



521 E. Hector Street • Conshohocken, PA 19428  
610-834-3992

**2018 Schedule** All Classes held in Conshohocken PA unless stated otherwise.  
Got to [www.gotyourback.com](http://www.gotyourback.com) for more information

**Heart Saver CPR & AED \$79 6pm-8pm**  
**November 27 (FULL), Dec 12 (FULL), Dec 13**  
**Jan 8 2019 and Jan 16 2019**

**Advanced Myofascial Techniques: Exploring the**  
**Weight-Bearing Elements in the Muscular, Con-**  
**nective Tissue, and Skeletal Systems**

Instructor: Pamela West, LMT, MFA  
December 1 & 2, 2018  
9:00am—5:00pm  
Cost \$345 16 CE's

#### **Table Shiatsu**

Instructor Shannon Haughey, LMT, CYI  
December 8, 2018  
9:00am—5:00pm  
Cost \$175 8 CE's

#### **Hospice Massage**

Instructor: Beth Villante, RN, CHN, LMT  
December 9 & 10, 2018  
9:00am-5:00PM  
Cost \$295 16 CE's

#### **Anatomy Cupping Level 1**

Instructor: Aaron Mittica, L.Ac., Dipl.  
January 6, 2019  
9:00am—5:00pm  
Cost \$195 8 CE's

#### **Myofascial Work for Joint Replacements**

Instructor: Pamela West, LMT, MFA  
January 11, 2019  
9:00am—5:00pm  
Cost \$195 8 CE's

#### **Advanced Prenatal and Postpartum Massage**

Instructor: Cara B. Drescher, LMT, BCTMB, LE  
January 12 & 13, 2019  
9:00am—5:00pm  
Cost \$375 16 CE's

#### **Understanding and Treating Rotator Cuff Dys-** **function**

Instructor: Shannon Haughey, LMT, CYI  
January 19, 2019  
9:00am—5:00pm  
Cost \$185 8 CE's

#### **Advanced Gua Sha**

Instructor: Dr Heather Lash, DC  
January 20, 2019  
9:00am-5:00PM  
Cost \$225 8 CE's

#### **Warm Bamboo Massage**

Instructor: Bradford Nicarry, LMT, CYT  
January 21 & 22, 2019  
9:00am-5:00PM  
Cost \$295 16 CE's

#### **MFR for Chronic Postural Flexion**

Instructor: Pamela West, LMT, MFA  
January 26, 2019  
9:00am—5:00pm  
Cost \$195 8 CE's

#### **Anatomy Cupping Level 2—Upper Extremities**

Instructor: Aaron Mittica, L.Ac., Dipl.  
January 27, 2019  
9:00am—5:00pm  
Cost \$225 8 CE's

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#### **Online Classes**

**Ethics 4CE \$39**

**Aromatherapy 2 CE**

**Child Abuse Reporting 2 CE \$19.95**

All 3 8CE Bundle \$50

**Gua Sha The Lash Method 4CE \$69**

**Rotator Cuff Treatment/Eval 5 CE \$69**