

Guiding Light School of Massage Therapy

Iowa Massage Board Category A

Course (20 hrs):	Integrated Energy Therapy
Date of Instruction:	Aug 24 th – 26 th , 2012
Instructor:	Joy L. Mellum, L.M.T.
Location:	Guiding Light School of Massage Therapy 51 E. Broadway Street, Fairfield IA

Objective:

Introduce subtle hands-on treatments to address fascial restriction, congested tissue, lymphatic and blood circulation issues, and to activate the parasympathetic response in the body.

Skill:

To assess energetic flow, tissue restrictions and postural distortions. Apply various modalities, light touch, cranio-sacral holds, and activate Chinese meridians, myofascial gentle stretch, softening and unwinding of tissues. Training will focus on assessment and listening skills.

Goal:

To equip therapist with non-invasive therapy techniques to implement fluidity of physical, psychological and energetic flow in the body.