

EarthStone Hot Stone Massage Workshop



Instructor: Yvette Hayden, BS, LMT

When: Saturday, October 23rd, 2010

Time: 10:00am – 7:00pm

Where: Onondaga School of Therapeutic Massage, 302 N. Goodman Street, Rochester, NY 14607

Cost: \$225 -- save \$25 if you take the EarthStone Spa Treatment Workshop on Sunday (off both together, not each)

Supplies you will need: 10 hand towels, 1 set of sheets, blanket, 2 extra pillow cases, stones*

CE Hours: 8 hours, NCBTMB

EarthStone Hot Stone Massage is a unique methodology combining the best of East and West stone healing traditions with current scientific knowledge, energy work and innovative connective bodywork. This profoundly relaxing and balancing treatment is now one of the most requested massage specialties worldwide.

In this hands-on workshop you will learn how to set up for hot stone massage in your office, with specifics on equipment, supplies, stone selection, marketing and more. You'll learn how to use the stones with technique variations that enable you to individualize your work according to your style and your clients' needs. You'll perform and receive a 90-minute treatment. A detailed manual is provided.

*Students can purchase a complete stone set from **EarthStone's** website

www.earthstonemassage.com or bring a comparable set. If you call Yvette to order directly, at 315-420-8674, she will bring them to class and save you the shipping.

Yvette Hayden, BS, LMT, is a Licensed Massage Therapist, Reiki practitioner, Aromatherapist and educator. After years of study and hands-on work, she developed **EarthStone's** unique integrative methodology of Hot Stone Massage, pioneering the combination of East and West stone traditions. Yvette designs custom treatments and products for spas and has been teaching for 14 years. Visit her website at www.earthstonemassage.com