



Teri Rogers ~ Instructor
NCBTMB Approved Provider
#451062-09

ESSENTIAL LYMPHATIC PERFORMANCE™

Lymphatic Drainage Massage
Strengthen Your Health & Immune System~!
Enhance Your Natural Beauty~!
Speed Your Injury Recovery~!

August 15th & 16th, 2009 * Saturday & Sunday * 2 Days * 16 CE Hours

Essential Lymphatic Performance™ is a unique class designed for Massage Therapists, Aestheticians, Acupuncturists, Sports Doctors, Nurses, Physical Therapists, Coaches, Trainers, Cancer Survivors and Everyone who deals with health, beauty, recovery or immune system issues.

Our lymphatic system is our body's natural immune system. A healthy body can fight disease, repair injuries, recover from surgeries and repel negative influences naturally.

Our lymphatic system is also our natural beauty system, keeping our skin lubricated, glowing and flexible. We all know that glowing, fresh skin is a sign of good health.

Performance in sports or in life depends on our lymphatic system. When the lymphatics get blocked, through disease, old injuries, surgeries, allergic reactions, lifestyle, restrictive clothing, stress, dietary habits, etc., our bodies can't do the effective job they were designed for.

Essential Lymphatic Performance™ is an eclectic combination of techniques, shared from teachers throughout the world ~ combined into a very gentle, soft-touch treatment that can aid all of these conditions. It is incredibly effective, efficient, non-invasive, gentle release work ~ almost meditative ~ with immediately observable results. It is also extremely effective in weight loss and detoxification. Great for Fibromyalgia.

Essential Lymphatic Performance™ is unique and exciting approach to Lymphatic Drainage Massage. There will be some discussion on how, when and why you would want to use it ~ with a lot of hands-on practice as well. We will learn a complete full body lymphatic treatment that can be performed completely clothed or draped on a massage table.

We will be working with our clothes on ~ so please wear **loose, flexible, comfortable clothing** ~ with a minimum of belts, zippers, buckles or underwire bras. Layers work well ~ as we tend to get chilly when lying on the table ~ and then warm while we are working.



Santa Cruz Integrative Medicine and Chi Center
831-465-9088 ~ www.santacruzchicenter.com
21511 E. Cliff Drive ~ Suite A ~ Santa Cruz, CA 95062

Class Fee **\$300**
Pre-registration (Earlybird ~ before July 14th) **\$275**
Deposit (non-refundable) **\$50**
8 am to 5 pm – Limited Space Available~ No Pre-Requisites

Teri Rogers is an Acupressurist, Holistic Health Practitioner, Writer, Teacher, Healer, and Naturopath, who has been studying massage and Eastern healing arts since 1980 and teaching massage and Acupressure since 1985. She also traveled extensively throughout Asia, teaching her unique methods at various schools.
In 1990 she lived in Chiang Mai, Thailand and was the second foreigner invited to teach Traditional Thai Massage in Thailand – at the internationally renowned Old Medicine Hospital. She also studied extensively with many of the great teachers and masters throughout Asia and especially in Thailand, where she continues to study several months each year.
Teri currently maintains a successful practice working with Doctors (both Eastern & Western), Chiropractors, and Healers. For over 20 years, she taught at Mueller College of Holistic Studies in San Diego and is currently teaching at Western Institute of Neuromuscular Therapy in Laguna Hills, California. Her clients are people of all ages, and all walks of life. She loves working with animals as well. In addition, she also writes and produces educational videos and books and takes students on study trips throughout the Far East.