



INSTITUTE of
CONSCIOUS
BODYWORK

Alive & Well!

*Transform Your Life
Through a Career in Conscious BodyWork*

World Renowned Teachers

The Best in Continuing Education

Fall 2008 Calendar of Events

Schedule of Courses

Fall 2008

Course	Instructor	No. Hrs.	Day of Week	Dates	Time	Date to Register	Type of Program	Course Fee
Active Isolated Stretching AIS	A. J. Maldonado	24	F/S/S	Nov 21, 22, 23	9a-6p	Oct. 31	Wrkshp	\$581
Anatomy/Kinesiology	Larry Munn	36	Tue	Sep 30, Oct 7, 14, 21, 28, Nov 4, 11, 18, 25, Dec 2, 9, 16	7-10p	Sep 9	CMT	\$784
Advanced Palpatory Anatomy	Larry Munn	36	S/S	Oct 11, 12, 25, 26, Nov 15, 16	10a-5p	Sep 19	ABW	\$784
Biomechanics & Ergonomics	Ann Grassel	18	Wed	Nov 5, 12, 19, Dec 3, 10, 17	7-10p	Oct 15	CBW	\$392
Building Your Practice	Corinna Kavanagh	15	Thur	Oct 23, Nov. 6, 20, Dec 4, 18	7-10p	Oct 2	ABW	\$327
Carpal Tunnel & Wrist Problems	Larry Munn	6	Mon	Jan 12, 19	7-10p	Dec 18	Wrkshp	\$145
Clinic Orientations	Clinic Supervisor	1	Thur	Sep 11	7-9p		All	FREE
Clinic Orientations	Clinic Supervisor	1	Wed	Dec 3	7-9p		All	FREE
CMT Intensive At The Healus Center		140	3 wks	July 6 - 26, 2009 An August Intensive may be added if sufficient demand exists.	9a- 9p		CMT	Call for Info
CMT – SE Intensive At The Moving On Center		197	5 wks	July – Aug, 2009	8a- 4p		CMT	Call for Info
CBW Level I	Dana Rose Arevalo	27	Mon	Sep 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17	7-10p	Sep 2	CMT	\$589
CBW Level II	D. Arevalo & Gretchen Grace	24	Tue	Sep 23, 30, Oct 7, 14, 21, 28, Nov 4, 11	7-10p	Sep 2	ABW	\$523
CBW Level III	J. Olivier	27	Mon	Sep 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10	7-10p	Aug 25	CBW	\$589
Conscious Movement	Steve Seto & Shana Walt	18	Mon Tue	Nov 17, 24, Dec 1, 8, 15, and Dec 16	7-10p 7-10p	Aug 27	CBW	\$392
Consciousness Studies	Suresha Hill	18	Wed Sat	Oct 8, 15, 22, 29, and Oct 18	7-10p 10a-5p	Sep 17	CBW	\$392
Counseling for BodyWorkers	Aureya Magdalen	6	Sat	Nov 1	10a-5p	Oct 10	CMT	\$145
Deep Tissue I	Michael McFarland	37	S/S, Fri Sat	Sep 27, 28, Oct 18, 19, and Oct 10, 31, and Nov 8	10a-5:30p 7 - 9:15p 10a-5:30p	Sep 5	ABW	\$805
Emei Chi Gung: For Healing Self and Others	Devatara Holman	24	Mon	Sep 29, Oct 6, 13, 19, 27, Nov 3, 10, 17	7-10p	Sep 5	Guest	\$400
Emotional Energetic Tune-Ups	Jocelyn Olivier	9	Tue	Jan 13, 20, 27	7-10p	Dec 19	CBW	\$218
Establishing A Business	Corinna Kavanagh	5	Sun	Dec 14	10a-4p	Nov 21	CMT	\$121
Ethics & Communication	Corinna Kavanagh	12	Thur	Jan 8, 15, 22, 29	7-10p	Dec 18	CBW	\$290
Face & Head	Patricia Wiltse	3	Mon	Sep 15	7-10p	Aug 25	Wrkshp	\$73

Updated 8/4/08 8pm

Schedule of Courses

Fall 2008

Course	Instructor	No. Hrs.	Day of Week	Dates	Time	Date to Register	Type of Program	Course Fee
Facilitating Function	Pamela Johnson & Jocelyn Olivier	15	Fri S/S	Oct 24 and Oct 25, 26	7-10p and 10a-5p	Oct 3	CE	\$327
Functional Anatomy	Thomas Wells	18	Fri Sat Sun	Nov 7 and Nov 8 and Nov 9	7-10p 9a-6p 9a-5p	Oct 17	CBW	\$392
Hip Replacement Surgery: What to do Pre & Post?	Jeff Harband & Jocelyn Olivier	9	Fri & Sat	Dec 12 Dec 13	7-10p 10a-5p	Nov 21	CE	\$218
Integrative Lymph & Visceral Massage	Patricia Wiltse	26	S/S	Sep 20, 21, Oct 4, 5	10a – 5:30p	Aug 29	ABW	\$567
Massage Ergonomics	Dana Rose Arevalo	6	Thur	Oct 9, 16	7-10p	Sep 18	CMT	\$145
Myofascial Release Techniques	Dana Rose Arevalo	12	S/S	Dec 20, 21	10a-5p	Nov 28	CBW	\$290
Advanced Myofascial Techniques: The Spine	Advanced-Trainings.com Faculty	7	Fri	Oct 31	9:30a-5p	Oct 3	Cert	\$175
Advanced Myofascial Techniques: Scoliosis	Advanced-Trainings.com Faculty	16	Sat Sun	Nov 1 Nov 2	9:30a-6p 9:30a-4:30p	Oct 3	Cert	\$355
Advanced Myofascial Techniques: Leg, Knee, Foot	Advanced-Trainings.com Faculty	14	Sat Sun	Mar 7 Mar 8	9:30a-5p 9:30a-4p	Feb 13	Cert	\$355
National Exam Study Group	Josephine Bellisi	12	Wed	Sep 10, 17, 24 Oct 1	7-10p	Aug 20	CMT	\$290
NMR Basic Muscle Testing	Dana Rose Arevalo	6	Fri	Jan 16	10a-5p	Dec 12	CE	\$145
NeuroMuscular Reprogramming (NMR)	Jocelyn Olivier, Dana Rose Arevalo, Boris Vilner	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 7-10p	Dec 13	CBW	\$1,916
NMR FREE INTRO	Jocelyn Olivier	2	Wed	Dec 17	7-9p		Infrml	FREE
NMR, Advanced	J. Olivier D. Arevalo	30	F/S/S S/S	Feb 6, 7, 8 and Feb 21, 22,	10a- 5p	Jan 16	Cert	\$594
OnSite Massage	Jocelyn Olivier	12	S/S	Sep 6, 7	10a-5p	Aug 15	CBW	\$290
OPEN HOUSE Option 1	Staff	2	Thur	Aug 28	7-9p		Infrml	FREE
OPEN HOUSE Option 2	Staff	2	Thur	Dec 11	7-9p		Infrml	FREE
OPEN HOUSE Option 3	Staff	2	Tue	Jan 6	7-9p		Infrml	FREE
Pathology & Contraindications	Dr. Caren Cole	18	Mon	Feb 2, 9, 16, 23 Mar 2, 9	7-10p	Jan 12	CBW	\$392
Pregnancy Massage Certification	Mahriah Blackwolf	33	F/S/S Fri S/S	Dec 12, 13, 14 and Jan 9 and Jan 10, 11	10a-5p 2-5p 11a-5p	Nov 21	Cert	\$690
Pregnancy Massage	Lois Langevin-King	6	Thur	Oct 30, Nov 13	7-10p	Oct 10	CE	\$145
Primary Orientation	Staff	2	Tue	Sep 16	7-9p		CMT	FREE
Principles of Polarity	Jeremy Rothenberg	24	Wed	Oct 1, 8, 15, 22, 29, Nov 5, 12, 19	7-10p	Sep 10	CMT	\$523

Updated 8/4/08 8pm

Schedule of Courses, Ongoing Classes & Testimonial

Fall 2008

Course	Instructor	No. Hrs.	Day of Week	Dates	Time	Date to Register	Type of Program	Course Fee
Reflexology	Trish Cooke-Padilla	15	Fri	Nov 14 S/S Nov 15, 16	7-10p 10a-5p	Oct 24	CMT	\$327
Somatic Process & Integration	mix	3	Fri	Nov 14	7-10p	Oct 24	CBW	\$73
Somatic Process & Integration	mix	3	Fri	Dec 5	7-10p	Nov 14	CBW	\$73
Sports Injury & Chronic Pain	Bob Gazso	18	F/S/S	Dec 5, 6, 7	10a- 5p	Nov 14	CBW	\$392
Stretching & Massage	Gretchen Grace	6	Tue	Sep 16, 23	7-10p	Aug 26	CBW	\$145
Trigger Point Release	Michael Westgate	12	S/S	Jan. 10, 11	10a- 5p	Dec 19	CBW	\$290
Unwinding	Dana Rose Arevalo	6	Sat	Oct 11	10a- 5p	Sep 19	CBW	\$145

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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 potential and consciousness.

\$12ea

Mondays 12:45 - 1:45 pm

Emei Chi Gung: For Healing Self and Others

with Devatara Holman L.Ac

Learn a life long practice you can use to heal yourself and others while training toward enlightenment. Devatara studied in China for many years, where she was given the job of teaching Emei to the west. Her private practice in acupuncture is located on Caledonia St in Sausalito.

8 week course \$400

Mondays starting Sep 29 7 - 10 pm

Testimonial

When we first attended Alive & Well!, I was there primarily to drive my daughter to classes, and to be her study partner. I figured that I would pick up some knowledge that would benefit the customers at my herb shop. *I had no idea that what I would learn could so alter my life.*

In 1980 I underwent a radical mastectomy, which left me fairly crippled. After 24 years of physical and massage therapies, I could *almost* stand up straight, and had limited range of motion and an *inability to lift a single pound with my right hand*. With the knowledge I have acquired at the Institute, I have been able to begin rebuilding muscles that were still there, but long forgotten. I became able to move in directions unattainable for 24 years, not to mention being able to assert and effect in these directions! Now, what had been a 2 1/2" diameter right arm, is nearly the same size as my left arm. I can actually elevate my right arm over my head without the assistance of my left hand, and have full range of motion.

Due to one single session with an NMR student under Dana Rose's direction, I am able to hold a cereal bowl in mid-air and wash it! *The amazing thing is that I am actually now doing what I never thought possible.* I can even give a good massage!

I am very proud and grateful to affiliate myself with such a credible and unique school. —Judith Elliot

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CONSCIOUS
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Alive & Well!

150 Nellen Ave.
Corte Madera, CA 94925

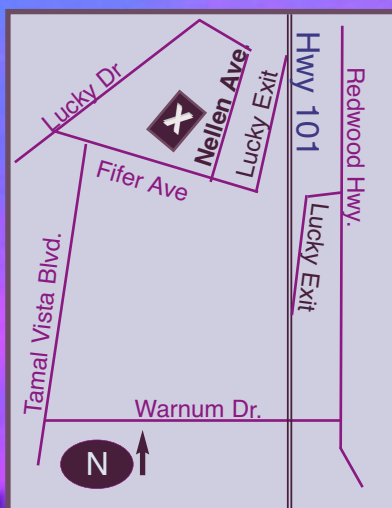
*Providing quality education
in massage & bodywork.*

*Serving the San Francisco
Bay Area since 1987.*

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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 Ave.*



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 Ave.*

www.alivewell.com
alive@alivewell.com
415.945.9945