

Call 1-877-588-8912 for more information, or visit our website at www.OregonSchoolofMassage.com.

Photo: Peter Schutte



“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.”

Oregon School of Massage is committed to providing a holistic education that integrates the body, mind, heart and spirit. We offer 55-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.

INTERESTED IN A CAREER IN MASSAGE?

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

UPCOMING START DATES

OREGON SCHOOL OF MASSAGE

Spring 2012 General Interest Flyer

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 503-585-8912 to register.

Enrolling Now
Spring Term
begins
April 2nd
Call 503-585-8912

SALEM TRAINING PREVIEWS

- Tuesday, April 24 at 6:30pm
- Saturday, May 19 at 10am
- Tuesday, June 12 at 6:30pm

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To receive this flyer by e-mail, please contact: 503-585-8912 - or - salem@oregonschoolofmassage.com

SPRING TERM
April - June 2012

Oregon School of Massage
2111 Front Street NE, 3-101
Salem, OR 97301
1-877-588-8912



GENERAL INTEREST FLYER - SPRING 2012

Great Classes for Beginners

DAO YIN STRETCH

Apr 4-May 30

Melanie Zermer, LMT #5183, Dipl. A.B.T.

Wed 5:15-6pm

\$120

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

Melanie Zermer is a licensed massage therapist who specializes in Asian Bodywork Therapy. She is certified by the National Certification Commission for Acupuncture and Oriental Medicine. She is active in both the Salem massage community and her neighborhood association.



STUDENT CLINIC

OSM's student clinic offers Swedish style massage to the public at a special rate. **\$35 per session.** Space is limited. Call **March 29th** for an appointment. **503-585-8912**

Swedish - One hour
Tuesdays - 1:45pm & 3:30pm

MASSAGE BASICS

Apr 14-May 5

Connie Williams, LMT #11575

Sat 10am-12:30pm

\$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

Connie Williams is a Reiki Master with a background in exercise instruction. She loves the outdoors, has worked as a river guide and enjoys traveling the world. All of these experiences have helped Connie develop the holistic approach she applies to her massage practice in Salem.

THAI MASSAGE - LEVEL 1

May 4-6

David Weitzer, LMT #5164

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.

Photo: David Weitzer



Free Demonstration

The Friday night portion of Thai Massage is open to the public. Call 1-877-588-8912 to reserve a seat.

David Weitzer has been a student and practitioner of massage since 1976 with training in Jin Shin Do, Craniosacral Therapy, Sports Massage, and is a certified yoga instructor. David has focused on Traditional Thai Massage since 1990, and became a certified instructor in 1996. David teaches Thai Massage classes at OSM.



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