



LYMPHATIC DRAINAGE MASSAGE & AMPUKU PSOAS RELEASE™

May 19th - 21st, 2008 * Monday-Wednesday * 3 Days * 24 Hours

This class is designed for professional bodyworkers who work with a wide range of clients with varying health & physical needs. These techniques of Lymphatic Drainage combined with Ampuku Psoas Release can aid in everything from reducing significant tension in the body to health & beauty techniques – and focuses very specifically on sports-type injuries and the immune system.

The Ampuku Psoas Release portion of this class deals with the abdomen as both the center of movement & posture and the focus of energy for the whole body – as well as the major key to the back & hip areas. We will explore the relationship of the Psoas muscle to every other area of the body – and how we can combine this technique with others (such as sports massage) for extremely effective, yet non-invasive, bodywork. We will learn to work extremely effectively without pressure -- to release all of the muscles of the lower back, hips and sacral areas. We will also address such issues as carpal tunnel syndrome, tennis elbow, neck pain and frozen shoulder.

The Lymphatic Drainage Massage will be an overview of the physiology of the Lymphatic System and the significant indications and contraindications for this work. Then we will learn simple, rapidly effective, painless techniques to reduce pain and swelling, encourage glowing healthy skin and improve the immune system function while reducing significant tension in the body.

Another major focus of this class is how to do less work – with more results! How the therapists can use proper leverage and body movement to give an incredibly effective and healing treatment – while keeping themselves healthy and stress-free. This class will focus on reducing injury in the workplace – showing the therapist how to prevent injury to their own back, neck, hands, wrists etc. while maintaining an extremely professional level of bodywork.



Western Institute of Neuromuscular Therapy

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22981 Millcreek Drive #A * Laguna Hills, CA 92653

Class Fee	\$500
Pre-registration (before April 18th)	\$450
Deposit (non-refundable)	\$50

8 am to 5 pm – Limited Space Available

* No prerequisite for 2 days of Lymphatic Drainage

* Minimum of 500 hours of professional training for the Ampuku Psoas

Teri Rogers, Acupressurist, Holistic Health Practitioner, Writer, Teacher, Healer, and Naturopath, has been studying massage and Eastern healing arts since 1980 and teaching massage and Acupressure since 1985 for several colleges, massage conferences and exclusive spa groups here in the U.S. She has also traveled extensively throughout Asia studying and teaching with various schools, teachers, Masters and healers. Some of these locations have included China, Hawaii, Mexico, Bali, Lombok, the Philippines and Thailand. In 1990 she lived in Chiang Mai and was the second foreigner to teach Traditional Thai Massage in Thailand (after Asokananda) – at the Old Medicine Hospital – The Foundation of Shivago Komarpaj. She also studied extensively with many of the great teachers and masters throughout Thailand and has taught, studied and traveled there for several months a year since that time. Teri currently maintains a successful practice working with Doctors (both Eastern & Western), Chiropractors, and Healers. She taught at Mueller College for Holistic Studies in San Diego for 20 years 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. Along with her teaching, practicing, educational videos and writing, she takes students on study trips throughout the Far East.
