



# 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 & 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>
<b>Total hours</b>	<b>300</b>

The 300 hour Advanced BodyWorker (ABW) program will be taught throughout the fall of 2010 at Alive & Well!, providing our community 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 this fall at Alive & Well! and ongoingly could bring your transcript hours up to 570 hours, earning you the title of Conscious BodyWorker and enabling you to register with CAMTC as a Certified Massage Therapist:

OnSite Massage	12 hours
NeuroMuscular Reprogramming	72 hours
Sports Massage	18 hours
Emotional Energetic Tune-ups	9 hours
Advanced NMR	30 hours
NMR for Scoliosis	12 hours
NMR for Hip Compressions Issues	9 hours
Clinical Practice	20 hours

Call **415-388-9949** to enroll.  
Or email your inquiry to  
**Advisor@alivewell.com**

### Schedule of fall 2010 classes:

Sports Massage July 30, 31, Aug 1

NeuroMuscular Reprogramming  
Professional Training  
Aug 20, 21, 22;  
Sept 17, 18, 19;  
Oct 22, 23, 24;  
Nov 19, 20, 21

Deep Tissue  
Fri/Sat/Sun, Sept 10, 11, 12, &  
Tues, Sept 14, 21, 28; Oct 5, 12, 19

Advanced Conscious Bodywork  
Thursdays, Sept 16 through Nov 11

Lymphatic and Visceral Massage  
Sept 25, 26;  
Oct 9, 10

OnSite Massage Oct 2, 3

Advanced Palpatory Anatomy  
Oct 16, 17; Nov 6, 7; Nov 13, 14

Brain Function Facilitation  
Nov 1, 8, 15, 22, 29

NMR Triads Dec 4, 5

Emotional Energetics Tune-ups  
Dec 6, 13, 20

NMR for Scoliosis Dec 11, 12

Advanced NMR January 2011

NMR for  
Hip Compression February 2011

A Trigger Point class and the next level of Cranio Sacral Rebalancing will be added if there is sufficient interest.