



521 E. Hector Street • Conshohocken, PA 19428

**2020-2021 Schedule** All Classes held in Conshohocken PA unless stated otherwise.  
Got to [www.gotyourback.com](http://www.gotyourback.com) or call 610 834 3992 for more information

### **Heart Saver CPR & AED \$79**

#### **New Dates for 2020.**

Thurs Feb 27 all classes 6pm-8pm

Tues Apr 28

Tues Jun 30

Thurs Sept 3

Thurs Oct 1

Thurs Nov 5

Wed Dec 2

**Check the site for latest updates or call  
610 834 3992**

### **ONLINE CLASSES**

**Ethics 4 CE, also 2CE and 3CE (contact  
us to determine what your state requires)  
\$34**

**Child Abuse Reporting 2CE and 3CE \$34**

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

**Rotator Cuff 5CE \$75**

**Aromatherapy 2CE \$25**

**8CE Special Ehtics/Aromatherapy/Child  
Abuse Reporting \$50**

### **Live Classes**

#### **Sports Stretching Active Isolated**

Instructor: Jim Earley LMT, NCBTMB

Date: Sun March 1, 2020

Location: GotYourBack

Time: 9-5pm

CE: 8

Cost \$200

- This class (part of a series of 4) counts toward the  
Advanced Degree in functional stretching

#### **Medical Massage 3**

Instructor: Beth Villante, RN, CHN, LMT

Date: Sat March 14, 2020

Location: GotYourBack

Time: 9-5pm

Cost \$200 CE: 8

Prerequisites: medical massage 1 and 2

#### **Myofascial Techniques for Joint Replacements**

Instructor: Pamela West, M.Ed., LMT

Date: Sun March 15, 2020

Location: GotYourBack

Time: 9-6pm

Cost \$195 CE: 8

#### **Hospice Massage**

Instructor: Beth Villante, RN, CHN, LMT

Date: Sat/Sunday March 21, 22, 2020

Location: GotYourBack

Time: 9-5pm

Cost \$345 CE: 16

#### **Oncology Massage**

Instructor: Beth Villante, RN, CHN, LMT

Date: Sat March 28, 2020

Location: GotYourBack

Time: 9-5pm

Cost \$200 CE: 8

#### **Sports Stretching PNF**

Instructor: Jim Earley LMT, NCBTMB

Date: Sun April 5, 2020

Location: GotYourBack

Time: 9-5pm

Cost \$200 CE: 8

- This class (part of a series of 4) counts toward the  
Advanced Degree in functional stretching

#### **Medical Massage 1**

Instructor: Beth Villante, RN, CHN, LMT

Date: Sat/Sunday April 18-19, 2020

Location: GotYourBack

Time: 9-5pm

Cost \$345 CE: 16



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### **Advanced Gua Sha**

Instructor: Heather Lash, DC  
Date: Sat April 25, 2020  
Location: GotYourBack  
Time: 9-5pm  
Cost \$205 CE: 8

### **Rotator Cuff**

Instructor: Shannon Haughey  
Date: Sun April 26, 2020  
Location: GotYourBack  
Time: 9-5pm  
Cost \$200 CE: 8

### **Thai Massage**

Instructor: Bradford Niccary  
Date: Sat/Sun May 9, 10, 2020  
Time: 9:00 - 5:00pm each day  
Cost: \$295 CE Hours: 16

### **Sports Stretching Pin and Release**

Instructor: Jim Earley LMT, NCBTMB  
Date: Sat May 16, 2020  
Location: GotYourBack  
Time: 9-5pm  
CE: 8  
Cost \$200

- This class (part of a series of 4) counts toward the Advanced Degree in functional stretching

### **Table Shiatsu**

Instructor: Shannon Haughey  
Date: Sun June 7, 2020  
Location: GotYourBack  
Time: 9-5pm  
Cost \$200 CE: 8

### **Advanced Myofascial Techniques: Exploring the Weight Bearing Elements**

Instructor: Pamela West, M.Ed., LMT  
Date: Sat/Sun June 27, 28 2020  
Time: 9:00 - 5:00pm each day  
Cost: \$345 CE Hours: 16

### **Intro to Sports Massage**

Instructor: Kevin Miller, LMT, CSCS  
Date: Sun August 23, 2020  
Time: 9:00 - 5:00pm  
Cost: \$200 CE Hours: 8

### **Bamboo and Exotic Wood Massage**

Instructor: Bradford Niccary  
Date: Sat/Sun Sept 12, 13 2020  
Time: 9:00 - 5:00pm each day  
Cost: \$295 CE Hours: 16

### **Medical Massage 2**

Instructor: Beth Villante, RN, CHN, LMT  
Date: Sat/Sunday Sept 19, 20, 2020  
Location: GotYourBack  
Time: 9-5pm  
Cost \$345 CE: 16

### **Your Amazing Psoas**

Instructor: Pamela West, M.Ed., LMT  
Date: Sunday September 27, 2020  
Time: 9:00 - 5:00pm  
Cost: \$200 CE Hours: 8

### **Hospice Massage**

Instructor: Beth Villante, RN, CHN, LMT  
Date: Sat/Sunday Oct 3, 4, 2020  
Location: GotYourBack  
Time: 9-5pm  
Cost \$345 CE:16



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### **Thai Massage**

Instructor: Bradford Niccary  
Date: Sat/Sun Oct 10, 11 2020  
Time: 9:00 - 5:00pm each day  
Cost: \$295 CE Hours: 16

### **Introduction to Myofascial Techniques**

Instructor: Pamela West, M.Ed., LMT  
Date: Sat/Sun October 17- 18, 2020  
Time: 9:00 - 5:00pm each day  
Cost: \$345 CE Hours: 16

### **Deep Tissue Massage**

Instructor: Beth Villante, RN, CHN, LMT  
Date: Sat Oct 24, 2020  
Location: GotYourBack  
Time: 9-5pm  
Cost \$200 CE: 8

### **Myofascial Release Techniques for Chronic Postural Flexion**

Instructor: Pamela West, M.Ed., LMT  
Date: Sat November 7, 2020  
Time: 9:00 - 6:00pm  
Cost: \$200 CE Hours: 8

### **Oncology Massage**

Instructor: Beth Villante, RN, CHN, LMT  
Date: Sat November 21, 2020  
Location: GotYourBack  
Time: 9-5pm  
Cost \$200 CE: 8

### **Reflexology**

Instructor: Beth Villante, RN, CHN, LMT  
Date: Sunday November 22, 2020  
Location: GotYourBack  
Time: 9-5pm  
Cost \$200 CE: 8

### **Medical Massage 1**

Instructor: Beth Villante, RN, CHN, LMT  
Date: Sat/Sunday Dec 5, 6, 2020  
Location: GotYourBack  
Time: 9-5pm  
Cost \$345 CE: 16

### **Bamboo and Exotic Wood Massage**

Instructor: Bradford Niccary  
Date: Mon/Tues Jan 18, 19 2021  
Time: 9:00 - 5:00pm each day  
Cost: \$295 CE Hours: 16

### **Deep Tissue Massage**

Instructor: Beth Villante, RN, CHN, LMT  
Date: Sat January 9, 2021  
Location: GotYourBack  
Time: 9-5pm  
Cost \$200 CE: 8

### **Reflexology**

Instructor: Beth Villante, RN, CHN, LMT  
Date: Sat January 23, 2021  
Location: GotYourBack  
Time: 9-5pm  
Cost \$200 CE: 8