



Hot Stone with Neuromuscular Techniques

Date: April 21 & 22, 2012

Time: 9:00 am—4:00 pm daily

Location: GotYourBack

Instructor: Karin Hampton & Susan Hanna

Cost: \$250

CE Hours: 12



Workshop Description

An authentic hot stone massage is not simply the "gliding" of heated stones lightly upon the surface of the skin, but rather the stones are used as tools to deliver effective tissue and muscle massage at a pressure level comfortable to the client. The client can request light, medium or deep pressure, which is the beauty of the hot stone massage technique. It can be customized in an instant to the request of the client. The hardness of the stones makes for a deep tissue massage and is easy on the joints of the therapist's hands. The heat from the stones relaxes muscles and increases the blood flow to the area being worked on which is said to further accelerates the healing process. This increase in circulation and the relaxation of the muscles is also claimed to aid in mental relaxation.

What you will learn:

- An overview of the history of stone massage
- An understanding of basic neuromuscular techniques
- How to incorporate neuromuscular techniques into a hot stone massage
- Practicing and understanding a basic routine

What to Bring

Please wear loose, comfortable clothing

8 oz. bottle of oil

Pen and paper

About the Instructor

Karin Hampton and Susan Hanna co-founded Advanced Education Systems, a national continuing education provider offering a variety of classes for Massage Therapists and Bodyworkers. Karin taught as lead instructor at the National Massage Therapy Institute in Wilmington, Delaware. She instructed many different aspects of the massage field, including anatomy, physiology, kinesiology, theory and techniques. Susan Hanna is a nationally certified massage therapist and aesthetician. Susan worked as an instructor at The National Massage Therapy Institute in Wilmington, DE where she taught anatomy, physiology, kinesiology, theory and principles of massage.