



Level One Students
Fall 1 Session, 2019



Massage Therapy
Training Program



In alphabetical order: Natalie Alexander, Donneisha Atkins, Michelle Berry, Chazz Booker, Miriah Brown, Wednesday Brown, Ryan Butler, Terrie Callahan, Maria Chapman, DaMarko Cheatham, Laura Coppinger, Ashlyn DiBello, Marqus Edwards, Belen Garcia, Samantha Gavigan, Megan Hampton, Tonica Harris, Jakeya Jordan, Suzana Marojevic, Heather McMorris, Kalie Noltkamper, Demetia Patterson, Michael Rokos, Robin Stidem, Simiya Sudduth, Kevin Trice, Gina Walsh, Joseph Ware IV, Kira Williams, Michael Willis, Jason Wolfe, Parjanya Zutchi

Back to School and Life Changing

It is the time of the year when many people are going back to school. We're well in few weeks into our Fall 1 Session of the Massage Therapy Training Program, and we are pleased to welcome a large new class of students!

We are reminded every 10 weeks at graduation what a big impact the massage training has when we hear a number of our graduates speak at the graduation ceremony. They share about their experience in the program, what they've learned about themselves, and the connection they've made with their classmates while in their clinics and classes.

In an effort to help our students succeed in class and on the licensing exam we now offer free tutoring for Anatomy and Physiology, a notoriously challenging subject. Any student who would like help studying can attend tutoring sessions on Mondays at 1pm in the Dr. Robert Boyd room.

The Introduction to Breathwork is being offered for the last time this year in September and is open to anyone who would like to learn the techniques. You can continue your breathwork practice by attending the monthly Transformational Breathwork Sessions. Breathwork is an impactful wellness practice, and may be added to your massage practice or can be practiced independently. The 100-Hour Transformative Breathwork Master Track began this session with 23 new practitioners being trained as facilitators.

Faculty Spotlight: Bert Davich

Like all the teachers at the Healing Arts Center, Bert Davich brings his own unique set of skills and passion to teaching. A 2006 graduate of the Healing Arts Center, Bert has been teaching here since 2012 as the Myofascial Release instructor and student clinic supervisor.

As an instructor, Bert teaches Myofascial Release, a hands-on technique class focusing on massage to manipulate the connective tissues, or fascia, that surrounds muscles, bones, nerves, and organs. The Myofascial Release class also includes basic sports rehabilitation therapy.

In the Professional Clinic, Bert specializes in pain management, restoring range of motion, and orthopedic conditions. Bert focuses on taking away pain with his clients. He says that its not about what techniques you know but how you use those techniques to help people.

Bert is constantly adding to his knowledge base, reading scientific literature, researching, and attending continuing education courses to learn new massage modalities to incorporate into his professional practice. He encourages students to see Continuing Education workshops not just as a minimum requirement to maintain licensure, but as a necessary and interesting part of identifying your specialty and improving your professional practice.



Bert Davich, LMT



Delicious and refreshing!

Hydration for whole-body health

Dehydration can easily go unnoticed, but when your body is well hydrated the benefits are hard to ignore! Proper hydration helps your joints and muscles, helps you be alert and concentrate, and aids your circulatory and digestive systems. We recommend you use organic produce and herbs. You can bring infused water to class in a sealable container!

Fruit and Herb Infused Water

Pick your flavor:

Strawberry Lemon Rosemary: 1 cup strawberries, 1 lemon (with rind on), 3 sprigs rosemary

Cucumber Mint: one cucumber, 7 mint leaves

Watermelon Basil: 1 cup watermelon, 7 basil leaves

Directions:

1. Cube or slice fruit/vegetable, peeling if necessary
2. Add fruit and 1/2 gallon spring, mineral, or filtered water to a large mason jar or large pitcher
3. Muddle fresh herbs and stir in
4. Let infuse at least 4 hours in the fridge
5. Enjoy chilled or at room temperature

Student Perspective



Julia Leinicke

"I envision bringing peace to my future clients, along with the sure attitude that I know how to do self-care along the way."

- Julia, Level 4

Upcoming Community Workshops and Events

To see more HAC workshops and register for workshops visit www.thehealingartscenter.com/workshops1



The Healing Arts Center has trained thousands of licensed and non-licensed people in wellness practices.
**Massage Therapy Students can take professional workshops, but cannot earn CEUs until after licensure.*

Monthly
Transformational
Breathwork

Sunday, September 8. 9:00 am - 10:30 am Every 2nd Sunday of the month
Tuition: \$30 or \$90 for 4 classes Instructor: Tom Tessereau Prerequisite required
Breathe freely in this 90-minute group session guided by Tom Tessereau.

Reiki Circle

Sunday, September 22, 6:00 pm - 8:00 pm Tuition: by donation Instructor: Tom Tessereau
Every 4th Sunday of the month Exclusively open to those who have studied Reiki with Tom
Everyone remembers the best important part of reiki training is the hands-on exchange, giving and receiving reiki with each other. You will receive another Reiki attunement to enhance your Reiki energy flow.

Introduction to
Transformational
Breathwork

Saturday, September 28, 12:30 pm - 4:30 pm Open to Everybody
Tuition: \$70 Instructor: Tom Tessereau
Learn the basics of Transformational Breathwork and see for yourself how this powerful healing modality will transform your life. Gain insight into your breathing habits and how to breathe openly and effectively.

The Pain
Protocol

Saturday, October 5 and Sunday, October 6, 8:30 am - 5:30 pm CEU:16
Tuition: \$395 Before Sept 6: \$350 HAC Students/Grads: \$350 Instructor: Nicholas Night
Discover an effective, easy on your body way to get your clientele out of pain & keep them that way, especially in chronic pain situations! This course is designed to introduce & allow you to assimilate Lisa Agnew's PAIN Protocol. This body balancing protocol combines Medical Massage & Sports Massage techniques along with streamlined use of body mechanics, advanced assessment & treatment applications.

Hot DNM
Pillossage:
Axial Body Seminar

Saturday, October 19 and Sunday, October 20, 9:00 am - 6:00 pm CEU: 16
Tuition: \$349 Before Aug 31: \$299 HAC Students/Grads: \$262.50 Instructor: Jason Erickson
In this highly interactive and 75% hands on class, you will be introduced to important pain science and dermoneuromodulation concepts, thermal therapy and both hands-on and Pillossage™ techniques you can immediately bring into your work. Pillossage™ is a groundbreaking form of thermal therapy that combines hands-on techniques with specifically designed hot flax pillows.

Foot Reflexology

Saturday, October 26 and Sunday, October 27, 8:30 am—5:30 pm Open to Everybody CEU: 16
Tuition: \$350 Before Oct 10: \$325 HAC Students/Grads: \$260 Instructor: Marsha Mathes
Reflexology is the study of reflex points on the feet that correlate to each organ, gland and all parts of the body. When stimulation or pressure is applied to these specific reflex points, it allows the body to return to balance or homeostasis. Thus, it balances the Chi or life force similar to acupuncture. Come learn this ancient healing art of reflexology.

Conscious Move-
ment Bodywork
Training: Level 1

Saturday, November 2, 9 am—5:30 pm and Sunday, November 3, 9 am—4:30 pm CEU: 14
Tuition: \$300 Before Oct 4: \$240 HAC Students/Grads: \$192 Instructor: Roger Weinerth
This innovative training is for structural integrators, massage therapists, physical therapists, and manual therapists. This work will maximize your success in realigning your clients' bodies to reduce pain, raise body, mind, and Self-awareness as well as being about to positively affect their health, energy, attitude, and well-being.



School Store Product Spotlight
Rescue Pastilles
Natural Stress Relief

We have a newly added product in the store for your self-care: Bach Rescue Remedy Stress Relief Pastilles. These chewy pastilles are a sweet cranberry flavor. Use when you are experiencing stress. The pastilles retail for \$8.34 for a tin of 35 servings.

- Beneficial properties come from:
- Cherry plum
 - Clematis
 - Impatiens
 - Rock rose
 - Star of Bethlehem

Also available in the store are other Bach Essences, the original Rescue Remedy and the Rescue Remedy for Kids. Each retail for \$16.99. Use 4 drops on the tongue or add to your glass of water. The Rescue Pastilles have the same benefits as the Rescue Remedy, but with the convenience of carrying with you, just like mints, to use whenever you may need help feeling calm.



Contact Us

The Healing Arts Center
10073 Manchester Road
Suite 100
St Louis, Missouri 63122

(314) 647-8080

Visit us on the web at
thehealingartscenter.com



Emotional Freedom Technique
Tap your way to peace and clarity

EFT Tapping is a simple and effective tool for self-care to deal with negative emotions. Tapping can be done anywhere and with minimal time. According to The Tapping Solution Foundation, EFT Tapping alleviates issues like depression, anxiety, and insomnia, as well as severe PTSD, physical pain, and even illness.

The diagram at right shows the tapping points. These points correspond to the energy meridian points of the body. By tapping gently 5-7 times on each point while focusing or talking through accepting and resolving negative emotions, you bring your body's energy to a balanced state. Like a feedback loop, the tapping connects mind and body to have both process the emotions, soothing the fight/flight/freeze response.



Resources for tapping:
•EFT Tapping workshops

•Books available in school store
•Audio recordings on CD or digital

•The Tapping Solution Foundation
www.tappingsolutionfoundation.org