



Onondaga School of Therapeutic Massage Continuing Education 2010

EarthStone Hot Stone Massage Workshop

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.

Instructor: 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, West and Native American stone traditions. Yvette designs custom treatments and products for high-end spas and has been teaching for 14 years. Visit her website at www.earthstonemassage.com.

Date & Times: Saturday, March 20, 2010 / 9AM – 6 PM

Location: Rochester Campus – 302 N. Goodman Street – Rochester, NY 14607

Tuition: \$225 due by Friday, March 5, 2010; minimum deposit is \$100. Alumni Association members receive a 10% tuition discount; the tuition must be paid in full 30 days prior to the class to receive the discount. If purchased together with the Spa Treatment Workshop the tuition is \$450.



CE Hours: 8

Enrollment Requirement: The course is open to Licensed Massage Therapists (maximum of 10).

Required Supplies: A set of stones, which you can order from **EarthStone's** website at 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. In addition, 8 hand towels, 1 set of sheets, 2 extra pillow cases (large), blanket, massage oil (*not* lotion, gel, or crème), and a notebook or writing paper and pen.

Cancellation Policy: A fee of \$50 is charged when there is less than two weeks notice.