




*Transform Your Life
through a Rewarding Career
in Conscious BodyWork*



**INSTITUTE *of*
CONSCIOUS
BODYWORK**
Alive & Well!

Winter / Spring 2009
Calendar of Events

World Renowned Teachers

The Best in Continuing Education

Founder & Director's Message

Mission Statement

Conscious Evolution through Somatic Education:

Our mission is to train massage therapists and bodyworkers to work with the power of conscious intention to produce transformation and healing in the bodies and lives of those they touch.



Beyond technique, the most powerful tool in massage therapy and bodywork is the kinesthetic conversation between the therapist's hands and the living intelligent system of the body. Massage is a creative conversation where sensation is the information the body uses to reorganize itself. This conscious conversation is the essence of Conscious BodyWork.

Here at the Institute of Conscious BodyWork, Alive & Well! you will find a great depth and breadth of training, a comprehensive training in the broad field of somatics, massage therapy and bodywork. Somatics is the study of the body: everything we can know about how it moves, feels, learns, heals, senses and adapts to its environment; how we work with it to release trauma, heal injury, and promote greater vitality.

Studies in the field of somatics have shown us that we have far more control over our state of health, our body processes, and our physical comfort than was previously believed to be possible. All it takes to facilitate this ability is Conscious BodyWork®.

Everyone can benefit from this mind body awareness as we learn to recognize our own ability to handle stress and tension before they become debilitating.

Those of you who study at Alive & Well! transmit this knowledge through your hands to everyone you touch. Positive effects such as these ripple out from each of our graduates like waves made by a stone tossed in a pond. Alive & Well! serves our conscious evolution through somatic education.

What I love most about our field of massage, bodywork and somatic education is the way it stimulates our growth and personal evolution while contributing to the increase in consciousness on the planet. You can improve the quality of your own life while helping others improve theirs by taking courses here at Alive & Well! You will find this a pleasurable path for learning and growing, with wonderful new people to know and a sense of belonging to a community of like-minded people, while learning to heal yourself and others.

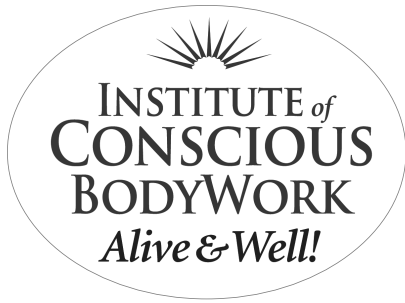
We are proud of the impact our educational programs have had on the community! Our courses provide information and resources for the community, information essential to living fully alive and well! For most of us, this information was not available as we grew up. It is knowledge our parents never had to give us. This knowledge will transform the lives and health of generations to come.

As any of our graduates can tell you, the impact Alive & Well! has had on the quality of their personal lives has been one of the most valuable benefits of the program. As anyone who hires massage therapists can tell you, our graduates are the best!

Jocelyn Olivier, Founder and Executive Director

Raised in Canada on the islands off the West Coast of British Columbia, applauded as one of the best in her field here and abroad, Jocelyn began her work in Marin County, California, in 1972. Her path to the creation of Conscious BodyWork® and NeuroMuscular Reprogramming® was influenced by studies in neuromuscular re-education, applied and educational kinesiology, American Indian and Hawaiian shamanism, and a trip to China to study Chinese physical therapy, or Tui-Na. Jocelyn is past President of the Association for Humanistic Psychology (AHP). She produced and directed the 1999 International Somatics Congress: Body Wisdom. Most recently Jocelyn founded Healus Center to provide neuromuscular and brain function rehabilitation for conditions that have not previously responded to therapy.

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Accreditations & Approvals:

▶ **ICBW is licensed by the California Bureau for Private Postsecondary Vocational Education** to provide certification in Massage Therapy and Conscious BodyWork.

▶ **Approved by the California Board of Registered Nursing (BRN)** to give Continuing Education Units. Our BRN provider Number is CEP 7086.

▶ **Approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved provider.** The NCBTMB provides a voluntary national certification of massage therapists and bodyworkers through administration of the National Certification Exam (NCE). Our NCBTMB provider number is 020807-00.

▶ **Approved by the Veteran's Administration.**

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Staff:

Jocelyn Olivier
Founder & Executive Director

Hannah Seelig
Admissions & Marketing Manager,
Ext. 224

Linda Pickenheim
Student Advisor, Ext. 303

Ruth Blanding
Administrative Coordinator, Ext. 226

Rua Necaize
Projects/Graphic Designer

Referral Rewards Program!

Attention: Students, alumni & community -- we appreciate your referrals.

You will receive a \$50 credit for each person who enrolls in a program and mentions your name!

REDEEM FOR CLASSES, SESSIONS OR PRODUCTS

Transform Your Life...

through a Rewarding Career in Massage Therapy and BodyWork

Exciting Opportunities

A career in the rapidly growing field of alternative health allows you to choose from a variety of work environments. Spas, exotic destination resorts, cruise ships, rehabilitation facilities, and fitness centers are just a few of the choices.

Lucrative Livelihood

Your earning potential is immense and helping others, while helping yourself, is the most fulfilling work you will ever do.

Be Your Own Boss

Working for yourself provides the freedom and flexibility to make friends and family a priority. Owning a private practice allows you the freedom to set your own schedule and choose your own location.

"I researched many schools before I chose one. My final piece of research was to call employers to ask which school they thought was the best. Alive & Well! was unanimous!"

–Amber Guaraglia

"Whenever I mention I studied at Alive & Well! it's gold!"

–Robin Calvert



Contact info:

*Institute of
Conscious BodyWork
Alive & Well!*

150 Nellen Ave.
Corte Madera, CA 94925
415-945-9945, Ext. 224
fax 415-945-9944
admissions@alivewell.com

The Right Choice for You

Start Any Time

We offer open enrollment with classes available days, evenings, or weekends, and intensive programs for those who desire total immersion. You can begin taking the steps toward a meaningful and fulfilling career today and begin working just shortly after completing as little as 140 hours in foundation courses.

Achieve Your Goals

The caliber of education you will receive at the Institute of Conscious BodyWork® is unparalleled. Our programs are designed to develop your unique talents and give you a comprehensive foundation for a successful career. Achieve a competitive advantage in any setting, having mastered structural, circulatory, and energetic techniques.

Ensure Your Success

We offer specialized training certificates and the latest in continuing education classes to increase your marketability and growth. Continuing education units are available for all courses taught at the Institute, including those that are part of a certification program.

Receive Individual Attention

We offer a learning environment that encourages your success! Our hands-on courses are intimate in size and are organized so that you are supported in your learning process. Whether you are an audio, visual, or kinesthetic learner we are here to assist you. Receive one-on-one personalized attention from our teachers, teaching assistants, and admissions staff.

Learn From The Best

Our teachers are among the best, recruited for their specialized expertise and having years of clinical practice to enrich your classroom experience. Each instructor uses innovative and creative abilities to develop and present their curriculum. They are passionate about imparting their expertise in their field.

Apply Your New Skills

Our student clinic provides you with the opportunity to practice your newly acquired skills in a supervised setting. We also offer professional externship opportunities, partnering with employers in the surrounding communities.

Fund Your Future

Our programs are affordable, and our goal is to ensure every student wanting to attend has the ability, regardless of financial resources. We have many options to fund your education and our Admissions Advisor can assist in choosing the one that best fits your budget, timelines and lifestyle.

Receive Ongoing Support

We care about the success of our students. From beginning to end you are supported in your path as a student at the Institute of Conscious BodyWork®. Our Admissions Advisor will assist you in choosing the best program to suit your individual needs, lifestyles, and career goals. Our staff is committed to help you stay on track and aid you in your career once you have completed your program.

Your next step:



Contact Admissions at Ext. 224 for a campus tour and professional healing clinic to personally experience the great Conscious BodyWork vibe!

Certified Massage Technician

Our introductory classes provide you with a strong foundation in Anatomy, Kinesiology, Conscious BodyWork®, and the basics of a professional career in Massage Therapy. These classes are ideal for anyone who would like to develop their skills in touch to share with friends and loved ones or for those preparing for our professional programs.

CMT
140 hrs

CMT Courses:	Hrs	Massage Ergonomics	6
Anatomy/Kinesiology	36	Reflexology.....	15
Conscious BodyWork Level I	27	Supervised Clinical Practice.....	21
Conscious BodyWork Level II		Total CMT Hours	140
OR Principles of Polarity I*	24		
Counseling For BodyWorkers	6	* You may enroll in one or the	
Establishing A Business	5	other for your CMT certificate.	

CMT
Intensives

Take the fast track to certification!
Total immersion is the key with our CMT Intensive program where it is possible to complete the coursework in 3 – 4 weeks. Our 2009 Intensives are January 12 - 31, July 6 - 26 and August 3 - 23. Call for more information. Space in an Intensive is limited.

CMT – Somatic Educator

The CMT - SE program is a dynamic, movement-based training rooted in experiential exercises based on Body-Mind Centering®, Alexander Technique, and Hakomi-based Counseling. You will gain a greater movement integration and efficiency, while learning to educate your clients with basic somatic skills.

- Learn the basic developmental perceptual motor patterns.
- Gain confidence in re-educating your clients toward increased health.
- Develop increased vitality & ease as a practitioner through re-patterning habitual alignment and movement patterns.
- Learn skills for deepened communication with clients within a bodywork setting.

*This Intensive is taught at the **Moving On Center in Oakland, CA** and is the only program of its kind in the San Francisco Bay Area!*

CMT – SE
(East Bay Only)
197 hrs

Courses include:	Massage Level I	Principles of Developmental Movement
	Massage Level II	Barthelemy Fundamentals: Patterns of
	Massage Ergonomics	Total Connectivity
	Body Counseling	Integration & Practice
	Anatomy & Kinesiology	Clinical Practice

Advanced BodyWorker

The Advanced BodyWorker program will broaden your skills to enable you to respond effectively to a wider variety of client needs. In addition to achieving a higher level of professionalism, this next step in your development increases your ability to understand the relationship between knowledge, caring, conscious touch and living systems.

ABW
300 hrs

ABW Courses:	Hrs.	Deep Tissue	37
Prerequisite: CMT	140	Integrative Lymph & Visceral	26
Advanced Palpatory Anatomy	36	Supervised Clinics	22
Building Your Practice	15	Total ABW Hours	300
CBW Level II or Polarity*	24		

* Whichever was not taken in CMT.

Certification Programs - Professional

Conscious BodyWorker[®] CBW

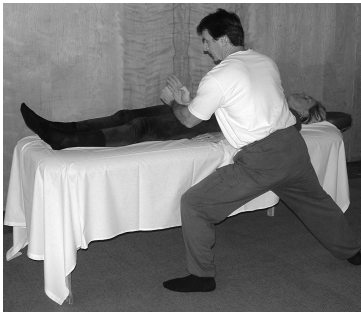
For a career in professional massage and bodywork, our 570-hour CBW program is the best plan. It offers the broadest spectrum of specialized knowledge and experiential learning in the San Francisco Bay Area.

The CBW program will hone your skills beyond our entry-level certificate programs so that you can respond effectively to a wider variety of client needs. The ability to provide expertise in lymphatic, structural and emotional/energetic bodywork increases your value to potential employers and assists in your success as a practitioner. This program exceeds industry standards of 500 hours of education.

Our Conscious BodyWorker program presents three distinct options to support your professional interests and objectives.

Structural CBW Program 570 hrs

The techniques you will gain from our Structural program are among the most refined manual therapy rehabilitation tools available. They will position you for working effectively with sports injuries, athletic performance enhancement, neuromuscular and coordination problems, and postural alignment. If your professional focus is therapeutic and your desire is to work with chiropractors, freelance with athletes, in sports facilities, or injury rehab, this is the program for you!



Structural CBW

Course Requirements:	Hrs.		
CMT & ABW programs	300	National Certification Study Group.....	12
Assmnt. Strategies & Integration (DT II)	24	On-Site Massage	12
Biomechanics & Ergonomics	18	Pathology & Contraindications.....	18
Conscious BodyWork [®] Level III	27	Introduction: Pregnancy Massage.....	6
Consciousness Studies	18	Somatic Process & Integration	9
Ethics & Communication	12	Sports Injury & Chronic Pain	18
Functional Anatomy & Physiology	18	Supervised Clinical Practice.....	36
Myofascial Release	12	Trigger Point Release.....	12
Neuro Physiology of Touch	18	TOTAL CBW Hours	570

Integrated CBW Program 570 hrs

A great bodyworker is one who has the sensitivity and ability to work with all of the systems of the body, whether circulatory, neuromuscular, postural, lymphatic or emotional / energetic. We have integrated Eastern and Western modalities to give you the range and versatility necessary to respond to a variety of client needs with tools most appropriate to the moment. The integrated program will give you the skill to address both the neuromuscular and the neuro-emotional components of well-being.

Integrated CBW

Course Requirements:	Hrs.		
CMT & ABW programs	300	Ethics & Communication	12
Acupressure	40	Myofascial Release	12
Brain Function Facilitation	15	On-Site Massage	12
Chi Gung	18	Introduction: Pregnancy Massage.....	6
Conscious BodyWork [®] Level III	27	Somatic Process & Integration	9
Consciousness Studies	18	Sports Injury & Chronic Pain	18
Cranio Sacral Therapy	24	Supervised Clinical Practice.....	38
Emotional / Energetic Tune-Ups	9	The Therapeutic Relationship	12
		Total CBW Hours.....	570

NeuroMuscular Reprogramming®



NMR corrects the dysfunctional postural and movement patterns resulting from overuse and injury that are the source of mystifying chronic pain and degeneration in muscles and joints. It assists rapid and accurate healing of acute injuries. NMR is an approach to structural bodywork that engages the motor control center of the brain to rewrite the motor programs governing coordinated movement.

NMR uses muscle testing to assess dysfunctions of the coordination system resulting from traumatic injury and overuse, cueing the brain for new learning, and resulting in the immediate correction of neuromuscular imbalances. *NMR* works with the body's organizational intelligence. You will become skilled at addressing neuromuscular pain at its source: the motor control center of the brain.

NMR is the perfect complement to the work of other health professionals. This approach is applicable and utilized in chiropractic offices, physical therapy departments, sports training, and sports injury rehabilitation centers. As a massage therapist, your practice will expand immediately. Practitioners who have completed the training program are amazed at how deeply effective their work becomes through the addition of *NMR*.

The difference between *NMR* and other neuromuscular therapies lies in its ability to bring consciousness to complex neuromuscular dysfunctions and cue the brain for new learning. This kinesthetic conversation as an aspect of therapy is fast, gentle and thorough, usually painless and reinforceable. The results achieved are longer lasting and truly re-educational for the client.

NMR can provide the solution for conditions which have not previously responded to therapy.

This 72-hour professional training course enables you to create customized treatment protocols specific to each client's condition. It introduces you to principles and techniques that will enable you to resolve patterns of dysfunction you may never have seen before.

"My practice tripled in the year after I took NMR. When you can help solve people's structural problems, they send you lots of new clients."

Gale Ulvang, NMR Practitioner

Now you can become a fully trained NMR Conscious BodyWorker® with our new 570 hour CBW - NMR program.

NeuroMuscular Reprogramming is a trademarked work developed at the Institute of Conscious BodyWork Alive & Well!

**NMR
CBW Program
570 hrs**

NeuroMuscular Reprogramming® CBW	
Course Requirements:	Hrs.
CMT & ABW programs	300
Basic Muscle Testing.....	6
Conscious BodyWork® Level III	27
Consciousness Studies	18
Ethics & Communication	12
Myofascial Release	12
NeuroMuscular Reprogramming®	72
NMR Supervised Clinical Practice	22
Advanced NMR	36
OnSite Massage.....	12
Introduction: Pregnancy Massage.....	6
Somatic Process & Integration	9
Sports Injury & Chronic Pain	18
Supervised Clinic Practice	20
Total CBW Hours.....	570

**FREE Intro Evenings: Wed, Dec 10 7-9pm
or Mon, June 8 7-9pm**

Specialized Certifications & Courses

Being a bodyworker in today's world means staying on top of what is current in the industry. Our Continuing Education is the best in the San Francisco Bay Area. We now offer certifications in Pregnancy Massage and Advanced Myofascial along with a multitude of continuing education courses. Add to your repertoire and increase your value. Continuing Education Units for NCBTMB and BRN are available for all courses taught at ICBW including those that are part of a certification program.

Advanced Myofascial Certification

Til Luchau and Larry Koliha

Learn advanced and little-known Myofascial techniques, which can be easily incorporated into a wide variety of bodywork styles. Join us for this unique opportunity to study with Til Luchau and Larry Koliha. Take individually or combine in any order. All classes comprise a comprehensive system, encompassing over 20 session sequences and more than 200 techniques, tests, and procedures.

Anatomical structures to review prior to the course and complete certificate requirements are available at www.advanced-trainings.com.

Advanced Myofascial Techniques: Leg, Knee, Foot	Advanced-Trainings.com Faculty	14 ceu's S/S	Mar 7, 8, 2009	9:30a-5p and 9:30a-4p
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Pregnancy Massage Certification

Mahriah Blackwolf

Become certified in Pregnancy Massage! This 2 part certification program is offered only at the Institute of Conscious BodyWork®. Learn basic protocols including structural techniques to help relieve and correct sciatic and psoas problems. This course will give you the skills you need to work with moms-to-be. The only school in California offering a certification in Pregnancy Massage.

Pregnancy Massage Certification	Mahriah Blackwolf	33 hrs	F/S/S	Jan 9, 10, 11; Feb 6; Feb 7, 8	10a-5p 2-5p 11a-5p
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or

Pregnancy Massage Certification	Mahriah Blackwolf	33 hrs	F/S/S	Jul 24, 25, 26; Aug 14; Aug 15, 16	10a-5p 2-5p 11a-5p
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Create Your Own Package

Design your own continuing education program. Select several classes worth \$2000 or more and receive a discount of 8%.

All our courses can be taken individually as Continuing Education.



FREE Events & Ongoing Classes

You are invited to a FREE Introductory Evening on...

Conscious BodyWork Certifications in Massage Therapy

with Jocelyn Olivier & Staff

Dec 11, Jan 6, Feb 12, Apr 28, Jun 11

7-9pm

FREE

Open House with Jocelyn Olivier, founder and director of Alive & Well! and Healus Center and creator of Conscious BodyWork® and NeuroMuscular Reprogramming®. Jocelyn discusses the programs at Alive & Well!, the rapidly growing field of massage and bodywork, and our distinctive Conscious BodyWork approach. Features demonstrations and Questions and Answers!



NeuroMuscular Reprogramming® with Jocelyn Olivier

Wed Dec 17 or Mon June 8

7-9pm

FREE

Come prepared to take advantage of our Intro Evening enrollment offers!



Feel Great in Your Body with Ongoing Classes at Healus Center!

Smart Yoga

with Megan Scott PhD

Use the universal principles of alignment to open the body and connect to your own highest consciousness and potential.

\$12ea

Mondays

12:45 - 1:45pm

A Question of Balance

with Jocelyn Olivier; Megan Scott and Houmayoun Shevaie

Learn the factors affecting balance. Leave with several strategies to immediately improve your balance. Learn activities that condition your body and the nervous system. Build strength to feel more solid in your body. Experience the principles of alignment to help maintain correct posture and bio-mechanics.

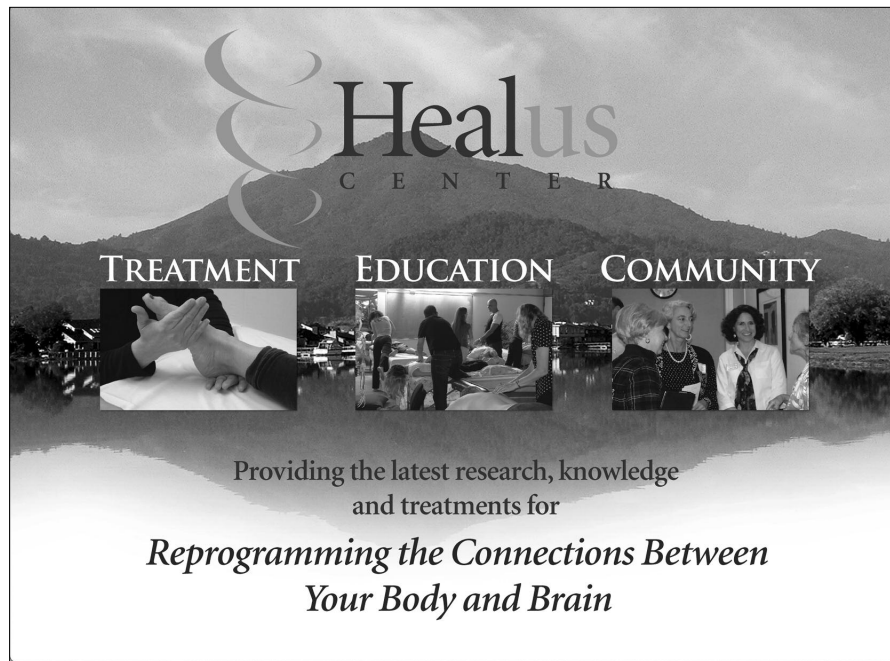
10 week course \$12 per class; save moeny on prepaid sessions!

Wednesday

2 - 3pm

12/4/08

***More than
20 years***



The Institute of Conscious BodyWork, Alive & Well! has provided quality education to a superior breed of bodywork practitioners throughout the San Francisco Bay Area and the world.

We have trained over 10,000 massage and bodywork professionals.

Over two decades as the premier massage and bodywork school in the San Francisco bay area, we are also celebrating the successful two year anniversary of our professional treatment center including: NeuroFeedback, NeuroMuscular Reprogramming®, brain function facilitation, hands-on stress reduction and emotional release techniques.

The Healus Neuro Rehab Center and the Institute of Conscious BodyWork are working together to bring you the latest research, knowledge and treatments for reprogramming the connections between your body and brain. Come in for a free 1/2-hour neuromuscular coordination assessment. We have solutions for those hard to solve body problems.

Referral Rewards Program!

***Attention: Students, alumni and community --
we appreciate your referrals.***

You will receive a \$50 credit for each person who enrolls in a program and mentions your name!

REDEEM FOR CLASSES, SESSIONS OR PRODUCTS

Schedule of Courses

Winter/Spring 2009

Course	Instructor	No. Hrs.	Day of Week	Dates	Time	Date to Register	Type of Program	Course Fee
Acupressure	Janiece Piper	40	S/S Tue	Jun 27, 28; Jul 18, 19 and Jul 9, 16, 23, 30; Aug 6	10–5:15p and 7–10p	May 29	CBW	\$944
Anatomy/Kinesiology Option 1, January Intensive	Larry Munn	36	Mix	Jan 13, 14, 15, 16, 20, 21, 22, 23, 27, 28, 29 and Jan 14	10a-1p 2-5p	Dec 15	CMT	\$848
Anatomy/Kinesiology Option 2	Larry Munn	36	Tue	Mar 3, 10, 17, 24, 31; Apr 7, 14, 21, 28	7-10p	Feb 3	CMT	\$848
Anatomy/Kinesiology Option 3	Larry Munn	36	S/S	May 9, 10; Jun 6, 7, 27, 28	10a-5p	Apr 10	CMT	\$848
Advanced Palpatory Anatomy	Larry Munn	36	S/S	May 16, 17, 30, 31; Jun 20, 21	10a-5p	Apr 17	ABW	\$848
Biomechanics & Ergonomics	Alco Chan	18	Wed	Apr 1, 8, 15, 22, 29; May 6	7-10p	Mar 4	CBW	\$424
Brain Function Facilitation	Jocelyn Olivier	15	Thur	Feb 19, 26; Mar 5, 12, 19	7-10p	Jan 22	ABW	\$354
Carpal Tunnel & Wrist Problems	Larry Munn	6	Tue	Jan 12, 19	7-10p	Dec 15	Wrkshp	\$156
Clinic Orientations	Clinic Supervisor	1	Fri	Jun 13	7-9p		All	FREE
CMT Intensive At The Healus Center		140	3 wks	July 6 - 26 An August Intensive will be added depending on interest level.	9a- 9p		CMT	Call for Info
CMT – SE Intensive At The Moving On Center		197	5 wks	July – Aug	8a- 4p		CMT	Call for Info
CBW Level I Option 1, January Intensive	Solmonson-Inglis & Arevalo	27	Mix	Jan 12, 13, 16, 19, and Jan 12, 13, 14, 19, 20	2-5p 7-10p	Dec 15	CMT	\$636
CBW Level I Option 2	Ginger Inglis-Solmonson	27	Mon	Mar 9, 16, 23, 30; Apr 6, 13, 20, 27; May 4	7-10p	Feb 22	CMT	\$636
CBW Level I Option 3	Dana Rose Arevalo	27	M/T	May 11, 12, 18, 19, 26; Jun 1, 2, 8, 9	7-10p	Apr 13	CMT	\$636
CBW Level II Option 1, January Intensive	Solmonson-Inglis & Olivier	24	Mix	Jan 21, 23, 26, 28 and Jan 22, 23, 27 and Jan 26	2-5p 7-10p 10a-1p	Dec 23	ABW	\$564
CBW Level II Option 2	Gretchen Grace	24	Tue	Feb 3, 10, 17, 24; Mar 3, 10, 17, 24	7-10p	Jan 6	ABW	\$564
CBW Level III	G. Inglis, or J. Olivier	27	Thur	Mar 26; Apr 2, 9, 16, 23, 30; May 7, 14, 21	7-10p	Feb 26	CBW	\$636
Counseling for BodyWorkers January Intensive	Aureya Magdalen	6	Fri	Jan 30	2-5p and 6-9p	Jan 2	CMT	\$156
Counseling for BodyWorkers Option 2	Aureya Magdalen	6	Sat	Apr 18	10a-5p	Mar 20	CMT	\$156
Counseling for BodyWorkers Option 3	Aureya Magdalen	6	Sat	Jun 20	10a-5p	May 22	CMT	\$156
Cranio Sacral Therapy	Maureen O'Neill	24	F/S/S	Feb 27, 28; Mar 1	9a-6p	Jan 30	CMT	\$628

Schedule of Courses

Winter/Spring 2009

Course	Instructor	No. Hrs.	Day of Week	Dates	Time	Date to Register	Type of Program	Course Fee
Deep Tissue I	Michael McFarland	37	S/S, Sat Fri	Feb 21, 22; Mar 14, 15 and Feb 28; and Mar 6, 27	10a-5:30p 10a-5:30p 7 - 9:15p	Jan 23	ABW	\$870
Emotional Energetic Tune-Ups	Jocelyn Olivier	9	Tue	Jan 13, 20, 27	7-10p	Dec 16	CBW	\$234
Establishing A Business Option 1, January Intensive	Corinna Kavanagh	5	Sun	Jan 31	10a-4:30p	Jan 3	CMT	\$130
Establishing A Business Option 2	Corinna Kavanagh	5	Sun	May 3	10a-4:30p	Apr 5	CMT	\$130
Establishing A Business Option 3	Corinna Kavanagh	5	Sun	Jun 21	10a-4:30p	May 22	CMT	\$130
Ethics & Communication	Corinna Kavanagh	12	Thur	Jan 8, 15, 22, 29	7-10p	Dec 11	CBW	\$314
Face & Head	Patricia Wiltse	3	Mon	Jan 26	7-10p	Dec 29	Wrkshp	\$78
Functional Anatomy	Thomas Wells	18	F/S/S	Feb 13, 14, 15	10a-5p	Jan 16	CBW	\$424
Hot Stone Massage NEW!	Robert Gazso	6	Sat	Jul 11	10a-5p	Jun 12	Wrkshp	\$156
Integrative Lymph & Visceral Massage	Patricia Wiltse	26	S/S	Apr 11, 12, 25, 26	10a – 5:30p	Mar 13	ABW	\$612
Massage Ergonomics Option 1, January Intensive	Dana Rose Arevalo	6	Thur	Jan 15	2-5p and 7-10p	Dec 18	CMT	\$156
Massage Ergonomics Option 2	Corinna Kavanagh	6	Thur	Apr 2, 9	7-10p	Mar 5	CMT	\$156
Massage Ergonomics Option 3	Dana Rose Arevalo	6	Thur	May 28; Jun 4	7-10p	Apr 30	CMT	\$156
Myofascial Release Techniques	Dana Rose Arevalo	12	S/S	Dec 20, 21	10a-5p	Nov 21	CBW	\$314
Advanced Myofascial Techniques: Leg, Knee, Foot	George Sullivan or Til Luchau	12	S/S	Mar 7, 8	9:30a-5:30p		Cert	\$384
NMR Basic Muscle Testing (NMR Prep)	Dana Rose Arevalo	6	Fri	Jan 16	10a-5p	Dec 19	Wrkshp	\$156
NeuroMuscular Reprogramming (NMR)	Jocelyn Olivier, Dana Rose Arevalo, Boris Vilner, L. Munn	72	S/S, Sun Wed	Jan 17, 18; Feb 1, 15; Mar 1, 15, 29 and Jan 21, 28; Feb 4, 11, 18, 25; Mar 4, 11, 18, 25	10a- 5p 10a- 5p 7-10p 7-10p	Dec 19	Cert	\$2,068
NMR FREE INTRO	Jocelyn Olivier	2	Mon	Jun 8	7-9p		Infrrml	FREE
Basic Muscle Testing (NMR Prep)	Dana Rose Arevalo	6	Wed	Jul 29	10a-5p	Jul 1	Wrkshp	\$156
NeuroMuscular Reprogramming (NMR)	J. Olivier, D. Arevalo, B. Vilner, L. Munn	72	Thurs, Fri, Sat, and Sun	Jul 30, 31; Aug 1, 2, Aug 27, 28, 29, 30; Sep 24, 25, 26, 27	10a- 5p	Jul 2	Cert	\$2,068
NMR, Advanced	J. Olivier, D. Arevalo	30	F/S/S S/S	Feb 6, 7, 8 and Feb 21, 22	10a- 5p	Dec 21	Cert	\$642
NMR Scoliosis	Jocelyn Olivier	12	S/S	Jun 6, 7	10a-5p	May 8	CBW	\$314
OnSite Massage	Jocelyn Olivier	12	S/S	Apr 4, 5	10a-5p	Mar 6	CBW	\$314

Schedule of Courses

Winter/Spring 2009

Course	Instructor	No. Hrs.	Day of Week	Dates	Time	Date to Register	Type of Program	Course Fee
OPEN HOUSE Option 1	Staff	2	Tue	Jan 6	7-9p		Infrml	FREE
OPEN HOUSE Option 2	Staff	2	Tue	Feb 12	7-9p		Infrml	FREE
OPEN HOUSE Option 3	Staff	2	Tue	Apr 28	7-9p		Infrml	FREE
Orientation Option 1	Staff	2	Mon	Jan 12	12-1p		CMT	FREE
Orientation Option 2	Staff	2	Mon	Mar 16	7-9p		CMT	
Orientation Option 3	Staff	2	Wed	May 6	7-9p		CMT	
Pathology & Contraindications	Dr. Caren Cole	18	Mon	Feb 2, 9, 16, 23; Mar 2, 9	7-10p	Jan 5	CBW	\$424
Polarity I Option 1	J. Olivier and J. Rothenberg	24	Wed	Mar 4, 11, 18, 25; Apr 1, 8, 15, 22	7-10p	Feb	CMT	\$564
Polarity I Option 2	Jeremy Rothenberg	24	S/S	May 30, 31; Jun 13, 14	10a- 5p	May 1	CMT	\$564
Pregnancy Massage, An Introduction	Lois Langevin-King	6	Sat	May 9	10a-5p	Apr 10	CBW	\$156
Pregnancy Massage Certification	Mahriah Blackwolf	33	F/S/S Fri S/S	Jan 9, 10, 11; and Feb 6, and Feb 7, 8	10a-5p and 2-5p and 11a-5p	Dec 12	Cert	\$744
Pregnancy Massage Certification	Mahriah Blackwolf	33	F/S/S Fri S/S	Jul 24, 25, 26; and Aug 14, and Aug 15, 16	10a-5p and 2-5p and 11a-5p	Jun 26	Cert	\$744
Reflexology Option 1, January Intensive	Gretchen Grace	15	F/S/S	Jan 16 and Jan 17, 18	7 -10p and 10a-5p	Dec 19	CMT	\$354
Reflexology Option 2	Trish Cooke-Padilla	15	Thur	Apr 23, 30; May 7 14, 21	7-10p	Mar 26	CMT	\$354
Reflexology Option 3	Gretchen Grace	15	F/S/S	May 15 and May 16, 17	7 -10p and 10a-5p	Apr 17	CMT	\$354
Secrets of Sciatica	Alco Chan	6	Sat	May 2	10a-5p	Apr 3	Wrkshp	\$156
SPI	Dana Rose Arevalo	3	Thur	Feb 5	7-10p	Jan 8	CBW	\$78
SPI	Dana Rose Arevalo	3	Thur	Mar 19	7-10p	Feb 19	CBW	\$78
SPI	Jocelyn Olivier	3	Thur	Jun 18	7-10p	May 21	CBW	\$78
Sports Injury	Robert Gazso	18	F/S/S	Jun 12, 13, 14	10a- 5p	May 15	CBW	\$424
Stretching & Massage	Gretchen Grace	6	Tue	May 26; Jun 2	7-10p	Apr 28	Wrkshp	\$156
Trigger Point Release	Michael Westgate	12	S/S	Jan. 10, 11	10a- 5p	Dec 12	CBW	\$314
Unwinding	Dana Rose Arevalo	6	Mon	Feb 2, 9	10a- 5p	Jan 5	CBW	\$156

**Enrich your life...
Become part of the
Alive & Well!
Community!**



12/4/08

Course Descriptions

Acupressure

Janiece Piper

In this course you will learn the principles of Qi and Balance to further your understanding and use of core concepts in Chinese Medicine. When you finish the course you will have a solid working knowledge of Chinese Energetics and how to harmonize physical, mental and emotional imbalances in yourself and clients, utilizing your mental, intuitive and kinesthetic skills.

Required Book: \$45

Advanced Myofascial Techniques

Til Luchau or George Sullivan

Leading to an optional certification, course segments can be taken individually or combined in any order. The five basic classes comprise a comprehensive system, encompassing over 20 session sequences and more than 200 techniques, tests, and procedures.

Topics include:

- ▶ **Arm, Wrist & Shoulder** ▶ **Pelvis/Sacrum**
- ▶ **Spine, Ribs & Lower Back** ▶ **Scoliosis**
- ▶ **The Neck, Jaw & Head** ▶ **Whiplash (Neck III, IV)**

Call for a flyer with specific topics and dates.

Advanced Palpatory Anatomy

Larry Munn

Learn to recognize which structural elements are contributing to the misalignments that cause neuromuscular pain and dysfunction. Learn to laser focus your work for optimal session results. This advanced postural analysis course uses palpation, passive range of motion assessment and visual observation to assess muscular patterns and structural misalignments.

Prerequisite: CMT or equivalent

2 Required Books about \$65 and \$30

Anatomy/Kinesiology

Larry Munn or Ben Messana

This entry-level course provides a basic working knowledge of muscles and bones of the human organism. You will learn to confidently "see" into the body's structure with accuracy and insight. Teaching modalities will include lecture, palpation, body assessment and movement.

2 Required Books approximately \$55 and \$30

Biomechanics & Ergonomics

Alco Chan

Learn the mechanics of muscle function, how each joint is designed to move and where we should draw our support for activities of daily living, work and fitness. Learn to assess dysfunctional patterns in movement and work environments that create restrictions and chronic pain or indicate an injured system. Feel confident to suggest correct alignment for optimal support and movement.

Prerequisite: CMT or equivalent.

Brain Function Facilitation

Jocelyn Olivier

Help your clients feel more at ease physically, mentally and emotionally. Learn to utilize muscle testing to restore coordination between the right and left hemispheres of the brain and facilitate optimal body function. The symptoms of dysfunction include muscle tightness, feeling overwhelmed, tired, disconnected, difficulty focusing and memory loss.

Required Book \$20

Carpal Tunnel & Wrist Problems

Larry Munn

These are considered a leading cause in lost work, wages and disability among secretaries, hairdressers, cashiers, computer operators, carpenters and bodyworkers. Learn what you can do to resolve the problem without surgery. Class includes valuable self-care tips for bodyworkers.

Prerequisite: CMT or equivalent

Clinic - Orientation

Larry Munn, Eva Lindholm or Lois Langevin-King

Required for all enrolled program students before starting clinic.

One time attendance only. Get acquainted with how the Alive & Well! Student Public Massage Clinic operates. Learn how to locate client files, prepare for your client, present your session and receive feedback about your progress. Important opportunity to ask questions and interact with the community.

Conscious BodyWork® Level I

Dana Rose Arevalo or Ginger Solmonson Inglis

Your bodywork career is built on the unique foundation provided by this course including: the principles and techniques of Swedish massage, Conscious Bodywork®, full body massage with oil, correct draping techniques and assessment of muscle tissue. Enjoy lots of hands on experience and gain confidence in your ability to discern which techniques to apply and when.

"Be prepared for a wild ride! You learn an amazing amount about massage technique and philosophy but also at least as much about yourself. Watch old careers, routines, priorities (and even unwanted pounds) fall by the wayside as you begin to create a new and even more vital you. I can honestly say I never expected such a dramatic change, birthing a healthy practice and a vastly more satisfying life! Thank you, Alive & Well!"

-Bonnie White

Course Descriptions

Conscious BodyWork® Level II

Dana Rose Arevalo, Ginger Solmonson Inglis, or Gretchen Grace

Are you ready for the next level in bodywork? Level II can take you there. Incorporate breathing, stretching and activations to address chronic issues. Discover your rhythm and its use as a powerful tool to increase creativity in your practice. Engage clients in their own healing bringing profound changes in their bodies. These techniques teach you to minimize effort and maximize results!

Prerequisite: CBW Level I or CMT

Conscious BodyWork® Level III

Jocelyn Olivier or Ginger Solmonson Inglis

Specific protocols are taught for resolving common range of motion restrictions and restoring full function of neck, shoulders, hips and lower back. Activations, mobilizations, active spindle cell releases and hold release techniques for re-educating movement patterns are included for maximum results. Learn to mobilize vertebrae with your mind. We will address military spine, sacro-iliac compression, excessive lordosis, frozen shoulder, dowagers hump and much more!

Prerequisite: CMT and 70-100 Client Hours

Counseling for Bodyworkers

Aureya Magdalen

Effective communication skills are imperative for any bodyworker. Gain a better understanding of the deep connection between the mind, the emotions and the body. Develop your communication skills and learn appropriate methods for setting boundaries. Learn to recognize emotional issues and how to manage them professionally.

Prerequisite: CBW Level I

Deep Tissue I: Soft Tissue Mobilization

Michael McFarland

Learn specific deep tissue myofascial techniques, working with knuckles, arms and elbows for deeper work on localized tension or injury patterns. Much more than just a "deep" massage, it is the ability to work with increased depth, safely and with more ease to facilitate greater levels of physical and emotional release.

Focus is on learning to palpate to accurately identify areas of tension, focusing work at specific layers of the body, working with the client actively moving through range of motion to release holding patterns and proper body mechanics for practitioners to avoid fatigue or over-use injuries while doing deep work.

Prerequisite: CMT **Required Book \$30**

Emotional & Energetic Tune-Ups

Jocelyn Olivier

Using muscle testing, you can discover the emotional issues that contribute to chronic tension. Learn simple releases for the fixations that result from shock, emotional upset and our attitudes about life. Your bodywork

approach will go deeper and be much more effective than simply rubbing tensions away. Integrative techniques for use after accident or injury are presented as well as techniques for migraines and allergies.

Establishing a Business

Corinna Joy Kavanagh

Learn what it takes to establish your new business! A nuts and bolts approach, this is an essential training for developing and honing the skills you need to create a successful enterprise.

Ethics & Communication

Corinna Joy Kavanagh

Mature bodyworkers need to develop a responsible relationship with clients when working in the non-ordinary states of consciousness that bodywork evokes. This popular course will expand your ethical awareness about healing, love, sex, money and authority. We will co-create a vocabulary of ethics that is appropriate to you and the intention of your practice through role playing, case histories and dialogue.

Prerequisite: CMT

Face & Head Massage

Patricia Wiltse

The expression of tension is as much in the face as anywhere else, yet it is usually ignored in massage. Learn the ultimate natural face lift. Your clients will look and feel younger in just half an hour!

Functional Anatomy & Physiology

Thomas Wells

Teach your eyes to see the body as one system made up of many systems and how they all relate. How organs, structure and emotions all relate and what effect they have on each other. Learn and feel what natural breath and functional movement are and how they free and release the body and what holds the body from being free. Learn to assess and see the intrinsic ricochet through a dysfunctional system or causality of a biomechanical injury.

Hot Stone Massage



New!

Bob Gazso

Hot Stone is one of the most requested therapy sessions throughout the salon, massage and spa industries. Students will learn both the therapeutic effects of using hot stones for massage and how to perform a full hot stone therapy session in a safe and effective manner. The instructor will also demonstrate how to enhance deep tissue work by incorporating hot stones.

Prerequisite: CMT

Course Descriptions

Introduction to Lymphatic Drainage and Visceral Massage

Patricia Wiltse

A strong and resilient immune system is critical to overall health. Integrative Lymph-Visceral Massage is the gentle and deep stimulation of the lymphatic and visceral systems. Level I introduces the structures and functions of these systems, location of organs (particularly the colon and small intestine), massage skills to improve the function of digestive and eliminative organs, and techniques for the head, neck and abdomen.

Prerequisites: Basic Anatomy and Massage, or CMT

Required Book \$50, to be purchased at class.

Massage Ergonomics

Dana Rose Arevalo or Corinna Joy Kavanagh

Do you feel tired, achy or sore after giving a massage? Proper posture and body mechanics are essential to maintaining energy and muscle integrity during massage. Learn how to prevent carpal tunnel, work painlessly with less effort and maintain your stamina. Do more massage and still feel refreshed and relaxed.

Prerequisite: CBW Level I (concurrent enrollment is acceptable)

Myofascial Release

Dana Rose Arevalo

The fascial system affects the entire body. Distortions in one area can have symptomatic results elsewhere. You'll learn how the components of the fascia organize themselves. Learn powerful techniques to release adhesions and restrictions – no matter how long those restrictions have been part of the body's patterns.

Prerequisite: CMT or CBW Level 1 & Anatomy/Kines.

NMR Basic Muscle Testing

Dana Rose Arevalo

Before enrolling in NMR, students must have experience in muscle testing as used in NMR. This course provides this key preparation. Anatomy requirements are the same as for NMR, specifically knowledge of kinesiology.

NeuroMuscular Reprogramming® NMR

Jocelyn Olivier, Dana Rose Arevalo, Boris Vilner and Larry Munn

NeuroMuscular Reprogramming® is a detailed and thorough approach to structural bodywork which uses muscle testing to assess structural problems and cue the motor coordination reflexes. With neuromuscular techniques taught in this course or your own soft tissue releases from other systems, you can confidently perform refined and detailed neuromuscular re-education to correct dysfunctional coordination patterns at their source, the motor control center of the brain.

Special Prerequisites, please contact admissions.

Advanced NMR

Jocelyn Olivier and Dana Rose Arevalo

Advanced NeuroMuscular Reprogramming® is designed to deepen and expand your NMR protocols and assessment skills, making you a more efficient practitioner. You will be able to achieve more results in less time with less effort. Solve complex problems with more confidence and higher levels of understanding of the interconnected patterns at work within the body.

Prerequisites: NMR

NMR for Scoliosis

Jocelyn Olivier

NeuroMuscular Reprogramming® protocols for stabilizing postural and functional support combined with brain integration modalities dramatically reduce the chronic pain experienced by those living with scoliosis.

Prerequisite: Adv. Anatomy and experience muscle testing

On-Site Massage

Jocelyn Olivier

The perfect massage context for promoting your work at parties, shopping centers, events, fairs, stores and conferences. Seated chair massage may become the stress relief choice in the years to come. Jocelyn presents her favorite on-site tune-up techniques!

Alive & Well! FREE Open House

Jocelyn Olivier, Founder & Staff

We can dramatically enhance our ability to heal ourselves and others through developing the sense of touch. Enjoy a discussion and demonstration of Conscious BodyWork® and programs at Alive & Well!

Orientation, Primary

Alive & Well! Staff

Required for all enrolled program students. One time attendance only. Begin your journey with the knowledge of how the school functions and what you need to do to graduate. Receive your binder with logistical information and share ideas and questions.

Pathology and Contraindications

Caren Cole, D.C.

Taught in an interactive manner, this course is designed to inform the bodyworker about working with "the less than 100% healthy person". We will use real case histories from your experience and from doctors' offices. You will begin with studying therapeutic processes and ethical considerations, then progress through symptoms and diseases, poisons and contagions.

Course Descriptions

Pregnancy Massage, An Introduction

Lois Langevin-King

Effective prenatal massage facilitates the anatomical and physiological processes and changes of gestation while providing nurturing support and stress reduction. Preventive touch therapies can significantly reduce prenatal complications. Learn potential benefits as well as contraindications for pregnancy massage and methodology precautions for working with high risk, complicated, and bed rest pregnancies, as well as proper client positioning for each trimester.

Prerequisites: CMT

Pregnancy Massage Certification

Mahriah Blackwolf

Gain a deeper understanding of structural changes and learn new strokes and techniques to adapt to the special needs of pregnant women throughout all phases of their pregnancy. Based on LooyenWork and specifically adapted for pregnant women, these structural patterns will help relieve and correct sciatic and psoas problems from expanded growth discomfort. Knowing how to align the pregnant body is an essential tool to be a fully artful Pregnancy Massage Practitioner.

This certification is offered only at Alive & Well! Don't miss it! Bring two pillows, a sheet, and a large towel. Spaces are limited and fill up quickly. Maximum class size is 18 students.

Prerequisite: CMT & 70 – 100 client hours

Required Book \$27, Required Equipment \$65

Principles of Polarity I

Jeremy Rothenberg

Discover the principles fundamental to all pressure point techniques. You will learn how the body's electromagnetic field works, how to balance and energize the chakras and give a complete, relaxing, energy balancing treatment using extremely effective methods to alleviate neck, shoulder, back and hip problems. You will also learn to do this gentle healing bodywork from a space of connectedness with self, therefore connecting with the client.

Reflexology

Trish Cooke-Padilla or Gretchen Grace

The foot, with its reflex points, is a map of the whole body. Learn a complete foot massage and connect it with reflex points throughout the body. Herbs and supplements are also explored.

The Secrets of Sciatica

Alco Chan

SOS topics covered: Power Point Anatomy of the lower spine and pelvic girdle, including correct biomechanics of the lower spine and pelvic girdle, pathway of the Sciatic nerve. Treatment is preceded by Postural Analysis of the contributing structures. We will treat the Sciatic Nerve using eight different healing principles, including Muscle Energy Techniques, Cranio-Sacral, McKenzie and more.

Prerequisite: CMT



New!



Somatic Process & Integration (SPI)

Jocelyn Olivier, Dana Rose Arevalo,

Elizabeth Seymour or other guest instructors

Learn how to integrate a variety of techniques to design a session that is unique to your client. SPI provides time to talk philosophy and informally discuss work related issues and questions that come up in working with clients. Open to all CMT grads.

Topics include:

- ▶ **Fascial Adhesions**
- ▶ **Working with the Breath**
- ▶ **Energy & Structure**
- ▶ **Educating Clients**
- ▶ **Quality of Touch**

Sports Injury & Chronic Pain

Bob Gazso

Classic approaches in sports injury treatment help athletes prevent further injuries. Catch them earlier and correct micro-trauma that leads to more severe problems. Learn to assess and treat the most common sports injuries: tendonitis, hamstring and groin pulls, iliotibial band syndrome, rotator cuff problems, shin splints and more. We will focus on thorough palpatory anatomy, contra-indications and appropriate timing of treatment. Techniques to soften tissue and make optimal use of biomechanics will allow you to work more efficiently.

Prerequisite: CMT

Stretching & Massage

Gretchen Grace

Integrate effective stretching into your table massage with techniques from several modalities. Incorporate focus to assist joint mobilization, muscle lengthening, cramp relief and range of motion.

Prerequisite: CMT

Supervised Clinical Practice Student Massage Clinic

Larry Munn or Eva Lindholm or Lois Langevin-King

Supervised clinic practice in the Student Massage Clinic is a valuable part of the CMT, ABW and CBW programs at Alive & Well! New students can begin clinic hours after their Conscious BodyWork® Level I class. Check your program for the number of clinic hours required. All students are welcome to continue practicing in the clinic on a space-available basis after their program requirement is completed.

"My expectations for the quality of instruction have been far exceeded! The Institute has given me the skill, confidence and inspiration to follow my passion!"

– Laurie Lesko, CMT, CBW

12/4/08

Course Descriptions & Testamonial

Trigger Point Release

Michael Westgate

Students will be taught the original trigger point technique developed by Dr. Janet Travell, who served as the White House physician for Presidents Kennedy and Johnson. Travell's technique is gentle, safe and highly effective. Students will learn palpation, stretching exercises and ischemic compression techniques for alleviating pain in key muscle groups throughout the body.

Prerequisite: CMT

Recommended Book approximately \$20

Unwinding

Dana Rose Arevalo

Unwinding is what the nervous system does to release the energy of unfinished expression. Unwinding movements assist the body in releasing routine and trauma-related stress that have accumulated as chronic tension in the muscles.

Learn to engage and follow these subtle movements initiated in the connective tissue by the body's innate self-healing intelligence. Allowing and facilitating these expressions will help the body restore its natural function and balance. This course will heighten your ability to tune in, listen and trust. Unwinding is suitable for all skill levels.

Learn from the best!

**Join us at Alive & Well!
where you can truly make
a difference!**



Testimonial



Robert Gazso

Three years ago while living in Connecticut, I was having chronic headaches which were no longer responding to chiropractic treatment. A fellow massage therapist suggested I see Ann Watkins, a graduate of Alive & Well! and a master NeuroMuscular Reprogrammer who has lived and worked in Connecticut for 18 years. After six sessions my neck pain and headaches were completely gone! Ann also relieved the residual pain from an ankle sprain in two sessions. My mother also experienced outstanding results with NMR. She was scheduled for carpal tunnel surgery but two sessions of NMR took care of the problem and she was able to cancel the surgery.

I was so impressed with the results of NMR that I made a decision to move to the SF Bay area to study NMR at Alive & Well! I have never looked back.

Jocelyn asked if I would teach Sports Massage for Alive & Well! which has been my specialty for years. I was also hired to teach in one of the corporate schools in San Francisco. So now I've seen first hand the differences between Alive & Well!'s knowledgeable teachers, and the general education standards of the "accredited" programs that dominate the marketplace today. After seeing the quality of students coming out of both schools, I would highly recommend that anyone interested in studying massage therapy and bodywork look for a school like Alive & Well! that has teachers who are experts in the field. What a difference! Observing a class or asking students about their personal experience are great ways to gauge the quality of instruction at a prospective school. Lastly, if possible, schedule a massage at the prospective school's clinic. If you do these things I think you will agree that Alive and Well is the best school in the Bay Area!

12/4/08

Teacher Biographies

A Brand New Day!

Massage school was an idea I had contemplated for ten years, as my formal education in Athletic Training was missing one vital ingredient, Manual Therapy. After attending an open house, I knew in my heart that The Institute was the place for me.

In a short time, I have embarked on a budding new career, become gainfully employed in two of the Bay Areas most prominent settings and am gradually building a respectable clientele of my own.

The Institute's greatest asset is its diverse staff of Instructors. Infused with equal parts wisdom and enthusiasm they inspire with open hearts.

To each of them, a heartfelt Thank You!

—Lisa Trost



Dana Rose Arevalo, CBW
is one of Alive & Well!'s first graduates. Dana's grandmother introduced her to massage and influences her work. She integrates massage, NeuroMuscular Reprogramming®, unwinding, sound, movement and underwater therapy to promote health. Dana has been in private practice since 1987.



Mahriah Blackwolf
has been studying massage and movement-based therapies since 1977. She is a certified practitioner in Looyen Work, Swedish, Sports and Infant Massage. Mahriah has specialized in massage for pregnant women and has worked in close association with numerous obstetricians, nurse practitioners, mid-wives and birth educators since opening her private practice in 1986.



Alco Chan, PT
With a Masters in Physical Therapy and recovering from his own severe back injury in 1989, Alco's passion motivated him to take many hours of continuing education on hip and low back injuries and subsequently become respected as a low back and hip specialist.



Dr. Caren Cole
After a successful career in social research, Dr Cole found her passion as a Chiropractor, becoming one of the premier female chiropractors in the country. With over 20 years of practice she has won many awards, held prestigious positions and has helped thousands of patients. A popular instructor at the Life West Chiropractic College, she is known for her interactive teaching style. Dr. Cole has mentored hundreds of students and doctors, generously sharing her vast experience and knowledge.



Trish Cooke-Padilla
is a graduate of Alive & Well! and has studied at The American Academy of Reflexology. She is a member of the California Association of Reflexology and the International Reflexology Association. Her enthusiasm and love for her work is reflected in her teaching style. Since 1996, Trish has had a private practice in San Rafael.



Robert Gazso
certified in 1993 with over 1200 hours of massage and CE courses, Bob studied orthopedic assessment and rehab with graduate work in physiology. Having worked with chiropractors, in spas and a private practice, Bob was a massage therapist and Fitness Director for the largest cruise ship in the world. He has traveled the country doing sports massage with cyclists. Bob is in the Bay Area to study NeuroMuscular Reprogramming® (NMR).



Gretchen Grace, CBW
Gretchen has been a practitioner of yoga and reflexology for 40 years. After graduating among the first group from Alive & Well! in 1989, she has continued her studies in the field of bodywork, augmenting her knowledge with Active Isolated Stretching, NeuroMuscular Reprogramming and Advanced Myofascial Techniques. Gretchen maintains a very successful private practice in Fairfax. The passion Gretchen has for her work inspires the same in her students.



Ginger Solmonson Inglis, MBW
Is a graduate of Alive & Well!'s Master BodyWorker program. She has been studying and teaching since 1991. Her positive support, sense of humor and experience invite students to have fun while learning about massage, ergonomics and problem solving techniques. Ginger's private practice includes NeuroMuscular Reprogramming®, Joint Mobilization and soft tissue releases. She loves doing structural work while also addressing energetic & emotional holding patterns. Ginger has a successful private practice in Petaluma.



Corinna Joy Kavanagh
graduated from Alive & Well! in 1991. Trained in Movement Ergonomics at the Dynamic Health and Fitness Institute, Corinna introduced and taught the initial Massage Ergonomics classes at Alive & Well!. Corinna is also a Reiki Master and Doula/Labor Coach and has a successful private BodyWork Practice in Marin County.



Lois Langevin-King
entered into the A&W! CMT program intending to pursue a career supporting the birthing process. Lois is certified in Pre and Perinatal Massage with Carole Osbourne Sheets and Pregnancy Massage with Mahriah Blackwolf. A certified birth doula, Lois has attended over 50 births. Her practice is in Fairfax, CA specializing in Pregnancy Massage.



Eva Lindholm
a student since 1999, Eva has been a Clinic Supervisor for 5 years and a teacher since 2006 at Alive & Well! including the Moving on Center. Eva is a practitioner of NeuroMuscular Reprogramming (NMR) at the Healus Clinic and is also a Birth Support (Doula) for expectant families.



12/4/08

Teacher Biographies



Til Luchau

is the Director of Advanced-Trainings.com. He is a therapist and coach whose background includes extensive experience with Process Work, individual and organizational wellness, conflict resolution, collaborative practices, and cutting-edge trainings methods. A Certified Advanced Rolfer®, Til is an integral faculty member of the Rolfe Institute where he originated Skillful Touch Bodywork. Based in the Boulder/Denver area, Til has trained thousands in his popular courses in over a dozen countries.



Aureya Magdalen, MA, MFT, CMT

is a skillful psychotherapist, master intuitive, teacher, business consultant and energy work practitioner. She offers personal, couples and family sessions, and teaches metaphysical skills and classes for healing practitioners. One of her specialties is working with the "new children" and their families. Aureya's practice is based in the unity of all life.



Michael McFarland

has been a dedicated practitioner of bodywork since his initial training in Hellerwork twenty years ago. He's an associate trainer on the Hellerwork faculty. His knowledge and experience are extensive and diverse having trained with Joseph Heller, Greg Johnson PT, St. John Seminars, and Upledger training.



Larry Munn MDiv., CMT

is a graduate of Alive and Well! with a private practice in San Rafael and Berkeley. He combines NeuroMuscular Reprogramming with various soft and deep tissue release protocols to help his clients achieve structural integration and well being. Larry brings a gentleness, maturity, and dedication to his teaching and clinic supervision that gains him rave reviews from all who work with him.



Maureen O'Neill

is a member of The American Association of Pre-and Peri-natal Psychology (APPPAH) specializing in trauma recovery for babies, children, and adults. She is trained in CranioSacral Therapy and Osteopathic Visceral Manipulation from the Upledger Institute, where she has been a teaching assistant and study group leader since 1997.



Janiece Piper, MSW

is a Certified Acupressurist with intensive training in Jun Shin and Emotional Balancing, and has been in full time private practice since 1988. She specializes in emotional and physical abuse, PTSD, migraines, Carpal Tunnel Syndrome, back pain and Stress Management techniques. Janiece has been a certified instructor of Acupressure since 1989.

Jeremy Rothenberg, APP, CMT

received his CMT from ICBW in 2003 and has completed Associate Polarity Practitioner coursework with Hanna Hammerli. He is currently studying at the American College of Traditional Chinese Medicine in San Francisco. Jeremy has a private bodywork practice in Berkeley, California.



George Sullivan

is a Certified Advanced Rolfer®, is Certified in Advanced Myofascial Techniques, and is an Instructor for Advanced-Trainings.com's Advanced Myofascial Techniques series. George's keen interest in anatomy, proper body mechanics, as well his skill, specificity, and sensitivity of touch all inform his extremely competent instruction. With an extensive Aikido background, his teaching is noteworthy for its depth, clarity, and easygoing style. He lives and practices in Olympia, WA.



Boris Vilner, MBW

Graduated in 1999 from Alive & Well!'s 1000 hour Master Conscious BodyWorker program. His expertise is in myofascial release, soft tissue and joint mobilization, and NeuroMuscular Reprogramming®. Boris works in the Healus NMR Clinic and privately in Novato.



Thomas Wells

is a bodyworker and is a highly sought after personal trainer with practices in Santa Rosa, CA. Specializing in NeuroMuscular Reprogramming® and corrective exercise; Thomas has developed his own unique system by adapting and integrating multiple disciplines into his NMR.



Michael Westgate

With a focus on Trigger Point Therapy, nutrition and cleansing, Michael's education includes a fifteen year apprenticeship in Celtic Energy Healing. He runs a successful pain relief practice with offices in Corte Madera and San Francisco.



Patricia Wiltse

creator of Integrative Lymph-Visceral Massage and coauthor of "An Integrative Approach to Lymphatic and Visceral Health," Patricia is a prominent figure in the holistic health care field. She has trained with Lauren Berry, Jean Pierre Barral, and Chi Nei Tsang. She received certification in Casley-Smith Lymphedema Therapy, Vodder MLD, Foldi CDP and Integrated Awareness.



Affordable Massage & BodyWork

Available to Our Community

We provide our students with the ability to apply their new skills in a real life setting, working under the supervision of a clinic facilitator. Our Student Clinic offers the experience students need while making therapeutic massage, Conscious BodyWork® and NeuroMuscular Reprogramming® available to everyone. Each student has completed required coursework prior to working with the public.



NeuroMuscular Reprogramming® Clinic

NMR provides solutions for conditions which have not previously responded to therapy. Practitioners will utilize muscle testing to assess dysfunctions of the coordination system, cuing the brain for new learning. The immediate correction of neuromuscular imbalances addresses pain at its source: the motor control center of the brain. You can expect accelerated recovery and relief from chronic injuries and ailments including:

- ▶ *Sciatica*
- ▶ *Loss of Muscle Strength*
- ▶ *Structural Imbalances*
- ▶ *Low Back & Neck Pain*
- ▶ *Frozen Shoulder*
- ▶ *Sports Injuries*
- ▶ *Old Injuries*

1 1/4 hour sessions available Mondays 2:30 or 4:15 pm



Conscious BodyWork® Clinic

This trademarked approach to massage therapy draws on the power of conscious attention and intention as a powerful tool to facilitate change in the living tissue of the body. Students are integrating tools from many bodywork modalities to deliver a session appropriate to the client's needs. Beginning and Advanced students are available.

Tuesdays 4:15 & 5:30 pm
Thursdays 5:30, 6:45 & 8 pm and
Saturdays 10:15, 11:30 am, 12:45 and 2 pm

Please call 415-945-9945 Ext. 221
to schedule your appointment.
Advanced booking recommended.

Registration, Refunds and Reviews

Many courses are open to all interested persons; you need not be part of a certification course to attend. Continuing education units are available for all courses taught at the Institute including those that are part of a certification program.

Registration

To register, contact the Admissions Department: 415 945-9945, Ext. 224. A deposit is required to save your space. For individual courses, the deposit is \$100 or 50% of the tuition, whichever is less. For enrollment in a program or a package less than \$3000, the deposit is \$200. For enrollment in a program over \$3000, the deposit is \$300.

Tuition Payment

Registration for individual courses is due 4 weeks prior to the course start date. Texts and supplies are not included in tuition fees. Early enrollment in all courses is encouraged to avoid cancellation of under-enrolled courses!

We accept cash, check, money order, Visa, MC, Discover, or American Express.

Program tuition is due in full prior to the first day of class unless a payment plan is completed and signed with an admissions counselor.

Waived Course

Tuition Credit for waived program courses may be given if a student has completed a course in the same subject, provided they have documentation of completion. The pro-rated cost of the waived course is deducted from the total program tuition. If the course was completed at a school other than the Institute of Conscious BodyWork a \$30 waived course fee applies. If the course was completed at Alive & Well! the waived course fee will be excused.

Discounts

A discount of 10% is offered for individual enrollments for pre-payment in full by cash or check. Payment must be received no later than 4 weeks prior to the course start date in order to receive this discount. No discounts are applicable to individual courses after the published registration deadline.

An 8% discount is offered on tuition for custom packages totaling \$2,500 or more. To receive discount payment in full by cash or check only must be received no later than 4 weeks prior to the start date of the first course in the package.

Buyers Right to Cancel

You may cancel your contract with the Institute of Conscious BodyWork®, without penalty of obligation, at any time and receive a refund for the part of the program not taken provided you have not yet completed 60% of the program.

Your refund rights are described in the refund policy. To cancel this contract, send a written notice of cancellation to the Institute of Conscious BodyWork, Alive & Well!, attention Admissions Department, at 150 Nellen Ave., Corte Madera, CA 94925.

Tuition Refund Policy

A student must submit a written notice of withdrawal from a program or package. If the withdrawal occurs within 24 hours from the time of enrollment, full tuition will be refunded. If the withdrawal occurs after the 24-hour grace period, but on or prior to the first day of instruction, tuition minus the non-refundable registration fee of \$100 will be refunded. If withdrawal occurs after the first day of instruction, tuition minus the non-refundable registration fee of \$100, and pro-rata tuition for each course attended will be refunded. Tuition is due in full for any course of which 60% or more has been completed.

After 60% of a program has been completed, there is no refund available.

Individual Course Refunds

If the withdrawal occurs within 24 hours from the time of enrollment, full tuition will be refunded. If a student cancels enrollment for a course two weeks or more prior to the course start date, tuition minus the \$25 non-refundable registration fee will be refunded. If a student cancels enrollment for a course less than two weeks prior to until the course start date, tuition less a \$100 non-refundable registration fee or one-half of the class tuition (whichever is less) will be refunded. If a student cancels enrollment after the course has begun, tuition less the non-refundable registration fee, and pro-rated tuition for all classes attended will be refunded. Missing 50% or more of any course is considered a drop, pro-rated tuition for all classes attended and the non-refundable registration fee will be deducted from the tuition paid. After 60% of a course has been completed, there is no refund available.

*Non- refundable registration fees apply to all courses whether taken individually or as part of a program. At the student's discretion, any refund due may be paid to the student or held on account for use towards other courses. Any monies due must be paid to the Institute of Conscious BodyWork, Alive & Well! within 30 days of withdrawal. Any tuition refund due will be paid to the student within 30 days of withdrawal.

Make-up Classes

Students may make up classes they miss, provided they do not miss 50% or more of the course. If a student misses 50% of a course, that course must be dropped and the student may re-enroll in a future session.

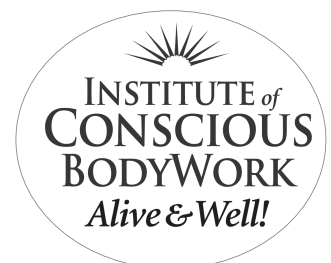
Right to Enroll

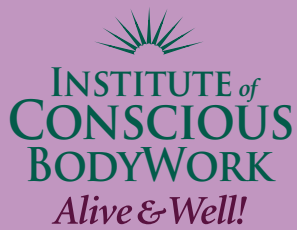
Important: All outstanding money owed the Institute of Conscious BodyWork must be paid prior to enrolling in future courses with the exception of contractual payment agreements.

State Licensure

As of June 2007, the State of California does not license massage practitioners. Local cities and townships have varying requirement for practices within their jurisdiction. For information on pending state licensing requirements, contact the Admissions Department.

Office hours: Monday–Thursday 9 a.m. – 5 p.m. • Friday 9 a.m. – 4 p.m.



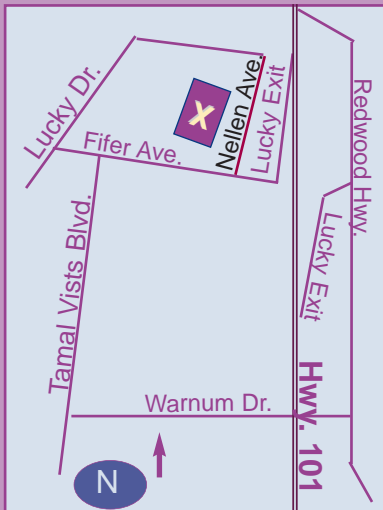

**INSTITUTE of
CONSCIOUS
BODYWORK**
Alive & Well!

150 Nellen Ave.
Corte Madera, CA 94925

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Directions from North:

- *Take Highway 101 to the Lucky Dr. exit.*
- *Turn right onto Nellen Ave. to Alive & Well! at 150 Nellen.*



Directions from South:

- *Take Highway 101 to the Lucky Dr exit.*
- *Turn right onto Redwood Hwy.*
- *Turn right onto Warnum Dr.*
- *Turn right onto Tamal Vista Blvd.*
- *Turn left onto Fifer Ave.*
- *Turn right onto Lucky Dr.*
- *Turn right onto Nellen Ave. to Alive & Well! at 150 Nellen.*

www.alivewell.com

admissions@alivewell.com

415-945-9945 Ext. 224