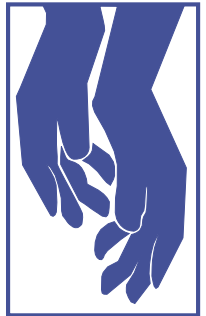


To receive this flyer by e-mail,  
please contact: 877-588-8912 -or-  
saalem@oregonschoolofmassage.com

Visit our website  
www.oregonschoolofmassage.com  
for more information.  
**WINTER TERM  
JANUARY-MARCH 2012**

Oregon School of Massage  
9500 SW Barbur Blvd. #100  
Portland, OR 97219  
1-800-844-3420



## OREGON SCHOOL OF MASSAGE

### Winter 2012 General Interest Flyer

#### INTERESTED IN A MASSAGE CAREER?

Oregon School of Massage is committed to providing a holistic education that integrates the body, mind, heart and spirit. We offer 555-hour bodywork programs with either a Western or Eastern focus. Each qualifies for National Certification and licensure in Oregon and Washington. Portland and Salem locations offer a flexible schedule designed to suit adult students wanting to individualize their learning program. Most students can complete the program in 5-7 terms.

#### WOULD YOU LIKE TO LEARN MORE?

For more information, please call to speak with an Admissions Coordinator. You may also attend a free **Training Preview**. Licensing, training and career opportunities are discussed during the presentation.  
Call 1-800-844-3420 to register.

#### PORTLAND TRAINING PREVIEWS

Saturday, December 10 at 10am  
Tuesday, January 3rd at 6:30pm  
Saturday, February 4th at 10am  
Thursday, February 23rd at 6:30pm  
Saturday, March 17th at 10am



#### UPCOMING START DATES

**Winter Quarter** January 9, 2012  
**Spring Quarter** April 2, 2012  
**Summer Quarter** June 25, 2012  
**Fall Quarter** September 24, 2012

“Our mission is to provide excellence in education by engaging the whole person - body, mind and spirit - in order to promote health through quality touch.”

Call 1-800-844-3420 for more information, or visit our website at [www.OregonSchoolofMassage.com](http://www.OregonSchoolofMassage.com).

# GREAT CLASSES FOR BEGINNERS - PORTLAND

Winter 2012 General Interest Flyer

## MASSAGE BASICS

**Jan 20-Feb 10 Fri 6-8:30pm \$80**

This popular 4-week class introduces basic massage techniques for the back, neck, shoulders, hands, feet and head. You will learn about nurturing touch and bodywork as a health-care tool. This is a great class to take if you are interested in a massage career. Instructors are experienced therapists with extensive additional training in a variety of bodywork styles.

## COUPLES MASSAGE

**Feb 11 Sat 9am-5pm \$175 per couple**

Learn basic Swedish massage techniques in a one-day setting. At the end of this class, you will be able to give a full body massage. The class is fun, safe and packed full of massage practice. Participants should be in good physical health in order to give and receive massage. Partial disrobing to your comfort level is required. The class is a great activity for Valentine's Day. Participants receive a massage gift bag.

## THAI MASSAGE - LEVEL 1

**Mar 2-4 Fri 6:30-8:30pm; Sat-Sun 9am-5pm \$375**

Learn a basic Southern style Thai massage, including the Five Basic Attitudes of the Body. This class includes a strong emphasis on the meditative and spiritual aspects of this most ancient form of hands-on healing. This work focuses on balancing energy and opens the joints through assisted Yoga Asanas, compression and rocking. Participants remain fully clothed.

## POWER OF PRESENCE

**Jan 23 Mon 6:30-9:30pm \$65**

To be fully present is to connect with what is happening in the moment. It creates vividness and clarity of experience, often bringing intuitive thoughts and an enlivening experience in the body and heart. Problems in the body and psyche can persist until we bring non-judgmental presence to it. In this class, learn how to create a container and the tools for this clear attention that will give you more clarity, energy and compassion with yourself and others.

## REIKI HEALING

**Feb 24-26 Fri 6-8pm; Sat-Sun 9am-6pm \$305**

Reiki is a form of natural healing that takes place through gentle, sacred touch. It restores health and harmony to the physical body, releases emotional blockages and activates a closer connection to spirit. It is a wonderful and easy form of self-healing. This is a First Degree Reiki class.



Photo: David Weitzer

## REFLEXOLOGY FOR WOMEN

**Mar 3 Sat 9am-5pm \$150**

This class introduces techniques to decrease the discomforts of PMS and menopause and addresses women's health concerns including breast cancer, endometriosis, and labor. Students learn fabulous ways to work with the hands, feet, and even a bit of ear reflexology. No prior reflexology experience necessary, but it is helpful if you are aware of reflexology in a general sense as we will not discuss origins or methodology.

*New Class!*

## SHAMANISM TODAY

**Mar 9-11 Fri 6-8pm; Sat-Sun 9am-6pm \$380**

Become a warrior with heart! Explore self-empowerment, the shamanic journey, totem animals, earth and sky energy and ecstatic dance. This class consists of a series of guided exercises to open up and be comfortable with shamanic reality. The focus will be how to apply the gathered energy for healing sessions on one another. You are invited to bring your own instruments (drums, rattles, Tibetan bowls, etc.), crystals, flower essences, etc. Workshop is open to beginners.



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