

# Experience Bodywork Classes in ASHEVILLE, NC October 23-25, 2009

*For: MTs, PTs, OTs, DCs, NDs, Nurses and More!*

## Looking for Bodywork to Enhance Your Practice?

- Works through proprioceptive nerves
- Uses positional release and re-education movements
- Provides comfort and ease for both practitioner and client.
- Integrates well with other bodywork

CLASS	By Sept. 15	After Sept. 15	CE Hrs
<b>A. SELF CARE Fri., 10/23, 9-4</b> <i>Learn exercises for balance, stress relief, well being...within comfort, ease of movement.</i>	<b>\$100</b>	<b>\$115</b>	<b>06</b>
<b>B. ETHICS [NCB Std.V]: Fri., 10/23, 5-8 pm.</b> <i>Interactive, practical peer exchanges. Meets state &amp; national requirements.</i>	<b>\$50</b>	<b>\$60</b>	<b>03</b>
<b>C. ALL IN YOUR HEAD! S-S, 10/24-25, 9-6</b> <i>Positional release, movement, isometrics and more – for head, neck, shoulders</i>	<b>\$250*</b>	<b>\$310*</b>	<b>16</b>
<b>D. All 3 Classes (A + B + C) SAVE!</b>	<b>\$390*</b>	<b>\$450*</b>	<b>25</b>
<i>Invite your clients to attend:</i> <b>E. SELF CARE (Same class as A) Client Rate</b>	<b>\$60</b>	<b>\$70</b>	<b>No</b>
<p><b>Register by Sept. 15 and Save \$\$\$</b>  <b>Earn 25 state and national CE hours in one weekend!</b>                      [* \$50 is non-refundable deposit]</p>			

### Instructor: Linda McCrea, NC LMBT, Ed. D., AMTA

- Registered Instructor and Advanced Practitioner of Ortho-Bionomy
- Over 2,000 hours training and 20 years in bodywork practice
- Professional educator, teacher trainer, instructional designer and more
- Nationally Approved Instructor: NCBTMB Provider # 386322-00

### TO REGISTER: (Submit by Sept. 15 & Save!)

CHOICE: A \_\_\_ B \_\_\_ C \_\_\_ D \_\_\_ Total \$ \_\_\_\_\_ CK/MO# \_\_\_\_\_

E \_\_\_ I am a client of \_\_\_\_\_ Total \$ \_\_\_\_\_ CK/MO# \_\_\_\_\_

NAME \_\_\_\_\_ DATE \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

STREET/PO \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

Make check or money order to **LINDA McCREA** and mail along with completed form to:  
**OB TOUCH WORKS, 24 Oakhaven Terrace, Asheville, NC 28803**  
**Questions? Contact Linda at [Linws@charter.net](mailto:Linws@charter.net), 704.968-2145; 828-298-5154**  
*To schedule an individual session with the instructor, contact Linda.*

[OB AVL 10-09]