

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

Visit our website
www.oregonschoolofmassage.com
for more information.
SPRING TERM
APRIL-JUNE 2012

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



OREGON SCHOOL OF MASSAGE

Spring 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, March 17 at 10am
Saturday, April 28 at 10am
Wednesday, May 16 at 6:30pm
Saturday, June 9 at 10am



UPCOMING START DATES

Spring Quarter April 2, 2012
Summer Quarter June 25, 2012
Fall Quarter September 24, 2012
Winter Quarter January 7, 2013

“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.

GREAT CLASSES FOR BEGINNERS - PORTLAND

Spring 2012 General Interest Flyer

ABC's of CHINESE MEDICINE - Part A

Apr 2-Jun 4

Mon 12:30-3:30pm

\$640

Part A is a step-by-step survey of traditional Chinese medicine. The course provides perspective on Chinese medical theory and practice. It presents the principles that form the foundation of the Eastern medical model and discusses traditional Chinese medicine from the standpoint of the following topics: Anatomy & Physiology, Pathology & Pathogenesis, Diagnosis & Treatment and, perhaps most importantly, the Philosophy & Cosmology behind them. A significant portion of the course focuses on the Chinese image of organ networks and their range of functions.

DAO YIN STRETCH

Apr 5-May 31

Thu 5:15-6pm

\$120

This movement discipline enhances vitality in many dimensions by opening the joints and clearing energy channels. Dao-Yin Stretch increases mobility, strength and resilience, improving your coordination, balance and endurance. Dao-Yin helps develop body awareness and understanding of alignment principles.

PREGNANCY MASSAGE: Labor and Birth

Apr 7

Sat 1:30-5:30pm

\$100

This 4-hour class covers basic massage techniques, acupressure points, relaxation and positioning which can ease the pain of labor, and possibly assist in a quicker, less complicated delivery. The practical segment is followed by a video of several birthing experiences. This class is appropriate for anyone working with laboring mothers. No massage experience is necessary. You may bring a pregnant woman to work with.



MASSAGE BASICS

Apr 27-May 18

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 healthcare 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.

POWER OF CONSCIOUS ENGAGEMENT

Apr 10

Tue 6:30-9:30pm

\$65

The choices we make each moment have a powerful impact. Creating connected and empowered relationships with others depends on your ability to take full ownership for the life within and before you. Using the Karpman drama triangle we will explore ways that you may be losing power by being a rescuer, a victim, or blaming. From this self-discovery process you will learn ways to realize authentic power and leadership.

AROMATHERAPY FOUNDATIONS

May 12

Sat 9am-5:30pm

\$240

Aromatherapy is a powerful, yet simple modality to incorporate into massage and your life. Connect with your sense of smell by getting acquainted with 5 essential oils. Understand where oils come from and how they interact with our bodies. Make effective use of essential oils by learning several simple treatments. All supplies are included with this class.

REIKI HEALING at Breitenbush Hot Springs

May 11-13

Fri 6pm-Sun 4pm

(Price includes food & lodging) \$495

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. Reiki is a wonderful form of self-healing. This is a First Degree Reiki class.

FOOT REFLEXOLOGY BASICS

Jun 2

Sat 9am-5:30pm

\$165

Foot Reflexology is a form of massage used for both healing and relaxation. It is based on the belief that certain areas of the body, notably the feet, contain reflex connections with internal organs. This workshop will present basic working techniques, history and theory, and emphasize practical application.

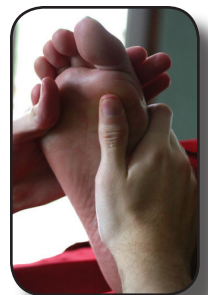
REFLEXOLOGY VARIATIONS: Hands, Ears and Emotions

Jun 3

Sun 9am-5:30pm

\$165

The class is designed to give students a basic introduction to three variations on foot reflexology - hand, ear and emotional energy. Students learn simple reflexology treatments for hands and ears and are introduced to the Language of the Feet based on the emotional model of Universal Reflexology. Class includes ample practice time in each variation.



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