

CE Classes In Triangle Area, NC

Oct. 1-3, 2010

Add **ONE BODY**sm to Your Bodywork Practice

- Rooted in osteopathy
- Works through proprioceptive nerves
- Combines techniques and re-education for clients
- Provides comfort and ease for both practitioner and client.
- Integrates easily with other bodywork.

CLASS	By Sept. 1	Full Price	CE Hrs
A. SELF CARE: Fri. 10am-4pm <i>Learn exercises for balance, stress relief, well-being... within comfort, ease of movement. Focus on BACK.</i>	\$85	\$100	05
B. ETHICS: Fri. 6-9pm <i>Interact & exchange practical input with peers; address state & national renewal standards (ESV)</i>	\$50	\$60	03
C. GOT YOUR BACK* Sat./Sun. 9-6 <i>Combine movement patterns, release by positioning, isometric, and integration techniques – for spine, scapulae, ribs, sacrum.</i>	\$275	\$310	16
D. All 3 Classes*	\$400	\$470	24
<i>Register by <u>Sept. 1</u> for early rates</i>			
<small>See OBTouchWorks.com for class descriptions & class listings. * Includes non-refundable deposit of \$50. Full refund provided if class is canceled.</small>			

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

- Makes learning safe, fun & inspiring – all within comfort
- Over 2,000 hours training and 20 years in bodywork practice and instruction
- Professional educator, teacher trainer, instructional designer and more
- Presenter at AMTA conferences in NC, SC, and ND

Linda J. McCrea is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. #386322-00

TO REGISTER for Triangle Classes: (*Sign up by Sept. 1 & Save!*)

CHOICE: A _____ B _____ C _____ D _____ 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 Linws@charter.net 828.298-5154; 704.968-2145