowen

8CE Hands on \$225 - \$250 NCBTMB, GA CE Broker

(No prerequisite required)

Join us on any of the above dates for Day 1 only

Experience an introductory class and discover the powerful healing benefits of Bowen Therapy. Learn how it can help preserve your physical health while potentially doubling your income. This popular treatment, renowned in Australia and Europe, is celebrated for its pain-reducing and stress-relieving qualities, focusing on fascia, muscles, and tendons over the meridian systems. In this class, you will learn several techniques that you can immediately integrate into your practice. Bowen Therapy can be practiced independently or added to the end of your existing massage routine to create the ultimate Bowsage Experience.

More Bowen Moves

8CE \$225 NCBTMB, GA, Ce Broker

Join us on Day 2 any of the above dates

Ready for the More Bowen Moves? For those that have taken the intro to Bowen and want the rest of the moves Or ready for advanced Bowen moves must have knowledge of Bowen and ready to work with new students. If you have previous Bowen Training by me or any other Bowen course and want more Bowen Moves and a great book with more information. Watch some great videos on fascia and marketing, and get the new advanced moves book. Previous Bowen Experience is required for this class.



Check Website to verify dates, as class "Shift Happens". Looking for Bowen in your City? Let me know.

Questions? Call me at 704-929-9757 Visit: www.BowsageTherapy.com

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Teaching VIDEOS guide you through everything. Study them on your own, then join a 2-day in-person class. Video work counts as 1 day, so total is 21 CE hours. See website for details.

Level 1 Certification, 21 CE hrs

\$390 until 3 weeks before class, afterward \$410

AUGUST 1-2, Asheville

NOVEMBER 14-15, Asheville

828-484-1778 www.Table-Thai.com

NCBTMB Provider 288581-00

Become the Therapist Clients Seek for Real Relief

LIVE 2-day class (16 CE hrs, \$350):

The Art of Deep Tissue & Proper Body Mechanics

2026 DATES:

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Become more effective in reducing pain and your patients will make a path to your door.

Taut Band Therapy for Low Back, Sacrum and Hip
Sat & Sun, Sept 12-13, Asheville, NC: 16 CE – \$385

Active demonstrations and lots of hands-on experience in assessing and treating painful muscular-skeletal problems. Learn to identify the taut bands that perpetuate trigger points and attachment site pain.

Understanding Your Patients' Pain
Sat & Sun, Oct 17-18, Durham, NC: 14 CE – \$355

Patients with acute or chronic pain have been altered by their experience. They have stories that need to be heard, symptoms that need correct interpretations and above all, they need trust and safety. "Pain" includes nociception, perception, and interpretation. There are numerous unique qualities of pain. Perception of pain is influenced by economic status, emotional health, and previous painful episodes. Understanding leads to accurate assessment and effective treatment. Reduce pain for your patients with advanced trigger point methods.

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wholistichealthstudioinc.com
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NCBTMB Approved Provider # 450165-06



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Founded by Jill Burynski in 2009, **Living Sabai School of Thai Massage** offers CE Workshops, Advanced Certification Program, Thailand Study Abroad Opportunities, and Premium Thai Massage Mats and Products. See website for details.

Living Sabai is an Approved Provider of Continuing Education NCBTMB #451012-09 CE Broker 50-11155, NY Sponsored. All classes are approved for CEs for license renewal in Georgia, North Carolina, Tennessee, and most other US states.

Founder and Lead Instructor:
Jill Burynski



Thai Massage Intensive - Supine and Prone

21 CEs \$409

Learn a full body Thai Massage in the supine and prone positions, and learn how to incorporate Thai into your table massage.

Asheville, NC Aug 11-13, Dec 8-10
Charlotte, NC October 23-25
Raleigh, NC October 9-11
Nashville, TN September 25-27
Pottstown, PA November 6-8
Harrisburg, PA December 18-20

Thai Massage Immersion - Sidelying and Seated

15 CEs \$349

Learn a full body Thai Massage in the side-lying and seated positions.

Asheville, NC November 7-8
Charlotte, NC August 29-30
Raleigh, NC August 8-9
Harrisburg, PA November 14-15
Pottstown, PA Aug 15-16, Dec 12-13

Traditional Thai Foot Massage

7 CEs \$209

Learn the Thai approach to reflexology.

Charlotte, NC August 28
Raleigh, NC August 7, December 16
Nashville, TN December 13
Pottstown, PA August 14
Harrisburg, PA September 12
Anamosa, IA October 17

Master Class

16 CEs \$349

Prerequisites: Thai Massage 3-Day Intensive and Thai Weekend Immersion

Asheville, NC November 17-18

Thai Massage for the Table

7 CEs \$209

Learn Thai Massage techniques that can be used in your table massage.

Raleigh, NC December 15
Charlotte, NC December 12
Nashville, TN December 12
Anamosa, IA October 16
Pottstown, PA December 11
Harrisburg, PA September 13th

Thai Herbal Compress Massage

7 CEs \$239

Take your massages to the next level by adding Thai Herbal Compresses (Luk Pra Kob) to your treatments.

Asheville, NC October 20
Charlotte, NC July 10

Northern Thai Tok Sen Therapy

7 CEs \$229

Prerequisites: Must have previously taken a course with Living Sabai Learn to apply tapotement with a wooden mallet and chisel along the Thai Sen energy pathways to release muscle tension and blocked energy.

Asheville, NC October 21
Charlotte, NC July 11, December 12
Nashville, TN September 24

Thai Pha Khao Ma Massage

7 CEs \$229

Learn to apply gentle stretches using a traditional Thai cloth (Pha Khao Ma). Techniques can be used on a table or mat.

Asheville, NC October 20
Charlotte, NC July 12, December 11
Nashville, TN December 14

LivingSabai.com jill@livingsabai.com **828-450-0134**

“Classes are well put-together and structured with clear and informed direction, and Jill delivers an obvious mastery of the craft. Living Sabai provides excellent supplementary material and taking these classes has definitely enhanced my longevity and joy in my work!”

— Bethany Rudisil



LYDIA RITENOUR, LMBT #10433

NCBTMB Approved Provider #1001607



NMT: TMJD FOCUS MASSAGE 8CE

8/23/26 Mooresville | 9/27/26 Mooresville | 10/11/26 Charlotte

ETHICS: CLEAR CONNECTIONS THROUGH JUNGIAN SHADOW WORK 3CE

9/13/26 Mooresville | 11/8/26 Charlotte | 12/7/26 Webinar

NMT FOR HEADACHES, MIGRAINES, AND WHIPLASH 8CE

8/9/26 Charlotte

ENVISION: A GUIDED LIFE DESIGN WORKSHOP 4CE

12/6/26 Charlotte | 12/13/26 Mooresville



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wellnessspecialistslkn.com/classes



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JOHNSON CITY, TN - AUGUST

AUG 8 & 9 — Easy Deep Tissue: More Pressure, Less Effort (14CE)

AUG 10 — Ethics: Massage & \$\$\$ + Self Care: Ball Rolling (8CE)

AUG 11 — Massage for TMJD w/Intraoral Work (7CE)

KNOXVILLE AREA / FARRAGUT, TN - SEPTEMBER

SEPT 12 & 13 — Getting Specific: Hip & Shoulder Girdles (14CE)

SEPT 14 — Ethics: Massage & \$\$\$ + Self Care: Ball Rolling (8CE)

SEPT 15 — Massage for TMJD w/Intraoral Work (7CE)

RALEIGH, NC - OCTOBER

OCT 2 & 3 — Getting Specific: Hip & Shoulder Girdles (14CE)

OCT 4 & 5 — Deep Dive: Forearm & Hand (12CE)

CHARLOTTE AREA / CORNELIUS, NC - NOVEMBER

NOV 7 & 8 — Getting Specific: Hip & Shoulder Girdles (14CE)

OBX - KITTY HAWK

November 16 & 17

Forearm & Hand (12CE)

November 18

TMJ w/Intraoral Work (7CE)

November 19

Ethics & Ball Rolling (7CE)

OBX LOCALS

SAVE Hotel Costs !

SAVE Travel Time !

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Melissa D. Cope, LMBT
AshevilleMassageTherapy.NET
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NCBTMB Provider #451901-12





Hope DeVall
LMBT 10846, MLD-C

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Western North Carolina School of Massage
LOCATED IN SCENIC WEST ASHEVILLE



Darren Cadwell
LMBT 16367, NMT-C

DATE	WORKSHOP	INSTRUCTOR	CE	PRICE
July 11 & 12	Aromatherapy for Skincare	Hope DeVall	12	\$300
July 17	Ethics; Mindfulness & Loving Kindness	Hope DeVall	6	\$99
July 18 & 19	NMT for Treating Shoulder Pain & Rotator Cuff Injuries	Darren Cadwell	12	\$300
August 1st & 2nd	Introduction to Lymphatic Drainage - Upper Body	Hope DeVall	12	\$300
August 15 & 16	NMT for Tennis & Golfer's Elbow & Carpal Tunnel	Darren Cadwell	12	\$300
August 29 & 30	Somatic Movement Strategies for Relieving Challenging Holding Patterns	Lavinia Plonka	12	\$300
September 5 & 6	NMT for Treating Plantar Fasciitis, Foot & Ankle Pain	Darren Cadwell	12	\$300
September 12 & 13	Introduction to Lymphatic Drainage: Lower Body	Hope DeVall	12	\$300
September 25	Foundation of Ethics	Hope DeVall	3	\$45
September 26 & 27	Stretching on the Table	Hope DeVall	12	\$300
October 3rd & 4	Energetic Bodywork: Blended approach to massage / energy work	Theresa Wilkes	16	\$400
October 10 & 11	NMT for Head & Neck Pain	Darren Cadwell	12	\$300
October 17 & 18	Introduction to Lymphatic Drainage: Head Neck & Face	Hope DeVall	12	\$300
Oct 31st & Nov 1st	NMT for Knee Pain	Darren Cadwell	12	\$300
November 14 & 15	NMT for Sciatic Pain	Darren Cadwell	12	\$300
Nov 20, 21st & 22nd	Lymphatic Massage: Full Body Sequence	Hope DeVall	18	\$450
December 5 & 6	NMT for Shoulder Pain & Rotator Cuff Injuries	Darren Cadwell	12	\$300
December 12 & 13	Aromatherapy for Pain Relief	Hope DeVall	12	\$300

Completely Online CE Courses, Test and Certificates Also Available

All courses and instructors are approved by NCBTMB for continuing education.

Information & Registration: **www.wncsom.com**
WNC School of Massage, 707 Haywood Rd, Ste 001 Asheville, NC 28806
(828) 761 1553 info@wncmassageschool.com

NCBTMB Provider #451758-11



Western North Carolina
School of Massage



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2026/27 Course Calendar

Anatomical Whole Body Dissection Intensives

New 3-Day Intensive 24 CEs \$1875 June 4-6, 2027

2-Day Dissection Intensive 15 CEs \$1450

August 8-9, 2026

October 10-11, 2026

August 14-15 2027

October 16-17, 2027

Dissection Club - Open Lab

\$200 single or \$425 for 3 sessions

Wednesdays 4:00-8:00 PM 4 CE's

Meets once per month

Learn anatomy through dissection at our beautiful lab located in Charlotte, NC. Our dissection courses feature soft-fix embalming to allow joint mobilization and life-like appearance. This course is led by our team of anatomists with expertise in manual therapy, fascia, anatomy and physiology.

Use code: PERG for 15% off any program

Scan QR code for details + registration + calendar



Experience Anatomy's mission is to bring high quality anatomy education to all.
www.experienceanatomy.com

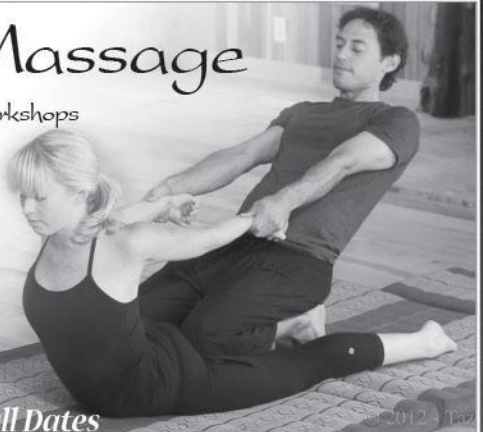
Thai Massage

Live 'Hands On' Workshops
and Home Study
Online Courses

with Michael Sitzer

LMBT #10273

NCBTMB #451645-11



2026 Fall Dates

Each
Weekend-
\$245*

LIVE HANDS ON WORKSHOPS:

Thai Yoga Bodywork Certification Training: (3 weekends)
Sep. 19, 20, 26, 27 & Oct. 17 & 18 - Asheville, NC (54 CE's)

Oct. 24 & 25 - Thai On The Table - Asheville, NC (18 CE's)

Nov. 7 & 8 - Thai Teacher Training - Asheville, NC (18 CE's)

Jan. 30-Feb. 11 - Thailand Tour - Chiang Mai (30 CE's)

(Home Study Courses also available online for \$99 per 3 CE course)

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Certification
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\$595*

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Certification is offered after completing Modules 1-6
Registration & More Information:



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www.thaiyogatraining.com

www.thaiyogabodyworkacademy.com



CLAIRE MARIE MILLER SEMINARS

Pregnancy Massage • Fertility Massage • Integrative Reflexology®



Classes at Luna Blues Farm • Chapel Hill, NC

2026

Lymphatic Massage for Detoxification (14CE) • July 20 & 21, Oct 19 & 20

Nurturing the Belly Visceral Abdominal Massage (7 CE) • July 22, Oct 21

Nurturing the Mother® Wise Woman Menopause Massage (14CE) • Aug 3 & 4, Nov 2 & 3

Integrative Reflexology® (21CE) • Sept 14-16

Adv. Integrative Reflexology: Muscle Reflexology w/ Meridians (14CE) • Sept 17 & 18

Nurturing the Mother® Fertility Massage (21CE) • Sept 21-23

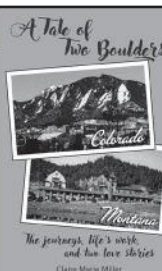
Nurturing the Mother® Pregnancy and Postpartum Massage (21CE) • Oct 26-28

Claire Marie's class size limited to 10. Sign up early!

Massage Tables provided.



Claire's memoir is out now!
Order on her website,
or get in person
at any of her classes!



2-Day Nurturing the Mother® Spa Pregnancy Massage (16CE)

August 1 & 2 - With Michelle Lockhart & Monica Fouty • Cornelius, NC
Sept 12 & 13 - With Michelle Lockhart & Monica Fouty • Mount Airy, NC

2-Day Integrative Reflexology® Spa (16CE)

Aug 23 & 24 - With Janis Pulliam • Wilmington, NC

Nurturing the Belly Visceral Abdominal Massage (7 CE)

Sept 13 - With Claire Heymans • Charlotte, NC
Oct 4 - With Janis Pulliam • Wilmington, NC

Nurturing the Mother® Wise Woman Menopause Massage (14CE)

Sept 13 & 14 - With Janis Pulliam • Wilmington, NC
Sept 14 & 15 - With Claire Heymans • Asheville, NC
Oct 12 & 13 - With Auleana Jarman • Morehead City, NC

Lymphatic Massage for Detoxification (14CE)

Sept 28 & 29 - With Auleana Jarman • Morehead City, NC
Oct 25 & 26 - With Janis Pulliam • Wilmington, NC

2-Day Nurturing the Mother® Spa Fertility Massage (16CE)

Dec 5 & 6 - With Michelle Lockhart & Monica Fouty • Mount Airy, NC

Information & Registration: 919-280-5505 • clairemariemiller1979@gmail.com

www.clairemariemiller.com

National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) approved continuing education provider # 49535-00 • ARCB • Florida approved



LIVE CLASSES

DATES	CLASS	CE
7/17/2026	Stepping Into Your Capabilities Business Development + 1 Ethics (Greater Freedom With Healthy Boundaries)	5
7/18/2026	Breathwork, Meditation & Hands On Restorative Yoga	16
7/20/2026	Techniques to share with clients: Foam Rollers, Tennis Balls and Mindfulness Exercise	8
8/1/2026	Side by Side- End of Life Care & End of Life Doula Certification + 2CE Ethics	16
08/21/2026	Breathwork, Meditation & Hands On Restorative Yoga	16
08/23/2026	Complete Body Lymphatic Drainage with Silicone Cups & a Honey Facial	8
08/24/2026	Forearm Massage Techniques- Save Your Hands	6
09/19/2026	Breathwork, Meditation & Hands On Restorative Yoga	16
09/21/2026	Stepping Into Your Capabilities Business Development + 1 Ethics (Greater Freedom With Healthy Boundaries)	5
10/03/2026	Forearm Massage Techniques- Save Your Hands	6
10/10/2026	Forearm Massage Techniques- Save Your Hands	6
10/16/2026	Side by Side- End of Life Care & End of Life Doula Certification + 2CE Ethics	16
10/22/2026	Techniques to share with clients: Foam Rollers, Tennis Balls and Mindfulness Exercise	8
10/23/2026	Breathwork, Meditation & Hands On Restorative Yoga	16
10/25/2026	Stepping Into Your Capabilities Business Development + 1 Ethics (Greater Freedom With Healthy Boundaries)	5
10/26/2026	Complete Body Lymphatic Drainage with Silicone Cups & a Honey Facial	8
11/06/2026	Breathwork, Meditation & Hands On Restorative Yoga	16
11/08/2026	Complete Body Lymphatic Drainage with Silicone Cups & a Honey Facial	8
11/14/2026	Breathwork, Meditation & Hands On Restorative Yoga	16
12/05/2026	Side by Side- End of Life Care & End of Life Doula Certification + 2CE Ethics	16
12/12/2026	Breathwork, Meditation & Hands On Restorative Yoga	16
01/09/2027	Breathwork, Meditation & Hands On Restorative Yoga	16
01/11/2027	Stepping Into Your Capabilities Business Development + 1 Ethics (Greater Freedom With Healthy Boundaries)	5
01/12/2027	Complete Body Lymphatic Drainage with Silicone Cups & a Honey Facial	8
01/13/2027	Forearm Massage Techniques- Save Your Hands	6

HOME STUDY

Greater Freedom With Healthy Boundaries (Ethics)	1
End of Life Care & Boundaries - Side by Side (Ethics)	1



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Let's Go In Wellness & Massage

Check out the website for all offerings throughout the year

www.letsgoinwellness.com

252-400-1591

Holly Fisher-Chalk

LMBT license #2180
NCBTMB Approved Provider
#1000694



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Working w/Trauma (Self-Care): Care for Others 7 CE's, \$130
9/19/26 Asheville, NC

Basic Lymphatic Massage 21 CE's, \$389
9/11/26-9/13/26 Cornelius, NC
9/25/26-9/27/26 Asheville, NC**

The Cranial System: Structure and Motion 1 21 CE's, \$389
10/16/26-10/18/26 Cornelius, NC
10/23/26-10/25/26 Asheville, NC**

**Asheville Only: Special Discount for Repeat Students may apply



HOLISTIC SYMMETRY

www.holisticsymmetry.com

Register/More Information: call **828.450.0979**
or email: ellengayle@holisticsymmetry.com

Ellen Gayle Sovinee, HHP
NCBTMB Approved Provider #450498-07
LMBT NC #6520 est. 1989

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07/17/2026	C1: Being in the Field	21	Asheville
07/31/2026	C2: Following the Path	21	Asheville
09/16/2026	An Introduction	7	Asheville
10/23/2026	C1: Being in the Field	21	Asheville
08/15/2026	Upper Cervical Trauma	14	Asheville
11/13/2026	C3: Tending the Fire	21	Asheville

To register, visit cranialwork.com



BRIAN LOFTIN, LMBT
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(828) 200-6717 or cranialworkinfo@gmail.com
NCBTMB approved provider # 1559

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2026 Course Offerings

*Continuing
Education
for Licensed
Massage
Therapists*

**Thai Oil Massage on
Table**
16CE 10AM - 6PM
June 22nd & 23rd
July 25th & 26th
August 8th & 9th
September 5th & 6th
October 3rd & 4th
November 7th & 8th
December 19th & 20th

Reiki Level 1
8CE 10AM - 6PM
June 27th
July 11th
August 15th
September 12th
October 10th
November 21st
December 5th

Reiki Level 2
8CE 10AM - 6PM
June 28th
July 12th
August 16th
September 13th

October 11th
November 22nd
December 6th

**Prenatal Massage
Training**
16CE 10AM - 6PM
July 28th & 29th
August 3rd & 4th
September 15th & 16th
October 27th & 28th
November 9th & 10th
December 12th & 13th

**Enhancing Massage
Sessions with Hot
stones, Cupping, and
Aromatherapy: A
Holistic Integration**
4CE 2PM - 6PM
June 9th
July 7th
August 18th
September 29th
October 7th
November 17th
December 15th



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(limited to 8 students)

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learning

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learning environment



Shawntae Young LMBT #18940
NCBTMB Approved Provider #1001717

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Raleigh, North Carolina

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edition's cover!

FALL 2026 SCHEDULE:

July 11 & 12	Reflexology - Introduction	10	\$300
July 18 & 19	Reiki Level II - Serve	14	\$330
August 15 & 16	Reiki Level III - Evolve and Deeping Your Connection	14	\$345
August 22 & 23	Aromatherapy Introduction	10	\$280
August 28	Ethics - Mastering the Client Experience	4	\$135
August 29	Ethics: Right to Refuse	3	\$75
August 29	Business and Marketing for Bodyworkers and Healers	3	\$75
September 11	Self-Care Practices	4	\$135
September 18	Ethics - Maintaining Boundaries with Clients	4	\$135
September 20 & 21	Two-Day hot Stone Therapy	16	\$400
September 25 & 26	Deep Lymph Flushing Massage	16	\$400
September 27 & 28	Craniosacral, Level I	16	\$400
October 2 & 3	Getting Specific: Hip & Shoulder Girdles	14	\$395
October 4 & 5	Deep Dive: Forearm & Hand	12	\$350
October 9	Thai Yoga Massage	8	\$250
October 17 & 18	Reiki Level I - Awaken	14	\$330
October 23	Cold Stone Facials	8	\$250
October 30	Exceptional Foot Massage	8	\$250
November 6	Ethics: Navigating Boundaries	3	\$75
November 13	Aromatherapy 101	4	\$135
November 13	Reiki Level II - Serve	14	\$330
November 20	Muscle Melting: Non-Force Deep Tissue Massage	8	\$200
November 21	Neck and Shoulder Treatment Using Non-Force Deep Tissue Massage	8	\$200
November 22	Psoas, Low Back and Hip Treatment Using Non-Force Deep Tissue Massage	8	\$200
December 7	Ethics: Right to Refuse	3	\$99
December 7	Business and Marketing for Bodyworkers and Healers	3	\$99
December 29	Muscle Release Techniques for the Lower Extremity	5	\$140

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Everyone functions in accordance with a unique innate energetic blueprint, the Innate Intelligence. When we are free from stress, real or imagined, healing is a natural progression of life's experience. Life experiences are sustained by dynamic electro, chemical, magnetic interactions that are effected by mental, emotional and physical conditions.

The Healing Arts and Massage School, LLC is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider (# 331623-00).

Visit the School's Web Site for a Complete List of Classes and Calendar with Online Registration



The Healing Arts and Massage School

2501 Blue Ridge Road, Suite G-160 Raleigh, NC 27607 (919) 783-6195 www.healingartsschool.com/new-events



Holistic Breast & Lymphatic Care

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24 CE's \$840.00
Three Days (Fri/Sat/Sun)
8:30am-5:30pm
• 10/9/2026
• 4/9/2027
• 10/8/2027
• 4/7/2028

Foundations in Breast Health
5 CE's \$200.00
Friday 9:00am-3:00pm
• 9/25/2026
• 4/23/2027
• 9/24/2027
• 2/18/2028

Manual Lymphatic Drainage: Introduction
Pre-requisite to Cupping
4 CE's \$135.00
Friday 9:00am-1:00pm

And

Cupping (Vacuum Therapy):
For Manual Lymphatic Drainage
3 CE's \$100.00
Friday 2:00pm-5:00pm
• 9/18/2026
• 2/26/2027
• 9/10/2027
• 2/4/2028

Instructors: Claire Jelnick, RN and Effie J. Spurlin, LMBT

Location: Charlotte, NC area

Ph: 704-724-1020 **www.holisticblc.com** **info@holisticblc.com**



NCBTMB Provider #100634
NCBTMB Provider #1366

Beverly Johnson
NC LMBT #928
Sarah DeBerardinis
NC LMBT #2115

NCBMT Approved
Provider #1627



Ethics: Sex, Touch & Intimacy July 18 | 4 CE | \$90

Body Mechanics: Back to Center July 18 | 4 CE | \$95

The Fascia Connection August 15-16 | 12 CE | \$325

Side-lying Essentials September 12 | 7 CE | \$165

The Awesome Anterior: Myofascial Techniques for the Core & More
September 13 | 7 CE | \$165

Functional Assessment & Treatment of the Thoracolumbar Spine
October 10-11 | 14 CE | \$345

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Upcoming CE Courses

Deep Lymph Flushing For Chronic Pain & Inflammation	16 CE's	6/22-23
	16 CE's	8/22-23
	16 CE's	9/25-26
	16 CE's	10/17-18
Craniosacral Level 1: Anatomy, Theory, and Technique	16 CE's	7/25-26
	16 CE's	9/27-28
	16 CE's	11/7-8
Craniosacral Level 3: Conscious touch for Deep Trauma	16 CE's	8/17-18
	16 CE's	10/24-25
Energetic Bodywork: Blending Massage and Energy Work in the Treatment Room	16 CE's	8/8-9
	16 CE's	10/3-4
Muscle Melting: Non-force Deep Tissue Massage	8 CE's	11/20
	8 CE's	12/18
Neck and Shoulder Treatment	8 CE's	11/21
Psoas, Hip, & Low Back	8 CE's	11/22
Teaching with Presence: Becoming a successful NCBTMB Approved Provider	16 CE's	9/19-20

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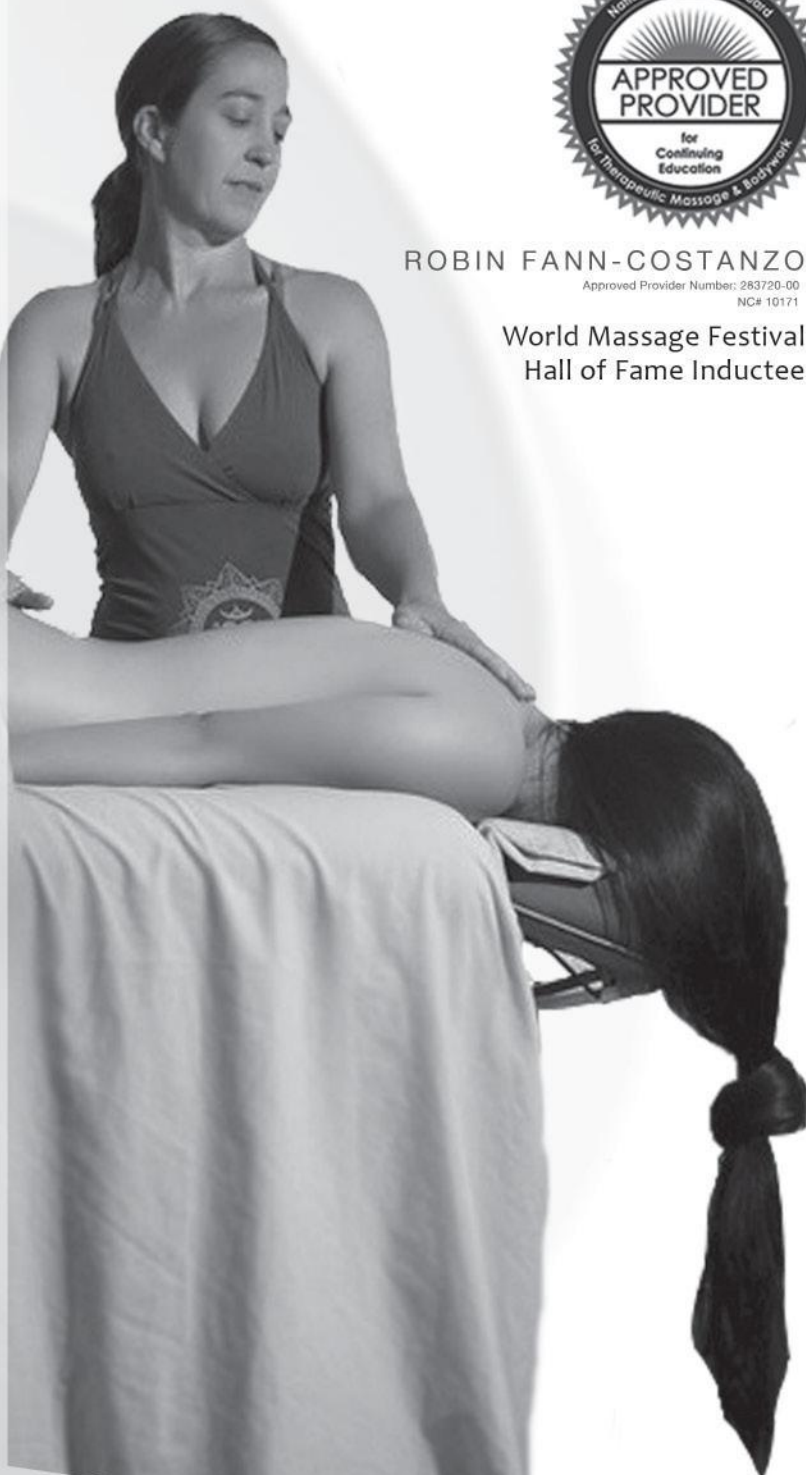
ROBIN FANN-COSTANZO

Approved Provider Number: 283720-00
NC# 10171

World Massage Festival
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DATE 2026 COURSE SCHEDULE

- | | |
|---------|--|
| 7/9 | <i>Trauma Awareness and the Nervous System in Esalen® Massage</i>
Robin Fann-Costanzo - Switzerland |
| 7/17-19 | <i>Magic: A Transformational Weekend of Dance</i>
Kate Shela - Flat Rock, NC |
| 8/28 | <i>Ethics: Roles and Boundaries (3 CE)</i>
Robin Fann-Costanzo - Asheville, NC |
| 8/29-30 | <i>Intro to Esalen® Massage (12 CE)</i>
Robin Fann-Costanzo - Asheville, NC |
| 9/21-22 | <i>Intro to Esalen® Massage (12 CE)</i>
Robin Fann-Costanzo - Tybee Island, GA |
| 10/2-4 | <i>An Esalen® Massage Approach to Working with Trauma (21 CE)</i>
Robin Fann-Costanzo - Asheville, NC |
| 12/5-6 | <i>Intro to Esalen® Massage (12 CE)</i>
Robin Fann-Costanzo - Asheville, NC |



Contact us

For more information on our classes, venue rentals, applying to work with us or any other inquiries, please email us at learn@stillpointwell.com



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- private entry
- speaker system
- 900 sq. ft.
- cushioned dance floor

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www.NCmassageSchool.com

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ON SITE COURSES LISTED BELOW

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at ncmassageschool.com

NCBTMB # 450558-07

CE CLASSES AVAILABLE!

NC Massage School 20525 N. Main Street

Cornelius, NC 28031 704/896-2636

DATE	CE PROVIDER	COURSE	CE	PRICE
7-17-26	Fernando Rojas	Somatic Mindfulness- GROUNDING	8	\$189
7-18-26	Fernando Rojas	Somatic Mindfulness- EXPANSION	8	\$189
7-19-26	Fernando Rojas	Somatic Mindfulness- RADIANCE	8	\$189
7-25-26	Annie Garic	ACE Massage Cupping	16	\$450
8-1-26	Claire Heymans	Nurturing The Mother-Pregnancy & Postpartum Massage	16	\$395
8-7-26	Jules Wyatt	ETHICS In Action	8	\$190
8-8-26	Theresa Wilkes	Energetic Bodywork: Blended Massage and Energy Work	16	\$400
8-15-26	Nate Novgrod	Practical Cupping and Gua Sha	16	\$325
8-21-26	Wolfgang Luckmann	Indian Head, Face & Foot Massage	8	\$190
8-22-26	Wolfgang Luckmann	Integrated Manual Lymphatic Drainage with Cupping	18	\$310
8-28-26	Living Sabai	Traditional Thai Foot Massage	7	\$209
8-29-26	Living Sabai	Thai Massage Immersion - Sidelying and Seated	15	\$349
9-4-26	Michelle Lally	Intro To Bowen	8	\$225
9-6-26	Lisa Esquivel-Clark	The Art Of FACIAL REJUVENATION	8	\$399
9-11-26	Ellen Gayle Sovinee	Basic Lymphatic Massage	21	\$389
9-19-26	Theresa Wilkes	Teaching with Presence: Becoming an Excellent NCBTMB Approved Provider	16	\$450
9-25-26	Annie Garic	ACE Massage Cupping	16	\$450
10-11-26	Heather Rowell	Abdominal Massage: The Visceral Approach	7	\$199
10-16-26	Ellen Gayle Sovinee	The Cranial System: Structure & Motion 1	21	\$389
10-23-26	Living Sabai	Thai Massage Intensive-Supine and Prone	21	\$409
10-31-26	Nate Novgrod	Bodywork Lotion Making	4	\$125
11-1-26	Lisa Esquivel-Clark	The Art Of FACIAL REJUVENATION	8	\$399
11-7-26	Melissa Cope	Getting Specific: Hip & Shoulder Girdles	14	\$395
11-23-26	Kay Warren	Effective Strategies For Plantar Fasciitis	8	\$250
11-14-26	Sheila Alexander	Senior Spa 1&2 Geriatric Massage & Spa Therapies	16	\$400
11-20-26	Mary Gladden	Manual Lymphatic Drainage Massage	16	\$350

MICHAEL J. SAVINO SEMINARS

ALL CLASSES ARE LIVE CLASSES

July 12	Fire: Connection, Warmth, and Transformation	5 CE	Rougemont	
Sept 12	Earth: Nurturing, Nourishment and Stability	5 CE	Rougemont	
Nov 1-2	Table Shiatsu	15 CE	Durham	\$325
Nov 3	Side-Lying Position	7 CE	Durham	\$175
Nov 14-15	Traditional Zen Shiatsu	15 CE	Durham	\$325

Healing Strength

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www.healingstrength.org/liveclasses

Michael J. Savino
Licensed Massage and Bodywork Therapist
Approved Provider # 100292



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10/17/26 & 1/9/27

Yoga Self-Care ~ 4ce

9/13/26 & 12/20/26 & 6/21/27

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Bodywork Therapy Seminars

A Division of Hands On Health Massage Therapy & Wellness

NCBTMB Approved Provider #450679-08

2026 CALENDAR



Unless otherwise
noted, CE classes are
LIVE and held in the

RALEIGH
REGION

We welcome invites to
your location!

SHORT COURSES

	# CE	DATES and TIMES
- Ethics: Standards Of Practice ~ Laura L. Ford	3 CE	08/13/26 (Webinar 10a-1p) or 10/23/26 (Live 4:45p-7/45p)
- Anatomy of Motion: Understanding ~ Julie Barton	6 CE	09/05/26 Sat 9a-4p or 11/21/26 Sat 9a-4p
- Cupping Principles & Applications ~ Jessica Mai	4 CE	11/08/26 Sun 1p-5p
- Foam Rolling & Mvmt Repatterning ~ Julie Barton	4 CE	10/03/26 Sat 9a-1p
- Intro to Adv Modalities ~ Julie Barton	6 CE	09/26/26 Sat 9a-4p or 11/07/26 Sat 9a-4p
- Myofascial Release ~ Laura L. Ford	6 CE	08/29/26 Sat 10a-4p or 12/17/26 Th 10a-4p
- Solving Body Puzzles (Posture) ~ Julie Barton	8 CE	08/22/26 Sat 9a-6p or 10/24/26

NEUROMUSCULAR-MYOFASCIAL (I-NMT Courses*)

- Abdomen, Torso, and Breath ~ Laura L. Ford	16 CE	11/14 - 11/15/26 Sat and Sun
- Lumbar & Pelvis and Postural Analysis ~ Jessica Mai	16 CE	12/12 - 12/13/26 Sat and Sun
- Neck & Jaw for TMD and Craniofacial Pain ~ Jessica Mai	16 CE	7/11 - 7/12/26 Sat and Sun
- Thigh & Lower Extremity and Biomechanics ~ Jessica Mai	16 CE	9/20 and 9/27/26 (consecutive Sundays)
- Thoracic Outlet & Shoulder Mobilizers ~ Jessica Mai	16 CE	8/02 and 8/09/26 (consecutive Sundays)

*I-NMT courcess can be taken in any order, daily class times: 8:30a - 5:30p

REGISTER: WWW.BODYWORKTHERAPYSEMINARS.COM 919.378.1695

INSTRUCTORS

Laura Landsiedel Ford, Jessica Mai,
Jean Rowe, Julie Barton

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Fall 2026 Course Schedule

FOR INFORMATION:

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call: **336-944-7525**

Lydia Rentz Whitley
LMBT 9411 & Lead Instructor
NCBTMB Approved CE Provider #925

NEW LOCATION:

3701 Hobbs Road
Greensboro, NC 27410



~ Hosted by Sanderling Spa in Duck ~		
July 26	Hot Stone Therapy - abbreviated (8 CE) 9am—6pm	\$250
~ Hosted by Renaissance Day Spa in Fayetteville ~		
August 30	Exceptional Foot Massage (8 CE) 9am—6pm	\$250
~ Hosted by Alamance Community College in Burlington ~		
August 2	Exceptional Foot Massage (8 CE) 9am—6pm	\$260
August 23	Cold Stone Facials (8 CE) 9am—6pm	\$260
October 24	Thai Yoga Massage (8 CE) 9am—6pm	\$260
Nov 8 & 15	Two-Day Hot Stone Therapy (16 CE) 9am—6pm	\$410
~ Hosted by The Healing Arts Massage in Raleigh ~		
August 28	Ethics: <i>Mastering the Client Experience</i> (4 CE) 12—4pm	\$135
September 11	Self-Care Practices (4 CE) 12—4pm	\$135
September 18	Ethics: <i>Maintaining Boundaries with Clients</i> (4 CE) 12—4pm	\$135
Sept 20 & 21	Two-Day Hot Stone Therapy (16 CE) 9am—6pm	\$400
October 9	Thai Yoga Massage (8 CE) 9am—6pm	\$250
October 23	Cold Stone Facials (8 CE) 9am—6pm	\$250
October 30	Exceptional Foot Massage (8 CE) 9am—6pm	\$250
November 13	Aromatherapy IOI (4 CE) 12—4pm	\$135
~ Hosted by Life in Touch Learning Center in Greensboro ~		
August 22	Ethics: <i>Mastering the Client Experience</i> (4 CE) 12—4pm	\$135
November 7	Aromatherapy IOI (4 CE) 9am—1pm	\$135
November 7	Self-Care Practices (4 CE) 2pm—6pm	\$135
Dec 7 & 14	Business IOI: Vision—Mission (4 CE) 6pm—8pm "Creating a Vision Board" Two-Night Course	\$110
December 13	Ethics: <i>Maintaining Boundaries with Clients</i> (4 CE) 12—4pm	\$135

ONLINE REGISTRATION: www.lifeintouchlearningcenter.coursestorm.com

Life In Touch Learning Center

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This 3-Module Program (24 CE course, which includes 4 in ethics) guides participants through the process of developing and delivering courses that are engaging, professional and powerful. Participants will leave Module I with all the information required to apply to become an approved provider and with a first draft of the course they plan to deliver.

August 16	Teacher Training I— <i>Basics of Course Design</i> (8 CE)	\$250
August 29	Teacher Training I— <i>Basics of Course Design</i> (8 CE)	\$250
September 13	Teacher Training II— <i>Designing Powerful Courses</i> (8 CE)	\$250
October 11	Teacher Training III— <i>Presenting Powerful Courses</i> (4 CE)	\$135
October 11	Ethics: <i>Integrity in Teaching</i> (4 CE)	\$135



Expand Your Career Beyond the Table

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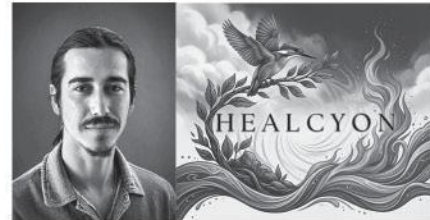
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 28 (L) Aromatherapy for Cold and Flu Season; Chimney Rock, NC; 5CE; p.bk cover
 29 (L) Muscle Release Techniques for the Lower Extremity; Raleigh, NC; 5CE; p.12
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