



Advanced BodyWorker (ABW)

*A 300 Hour
Certification Program*

Advanced BodyWorker

The courses in our ABW program are most of what employers want practitioners to know:

Deep Tissue	36 hours
Advanced Palpatory Anatomy	36 hours
Lymphatic Drainage & Visceral Massage	26 hours
Advanced Conscious BodyWork	27 hours
Brain Function Facilitation	15 hours
Clinical Practice	<u>20 hours</u>
ABW hours	160
CMT hours	<u>140</u>
Total hours	300

The 300 hour Advanced BodyWorker (ABW) program will be taught throughout the Spring of 2012 at Alive & Well!. The ABW provides you with the opportunity to bring your transcript hours up to more than the amount required to register with the California Massage Therapy Council CAMTC.

Additional classes available on an ongoing basis could bring your transcript hours up to 500 hours, earning you the title of Conscious BodyWorker and enabling you to register with CAMTC as a Certified Massage Therapist:


Emotional Energetic Tune-ups	9 hours
Functional Anatomy & Physiology	36 hours
Myofascial Release & Unwinding	18 hours
Advanced Neck	6 hours
NeuroMuscular Reprogramming	72 hours
Advanced NMR	30 hours
Advanced Techniques for Hips	9 hours
NMR for Scoliosis	12 hours
OnSite Massage	12 hours
Sports Massage	18 hours
Trigger Points	12 hours
Clinical Practice	20 hours

Schedule of Wi/Sp 2012 classes:

<i>NMR for Scoliosis</i>	Jan. 7, 8
<i>Deep Tissue I</i>	Jan. 13, 14, 15, 17, 24, 31; Feb. 7, 14, 21
<i>Adv. Palpatory Anatomy</i>	Jan. 21, 22, 25; Feb. 1, 5, 11, 12
<i>Adv. Techniques for Hips</i>	Feb. 3, 4
<i>Cranio Sacral Rebalancing</i>	Feb. 25, 26
<i>OnSite Massage</i>	Mar. 3, 4
<i>Brain Function Facilitation</i>	Mar. 12, 19, 26; Apr. 2, 9
<i>Lymphatic & Visceral Massage</i>	Mar. 31, Apr. 1, 7, 8
<i>Advanced Conscious BodyWork</i>	Apr. 16, 23, 30; May 7, 14, 21; Jun. 4, 11, 18;
<i>NeuroMuscular Reprogramming Professional Training</i>	Apr. 27, 28, 29; Jun. 1, 2, 3; Jul. 6, 7, 8; Aug. 3, 4, 5
<i>Myofascial Release & Unwinding</i>	May 11, 12, 13

Spring CMT courses start
Apr 13 and end Jun 17,
call for the exact course dates.

**Ask about courses coming in
Fall 2012**


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

Call to enroll

415-388-9949

Or email your inquiry to: **Advisor@alivewell.com**