




*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

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

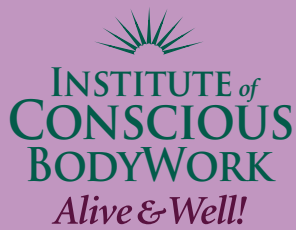
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Course	Instructor	No. Hrs.	Day of Week	Dates	Time	Date to Register	Type of Program	Course Fee
OPEN HOUSE Option 1	Staff	2	Tue	Jan 6	7-9p		Infrml	FREE
OPEN HOUSE Option 2	Staff	2	Tue	Feb 12	7-9p		Infrml	FREE
OPEN HOUSE Option 3	Staff	2	Tue	Apr 28	7-9p		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

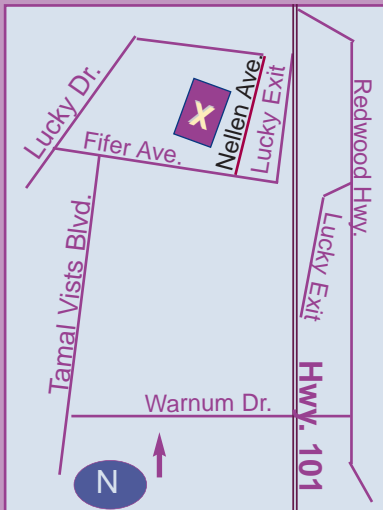

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150 Nellen Ave.
Corte Madera, CA 94925

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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

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