

Massage Continuing Education Workshops in Maui, Hawaii

with Brian Utting, LMP
of the Pacific Northwest School of Massage

January 26th, 28th, and 31st, 2015



Brian will be offering three 6-hour NCBTMB-approved
CE courses (18 CE hours total) on beautiful Maui, Hawaii

Introduction to Visceral Massage

Monday January 26th, 9am-4pm (Kahului)

Taxes and Tax Planning for LMPs

Wednesday January 28th, 9am-4pm (Kahului)

Assessment and Treatment of the Ligaments and Deeper Structures of the Neck

Saturday January 31st, 10am-5pm (Makawao)

Join us for a tropical and tax-deductible educational experience in one of the most beautiful places on earth. You will come back refreshed and empowered with effective new tools for your practice. Tuition is \$150 for each 6-hour class, \$250 for any two, and \$350 for all three if you register by January 15th, 2015.

SEE NEXT PAGES FOR COURSE DESCRIPTIONS AND REGISTRATION INFO -

REGISTER EARLY FOR YOUR DISCOUNTED RATE



Brian founded the Brian Utting School of Massage (Seattle, WA) where his 1000-hour COMTA-accredited school was considered one of the best massage schools in the country. With over 30 years of experience, Brian teaches with a rare blend of passion, anatomical precision, humor, common sense, and depth. He was awarded the AMTA's Robert N. Calvert Award for Lifetime Achievement in 2009, and was inducted into the Massage Therapy Hall of Fame in 2014. Visit Brian's website for more info: Pacific Northwest School of Massage www.pnwschool.com

Massage Continuing Education Workshops in Maui

with Brian Utting, LMP of the Pacific Northwest School of Massage

January 26th, 28th, and 31st, 2015

All classes are NCBTMB approved for Continuing Education credit (NCB provider # 451040-09)

Monday January 26th, 2015, 9am-4pm, Kahului, Maui (6 CE hours)

Introduction to Visceral Massage

The viscera are at the very core of our body, and are, along with our nervous system, a primary source of life. They are at the center of our structure, our emotions, our biochemistry, and our life energy. There are over 100 million neurons in the belly (more than in the spinal cord) and they are a primary source of our intuition and "gut" feelings. The sensitivity and vulnerability of the belly is precisely why it is so receptive to safe, calming, and nourishing touch, sending waves of deep relaxation throughout the entire body. We can soften the smooth muscles of the intestines, which reduces pain, improves digestive function, and eases the fascial pull in the back and other areas of the body. We can sometimes separate post-surgical adhesions, creating balance, lift, and increased ease of movement.

In this class you will learn simple and effective abdominal massage techniques that are easy to integrate into your massage practice. You will learn the basic layout of some of the area's major anatomical structures and how to identify, palpate, and treat them. This class will make your abdominal work more comforting, intelligent, and effective. You will be able to help your clients achieve deeper states of relaxation, relieve pain, improve digestive function, and free up deep structural imbalances.

Wednesday January 28th, 2015, 9am-4pm, Kahului, Maui (6 CE hours)

Taxes and Basic Tax Strategies for LMPs

As a self-employed person, about 20-35% of your net income will go to taxes, including federal income tax, social security, medicare, and state and local taxes. This is a small business person's largest single expense, and it behooves us to know how to skillfully manage this expense. In class we will focus on how to "think Schedule C" and legally maximize our allowable business deductions. We will also cover form 1040, tax planning, tax estimating, avoiding audits, the pros and cons of various tax software programs, and the legalities of hiring contractors or employees. Believe it or not, this class is fun and entertaining, and you will easily recover your tuition in tax savings. You will also receive more individual attention than in a typical tax seminar due to the smaller size of the class.

Saturday January 31st, 2015 10am-5pm, Makawao, Maui (6 CE hours)

Assessment and Treatment of the Neck Ligaments

The neck is one of the most common areas of client complaint, injury and dysfunction, and it can be a challenging area to treat effectively. We will explore the terrain of the neck, especially the deeper ligamentous and fascial structures that, when injured, often create chronic neck pain and tension. The cervical ligaments are every bit as important as the muscles and the bones, but are often overlooked by both massage therapists and chiropractors. You will learn a variety of assessment skills that will help you to identify the structures that need treatment, make sure it is appropriate to do so, and treat the injured structures. Some of the structures we will cover include the nuchal, supraspinous, and intertransverse ligaments; the facet joint capsules; and the tendinous attachments of the scalenes, transversospinalis, sacrospinalis, levator, and splenius muscles. Our goal is to help you develop more confidence, specificity and thoroughness in your neck assessment and treatment.

Tuition

\$150 for one day, \$250 for any two days, and \$350 for all three days if registered with a \$50 per class deposit by January 15th, 2015. Prices go up to \$175 for one day, \$300 for two days, and \$400 for all three days after January 15th, 2015. Deposits are non-refundable.

Registration

Send a \$50 per class non-refundable deposit check to PNWSM, 7511 - 25th Ave. NW, Seattle WA 98117.

Questions

Contact Rebecca Schwartz on Maui at: 808-463-7644 or treefishjane@hotmail.com

Contact Brian Utting at: 206-784-1778 or brianuttinglmp@gmail.com