

## CORE CONTINUING EDUCATION CLASSES

Many core classes are offered in person, including Hot Stone, Ethics and Sexual Harassment, Somatics, Lymphatic Drainage, Seated Chair Massage, Geriatrics, Floating Joints, Spa Add-Ons, Gua Sha, and more!



### TENSEGRITY & BODYWORK

Problematic patterns in the body “play out” within its tensegrity-organized forces. Chronic patterns involve the entire body while at the same time having local phenomena. While each individual is organized uniquely, there are commonalities to these forces based on the principles of a tensegrity-based structure. All structural (and many non-structural) technique approaches can function within this framework. In this webinar, learn about tensegrity principles and how they relate to the concept of working deeply into tissue layers without having to apply heavy pressure.

### SELF-CARE FOR MESSAGE THERAPIST

Improve your flexibility, strength, and length of your career by focusing on self-care. In this webinar, learn how to develop a system of self-care and focus on body mechanics that will allow you to function as an aggressive, structural massage therapist for your entire career.

### PHILOSOPHICAL PHYSIOLOGY

As we see the body and mind merge into “body-mind,” the physiology of tissues in the process of functioning becomes organized and governed by emotions, enabled through proprioception. In short, the way we view the world is in direct relationship to the arrangement of our collagen fibers and our structure. Since our emotions play out within our own philosophies, this webinar explores how we connect our values through our perceptions to our emotions through our unconscious mind to our proprioceptors, muscle tone, and collagen fiber/fascial structure.



**BODYCRAFT**  
Wellness & Massage Center

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Detailed registration information and current schedule available at:  
[RockValleyCollege.edu/MassageTherapy](http://RockValleyCollege.edu/MassageTherapy)

Bodycraft Wellness & Massage Center LLC is approved by the Division Business and Vocational Schools of the Illinois Board of Higher Education (IBHE), and an Assigned School with the National Board for Therapeutic Massage & Bodywork (NCBTMB) for Massage Therapists.



All courses are approved through National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) for massage therapists.

**RockValleyCollege**

CONTINUING EDUCATION

**Massage Therapy Continuing Education Classes**

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# CONTINUING EDUCATION FOR MASSAGE THERAPISTS

All classes are approved by NCBTMB



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# Massage Therapy for Continuing Education Classes

## FOREARM FUSION® FOUNDATION

This modality teaches how to use maximum pressure with minimal effort and strain while incorporating better body mechanics that focus on using your forearms and elbows. This allows you to provide clients with deep and consistent pressure while avoiding repetitive use injuries and burnout that commonly occur in the hands and thumbs.



## REIKI LEVEL I AND II

Reiki teaches how to channel your inner healer to provide service with compassion and kindness. This energy healing technique promotes energetic self-care and focuses on how we serve others. Reiki covers emotional, mental, physical, and social aspects. While exploring energetic communication, you will receive hands-on experience and learn about full-body Reiki treatments, Ancient Breath Modalities, Energy Clearing, creating a Sacred Space, and Smudging with sacred medicines and essential oils. Further, you will learn about Traditional and Western aspects of Reiki as well as develop an understanding of Ancient Reiki symbols, origins, and mantras.



## PRENATAL MASSAGE CERTIFICATE

Prenatal and labor massage techniques include preconception, pregnancy, and infertility along with postnatal and infant techniques. You will also learn about the anatomy and physiology effects of pregnancy as well as the benefits and contraindications.



## LOMILOMI

Originating in Hawaii, Lomi Lomi is a traditional massage technique that focuses on the energy of movement between the massage therapist and their client. You will learn how the movement transferred to the client is like an ocean wave, with each movement flowing into the next. This technique involves the use of massage oil and forearm to create ironing, circling, sewing, and soothing massage motions.



This modality is a must-have in the spa environment, as well as a great addition to your personal and therapeutic massage menu.

## BAMBOO-FUSION® MASSAGE

Bamboo-Fusion® Massage (on the table) is an innovative way to provide deep tissue, full-body massages using lubricant and warm bamboo tools. Using solid bamboo has many benefits, such as holding heat well, warming quickly in commercial-grade heating pads, and fast cleaning and sanitization. This modality has less of a strain on a therapist's body while still providing clients with a luxurious massage that incorporates firm pressure and soothing heat.



## MYOFASCIAL SKILLS: CRANIAL, SHOULDER, PELVIS, & UPPER

With myofascial techniques, learn how to properly use body mechanics, working from the core, to avoid straining your joints. This modality will teach you how to detect verbal and visual cues the client may be giving that indicate appropriate or inappropriate application of the techniques and massage approach. You will learn instructional skills on how to "coach" your client to be an active participant during the massage session as well as ten basic self-care measures to share with your client on how to properly perform these measures.

## AROMATHERAPY BASICS

This course provides the foundational information and skills you need to understand how and why essential oils work so well. You will learn about specific essential oils, aromatic techniques, and basic layering application methods used in aromatherapy. Learn how to use essential oils in your personal life, with friends and family, and/or how to incorporate them into a professional practice safely and effectively.



## RAINDROP TECHNIQUE

The Raindrop Technique is a unique, holistic method that helps restore balance to all levels of the body. This is a sacred and incredibly therapeutic delivery of essential oils inspired by the Native American belief that raindrops falling from a height may purify and cleanse the body and spirit. The art of dripping unadulterated, therapeutic-grade essential oils onto the body from a height (like rain) so that the oils interact with the physical body as well as the energy field. These oils are then "feathered in" using a spine-tingling technique. Because the essential oils easily penetrate the skin and muscles, the technique works on deep levels of the body without requiring hard pressure or force. The oils stimulate the body's natural rebalancing response as they connect with the body's innate intelligence. All levels of the body - physical, emotional, and spiritual - are encouraged to align, rebalance, and harmonize in a state of well-being.

## CUPPING FOR MASSAGE

As an adjunct therapy to chiropractic manipulations, medical protocols, and surgical recovery, Massage Cupping therapy accelerates patient progress. One of the most amazing aspects of this technique is the "separation" that the vacuum produces in tissue layers. This enables water absorption and renewed blood flow to undernourished and dehydrated waste and congestion. Along with the substantial health benefits of clearing old debris, the use of suction is invaluable in releasing soft tissue, scars, and restricted fascia. Sports professionals benefit from the ease of recovery from injury or surgery and an increase in athletic performance.



## SPORTS MASSAGE

Improve cardio-pulmonary efficiency with clear contraindications, approaches to address rotator cuff and anterior cruciate ligament problems, easy-to-implement, proprioceptive neuromuscular facilitation techniques, methods to correcting leg-length discrepancies, reciprocal inhibition, and much more.



## SCAR TISSUE MASSAGE

The massage techniques and practices covered in this class focus on the connective tissue processes of wound healing, both post-surgery and post-injury. This includes the energy dynamics of scar tissue remodeling.



## CONTINUING EDUCATION REQUIREMENTS FOR LICENSED MASSAGE THERAPISTS IN ILLINOIS

The Illinois Department of Financial and Professional Regulation (IDFPR) licenses massage therapists in the State of Illinois. To learn about massage therapy licenses, visit: [dfpr.illinois.gov/profs/massagetherapy.asp](http://dfpr.illinois.gov/profs/massagetherapy.asp).

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