

2016 Guardian Massage & Reflexology

Contact Guardian Massage & Reflexology Program @ Center for the Healing Arts (586)268-5444

Location Guardian Massage & Reflexology Program 38245 Mound Bldg. E, Sterling Heights MI 48310

Continuing Ed, Reflexology, Courses of Interest /All class times are 9a-6p unless specified different.

2016	Class Name	Price	CE	Description
1-10	Professional Ethics Class	129	8	Shannon Powers, class in ethics for bodywork professionals. Role playing and years of experience is shared on client relationships and professional boundaries and interaction.
1-16,17 Intensive 9-24,25	Introduction to Reflexology / Reflexology Certification #1	195/9 75*	16	Charlotte Irwin & Cynthia Ann Scott. Introduction to Reflexology is designed to teach an overview of reflexology and hands on application. Participants will be able to administer a reflexology treatment to family and friends and help with health challenges attributed to stress. Those that would like to administer reflexology as a natural health treatment to the public will continue for 5 more weeks with Charlotte Irwin's Reflexology Certification.*
1-21	Somatic Positioning/ Advanced Bodywork Concepts –A	129/1 350	8/ 168	Discussion and review of the somatic nervous system, its role in muscle function. Apply somatic unwinding with ROM and indirect soft tissue direction techniques. Experience of how these techniques can affect the response of the soft tissue and muscle functions with hands on. Cynthia Ann Scott/ The start of Advanced Bodywork Concepts a 168 hour class for deeper development of Therapeutic Massage therapies. (See A-M course descriptions)
1-23 & 2-7	Anatomy Review for the Shoulder and Arm/ Advanced Bodywork Concepts –B/ Anatomy Review for Massage Therapist Class 1	249/ */ 700	16/ */ 88	Mary Schriro & Cynthia Ann Scott explore the skin, fascia and bony landmarks of the shoulder and arm for connective tissue issues. Learning muscle fiber direction as well as origin, insertion and action of muscles of the shoulder & arm for devolvement of synergist group theories. Hands on focus on rotator cuff and brachial plexus pathology. Frist class in the series of 88 hours of Anatomy review for Massage therapist. (Class 1-6)
1-24	Aromatherapy & Carrier Oil	129	8	Charlotte Irwin expands your knowledge of Essential and carrier oils.
2-13,14 Intensive 10-8,9	Reflexology Certification #2	*	16	Mary Schriro & Cynthia Ann Scott. The certification course covers a deeper understanding into the reflex zones a basic study of anatomy, physiology, specific protocols and research relating to reflexology and the body systems of nervous, sensory, muscular and plantar fascia techniques are presented.
2-14	Couples Massage	129	4	Price is per couple; Learn a great relaxation massage flow from Guardian Staff from 6pm to 10pm.
2-20	Anatomy Review for the Forearm and Hand/Advanced Bodywork Concepts -C/ Anatomy Review for Massage Therapist Class 2	129	8	Shannon Powers explore the skin and fascia of the forearm and hand for connective tissue issues. Defining bony landmark of the forearm and hand. Learning muscle fiber direction as well as origin, insertion and action of muscles of the forearm and hand for devolvement of synergist group theories. Hands on focus on tennis elbow pathology.
2-21	Massage Body Mechanics	129	8	Better Body mechanic for a healthy, happy massage practice with Shannon Powers. Learn leveraging techniques and the use of good body mechanics to avoid injury and be able to complete sessions without stress on your body.
2-25	Plantar Fasciitis Relief/ Advanced Bodywork Concepts -D	129	8	Cynthia Ann Scott hands-on class with integrative techniques to reduce pain and stress tensions in the foot. Explore lower leg and foot anatomy addressing plantar fasciitis and other common foot complainants.
3-3	Trigger Points & Stain counter strain techniques/ Advanced Bodywork Concepts -E	129	8	Exploring the ins and outs of trigger point work and techniques for lengthening and reduction of recovery time with direct and indirect methods with Cynthia Ann Scott
3-6	Intro to Lomi (Back)	129	8	Bodywork class focusing on the back of the body techniques sequence on the Ancient Hawaiian Healing Art with Charlotte Irwin.
3-7	Intro to Lomi (Front)	129	8	Bodywork class focusing on the front of the body techniques sequence on the Ancient Hawaiian Healing Art with Charlotte Irwin.
3-12,13 Intensive 10-22,23	Reflexology Certification #3	*	16	Mary Schriro & Cynthia Ann Scott. The certification course covers a deeper understanding into the reflex zones a basic study of anatomy, physiology, specific protocols and research relating to reflexology and the body systems of Digestion, Cardiovascular, Respiratory and Urinary techniques are presented.
3-17	Carpal Tunnel/ Advanced Bodywork Concepts -E	129	8	Cynthia Ann Scott covers Pathology, Applied Kinesiology and anatomy of the neck, arm and hand. Appreciation for causal reasons of Carpal Tunnel and varies other pain patterns of the elbow and hands. Applications of direct myofascial work, acupressure points, muscle testing and somatic positional techniques to reduce soft tissue pain and tension.
3-20 & 4-3	Anatomy Review for the Spine & Thorax/ Advanced Bodywork Concepts-F/ Anatomy Review for Massage Therapist Class 3	249	16	Cynthia Ann Scott & Shannon Powers explore the skin, fascia and bony landmarks of the spine and thorax for connective tissue issues. Learning origin, insertion and action of muscles of the spine and thorax for devolvement of synergist group theories. Hands on focus on deep muscles of the back and breath pattern tensions.

4-14 & 4-28	Manual Lymph Drain/ Advanced Bodywork Concepts-G	249	16	Bodywork class that address the manual massage techniques and reflexology sequence to increase and improve the Lymphatic system health with instructor Cynthia Ann Scott and Charlotte Irwin
4-16,17 Intensive 11-5,6	Reflexology Certification #4	*	16	Mary Schriro & Charlotte Irwin. The certification course covers a deeper understanding into the reflex zones a basic study of anatomy, physiology, specific protocols and research relating to reflexology and the body systems of Endocrine, Reproductive, Lymphatic, Energy and Aroma based technique as well as hand reflexology are presented.
4-21	Bodywork to Support The Back/ Advanced Bodywork Concepts-H	129	8	Learn integrative techniques in this Hands-on class with Cynthia Ann Scott that explores back, hip anatomy and common complainants of low and mid-back pains and tension.
5-5 & 5-21	Anatomy Review for the Head, Neck & Face/ Advanced Bodywork Concepts-I/ Anatomy Review for Massage Therapist Class 4	249	16	Cynthia Ann Scott & Shannon Powers explore the skin, fascia and bony landmarks of the head, neck & face for connective tissue issues. Learning muscle fiber direction as well as origin, insertion and action of muscles of the head, neck & face for devolvement of synergist group theories. Hands on focus on TMJ and occiput tension.
5-14,15 Intensive 11-19,20	Reflexology Certification #5 /Massage Your Business Class	249	16	Successful business owner Charlotte Irwin explores and gives her experience with an excellent format for any business.
5-19	Bodywork to Reduce Headaches/Advanced Bodywork Concepts-J	129	8	Cynthia Ann Scott Bodywork class that explores head, neck and facial anatomy and techniques to reduce pain and stress tension in the head and neck.
5-22	Spa & Hydrotherapy Applications	129	8	An introduction on how to apply body wraps scrubs and acupressure facials. Product knowledge and resources are included. Class instructor Shannon Powers.
6-4 & 6-19	Anatomy Review for the Pelvis & Thigh/ Advanced Bodywork Concepts-K/ Anatomy Review for Massage Therapist Class 5	249	16	Mary Schriro & Cynthia Ann Scott explore the skin, fascia and bony landmarks of the pelvis and thigh for connective tissue issues. Learning muscle fiber direction as well as origin, insertion and action of muscles of the pelvis and thigh for devolvement of synergist group theories. Hands on focus on iliotibial tract tensions and sciatic nerve pathology.
6-11,12 Intensive 12-3,4	Reflexology Certification #6 (Testing weekend)	*	16	Charlotte Irwin's Reflexology Certification Testing with Charlotte Irwin and Cynthia Ann Scott
6-18	Bodywork for Knees/ Advanced Bodywork Concepts-L	129	8	Class that explores stabilization of the knee, common knee complaints as well as balancing techniques to assist knee stress and tension with Cynthia Ann Scott.
7-10 & 7-21	Anatomy Review for the Leg & Foot/ Advanced Bodywork Concepts-M/ Anatomy Review for Massage Therapist Class 6	249	16	Shannon Powers & Mary Schriro explore the skin, fascia and bony landmarks of the leg and foot for connective tissue issues. Learning muscle fiber direction as well as origin, insertion and action of muscles of the leg and foot for devolvement of synergist group theories. Hands on focus on shin splints and Achilles tendon tensions.
7-14	Reactive Muscles/ Advanced Bodywork Concepts-N	129	8	Muscle testing concepts for neuromuscular integration and stress pain reduction. Class specializes in application of Kinesiology, how muscles work together to create movement with Cynthia Ann Scott.
8-7	Intro to Applied Kinesiology	129	8	Applied Kinesiology bodywork sampler, class explores electrical, emotional, physical & nutrient application with Cynthia Ann Scott.
8-11 & 8-25	TSS Posterior Flow 9a-4p	189	12	Class explores "The Schankin System" (TSS) theory of muscle weakness and anatomy of the back and posterior legs with founding instructor Cynthia Ann Scott while learning Integrative muscles testing, massages techniques concepts to reduce muscle weakness pattern response throughout the posterior flow.
9-8 & 9-22	TSS Anterior Flow 9a-4p	189	12	Class explores "The Schankin System" (TSS) theory of muscle weakness and anatomy of the head, neck, arms, stomach and anterior legs with founding instructor Cynthia Ann Scott. Bodywork class that integrates muscles testing and massages techniques concepts to reduce muscle weakness pattern response throughout the anterior flow.
9-18	Intro to Deep Tissue Massage	129	8	Class for Massage Therapist on the applied theories of Myofascial techniques. Class reviews muscular anatomy to assists to reduce muscular fascia restrictions. Applications of PNF concepts and body mechanics improvements for enhancing the deep tissue massage flow with Cynthia Ann Scott.
10-1	Massage Your Business	149	8	Successful business owner Charlotte Irwin explores and gives her experience with an excellent format for any business.
12-TBD	National Reflexology Review	149	10	Looking to take your National reflexology test? This class gives you the edge with hours and added information from Charlotte Irwin.