



# gotyourbacku

## 2024 Live Class Schedule

Class Prices go up closer to date of class!

### **2024**

#### **Neuro-Proprioceptive Taping Technique – March 23, 2024 - ALMOST FULL!**

Instructor: Dr Heather Lash, DO

Date: March 23, 2024

Time: 9am–6pm

Cost: \$225

CE Hours: **8**

#### **Gentle Work for Sensitive People - April 20, 2024**

Instructor: Pamela West, LMT

Date: April 20, 2024

Time: 9am–6pm

Cost: \$210

CE Hours: **8**

#### **Introduction to Gua Sha – The Lash Method – April 27, 2024**

Instructor: Dr Heather Lash, DO

Date: April 27, 2024

Time: 9am–6pm

Cost: \$225

CE Hours: **8**

#### **Learning to Think Myofascially - May 18, 2024**

Instructor: Pamela West, LMT

Date: May 18, 2024

Time: 9am–6pm

Cost: \$210

CE Hours: **8**

#### **Thai Massage – May 19 & 20, 2024**

Instructor: Bradford Nicarry, LMT

Date: May 19 and 20, 2024

Time: 9am–6pm

Cost: \$325

CE Hours: **16**

#### **Medical Massage 2– September 14 & 15, 2024**

Instructor: Beth Villante, RN, BSN, LMT

Date: September 14 and 15, 2024

Time: 9am–6pm

Cost: \$365

CE Hours: **16**

#### **Medical Massage 1 – October 5 & 6, 2024**

Instructor: Beth Villante, LMT

Date: October 5 and 6, 2024

Time: 9am–6pm

Cost: \$365

CE Hours: **16**

#### **Warm Bamboo Massage – October 11 & 12, 2024**

Instructor: Bradford Nicarry, LMT

Date: October 11 & 12, 2024

Time: 9am–6pm

Cost: \$325

CE Hours: **16**

**<https://gotyourbacku.com> for more offerings!**



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### **The Complete Guide to Reflexology: An Integrated Approach - October 19, 2024**

Instructor: Beth Villante, RN, BSN, LMT

Date: October 19, 2024

Time: 9am-6pm

Cost: \$215

CE Hours: **8**

### **Explore the Core - October 25, 2024**

Instructor: Sandy O'Brien, RN, BSN, LMT

Date: October 25, 2024

Time: 9am-6pm

Cost: \$215

CE Hours: **8**

### **Neck Check - October 26, 2024**

Instructor: Sandy O'Brien, RN, BSN, LMT

Date: October 26, 2024

Time: 9am-6pm

Cost: \$215

CE Hours: **8**

### **Side "A"ffects: Side Lying Massage - October 27, 2024**

Instructor: Sandy O'Brien, RN, BSN, LMT

Date: October 27, 2024

Time: 9am-6pm

Cost: \$215

CE Hours: **8**

### **Table Thai/Sports Stretching Fusion - October 28 & 29, 2024**

Instructor: Bradford Nicarry, LMT

Date: October 28 and 29, 2024

Time: 9am-6pm

Cost: \$325

CE Hours: **16**

### **Hospice Massage- November 9 & 10, 2024**

Instructor: Beth Villante, RN, BSN, LMT

Date: November 9 and 10, 2024

Time: 9am-6pm

Cost: \$365

CE Hours: **16**

### **Oncology Massage - December 7 & 8, 2024**

Instructor: Beth Villante, RN, BSN, LMT

Date: December 7 & 8, 2024

Time: 9am-6pm

Cost: \$365

CE Hours: **16**

## **2025**

### **The Complete Guide to Reflexology: An Integrated Approach - January 11, 2025**

Instructor: Beth Villante, RN, BSN, LMT

Date: January 11, 2025

Time: 9am-6pm

Cost: \$215

CE Hours: **8**

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### **NEW Online class offerings:**

#### **Welcoming You to the Age of Fascia**

Instructor: Pamela West and Bradley Martin

Cost: \$49

CE Hours: 2.5

#### **The World of Stretching With Bradley Martin**

Instructor: Bradley Martin, MS, ATC/L, CSCS

Cost: \$199

CE Hours: 4.5

#### **Anatomy Cupping: Meningeal and Spinal Release "General Compression Syndrome"**

Instructor: Aaron Mittica, L.Ac.,Dipl.

Cost: ~~\$230~~-\$115 - 50% off! Discount in cart

CE Hours: 2

#### **Advanced Gua Sha: The Lash Method 201**

Instructor: Dr Heather Lash, DC, CFMP

Online Course

Cost: ~~\$250~~-\$125 - 50% off! Discount in cart

CE Hours: 2

### **GYBU Online Classics:**

#### **PA 8CEU Bundle**

Classes: Abuse Reporting (2hr) Ethics (4ceu)

Aromatherapy (2ceu)

Cost: \$80

CE Hours: 8

#### **Super Serratus Anterior Muscle**

Instructor: Desmond Slattery

Cost: \$49

CE Hours: 2

#### **Mu-Xing Bamboo and Exotic Wood Massage**

Instructor: Desmond Slattery and Bradford

Nicarry

Cost: \$125

CE Hours: 5

#### **Gua Sha: The Lash Method**

Instructor: Dr Heather Lash, DC, CFMP

Cost: \$99

CE Hours: 4

### **HeartSaver CPR**

GotYourBackU currently does a hybrid-style CPR training. When you purchase, give us up to 48 hours to send an email with a link to the online course at Heart.org. As an online course, you can then do this at your convenience. Once complete, contact us to schedule your in-person assessment, which can also be done according to your time. \$89

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