



**Teri Rogers ~ Instructor**  
 NCBTMB Approved Provider  
 #451062-09

# AMPUKU PSOAS RELEASE™ & Essential Lymphatic Performance™

(Lymphatic Drainage Massage)

## Combination Workshop ~ Two Powerful Techniques

Strengthen Health & Immune System~! Speed Injury Recovery~!  
 Enhance Natural Beauty ~! Sports Massage Made Easy~!

**The Perfect Combination to Enhance Your Life & Your Practice~!!**

**August 15<sup>th</sup> – 17<sup>th</sup>, 2009 \* Saturday – Monday \* 3 Days \* 24 CE Hours**

### Essential Lymphatic Performance™

- Unique Lymphatic Drainage Massage
- Strengthen the Immune System
- Increase Health
- Enhance Natural Beauty
- Aid in Weight Loss – Cellulite – Detoxification
- Speed Recovery from Injury – Surgery - Overexertion
- Fight Disease Naturally
- Unblock the Immune System
- Fight Disease
- Glowing, Flexible, Lubricated Skin
- Decreases Cellulite
- Increases Performance
- Incredibly Effective & Efficient
- Immediately Measurable Results
- Non-Invasive, Gentle, Release Work
- Easy on the Therapist
- Relaxing & Meditative for the Client/Patient
- Reduces Pain & Swelling Rapidly
- Can be performed clothed or draped – almost anywhere

### Ampuku Psoas Release™

- Completely Unique Treatment System
- Increase Flexibility
- Decrease Injury
- Enhance Performance Greatly
- Improve Posture and Mobility
- Effective for all Physical Injuries
- Reduces Tension Significantly
- Especially Great for Sciatic Pain – Fibromyalgia – Frozen Shoulder – Knee Injuries
- Major Key to Back & Hip function
- Work with No Pressure -Totally Non-Invasive
- Do Less Work – Achieve More Results
- Extremely Gentle - No Pain at any Time
- No Risk of Injury to the Client/Patient
- No Risk of Injury to the Therapist/Doctor
- Incredibly Effective - Very Rapid Results
- Focuses on the use of Qi and the Hara
- Gentle Abdominal Visceral massage
- Can be Performed on Children – Seniors – Fragile Clients – Professional Athletes

**3-Day Combination Workshop ~ \$450 (Earlybird - \$400 before 7/15)**

Essential Lymphatic Performance™ Workshop ~ 2 days ~ \$300 (8/15-16)

Ampuku Psoas Release™ Workshop ~ 1 day ~ \$200 (8/17)

Early Bird Discount \$25 off of each class (before 7/15) \* Deposit \$50 (non-refundable) \* Hours 8-5

Lymphatic Drainage ~ No prerequisite / Ampuku Psoas ~ Minimum 500 hours of professional training



## Santa Cruz Integrative Medicine and Chi Center

831-465-9088 ~ [www.santacruzchicenter.com](http://www.santacruzchicenter.com)

21511 E. Cliff Drive ~ Suite A ~ Santa Cruz, CA 95062

**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.