



Inner Wisdom Dragon Spirit

LMT Continuing Education

Course Offerings from Inner Wisdom Dragon Spirit

1. Go Deep with Ease: work smarter, not harder
2. Targeted Deep Tissue™--Upper Body Basics
3. Targeted Deep Tissue™--Lower Body Basics
4. Targeted Deep Tissue™--High Performance – Upper Body
5. Targeted Deep Tissue™-- High Performance – Lower Body
6. Stone Workers Basics – An introduction to using Stones as Tools
7. Stone Workers 2 – Advanced Techniques for a whole-body experience
8. Stone Workers 3 - Body Balancing with Hot Stones and Essential Oils
9. Lymphatic work for Injuries and Pain Relief.

Course Descriptions

(1) **Go Deep with Ease: work smarter, not harder**

Deep work is one of the most often requested techniques in massage. Many therapists expend enormous effort and cause physical strain and injuries to themselves trying to provide the most benefit to their clients. Protect your thumbs, wrists, back, and body! This course is particularly helpful because it addresses not only the needs of clients but also extends the length and quality of the therapist's career. It provides techniques that aid in the prevention of injuries. **Go Deep with Ease: work smarter, not harder** is designed to help all therapists provide any level of depth required or desired for the most therapeutic, beneficial and satisfying results to clients. The principles learned here can be used for any modality.

(2) **Targeted Deep Tissue™--Upper Body Basics**

This class is designed to show you how to get amazing results in a short period of time with minimal effort. TDT uses basic principles with specific movements and methods to work on some of the most prevalent and chronic problems that massage clients present with. The focus is on the upper body (neck, shoulders, arms, hands and upper back) with specific techniques that will make a world of difference to your clients. This work is perfect for clients with a limited range of motion, adhesions, old surgeries and previous injuries.

(3) **Targeted Deep Tissue™--Lower Body Basics**

This class focuses on treating common problems and injuries to the lower body. We will concentrate on the lower back, pelvis, abdomen, legs, knees, and feet. Low back pain is one of the most prevalent complaints in our culture. Problems with the legs and feet affect everything above them, causing a multitude of problems in the hips, back and even in the neck. Knee pain can be chronic, sometimes debilitating, and often stems from lack of mobility and muscles not working together as they were originally designed to do. This class gives you new tools and techniques to address these issues.

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(4) Targeted Deep Tissue™--High Performance – Upper Body

(This has a prerequisite of the **Targeted Deep Tissue™ Upper Body Basics** course)

This advanced course will focus primarily on head, neck, shoulders, arms, wrists and rotator cuff. These are the most common problem areas for many clients. You will learn advanced and specific techniques to address these concerns. This is a problem-solving technique for issues, and a high-performance massage as well. These methods can make a difference for competitive golfers, horseback riders, swimmers, martial artists and many more athletes. By enhancing speed, breathing, reach and dexterity a therapist can make marked and measurable change for these clients.

(5) Targeted Deep Tissue™-- High Performance – Lower Body

(This has a prerequisite of the **Targeted Deep Tissue™ Lower Body Basics** course)

This advanced course will focus primarily on low back and hip flexors and extensors, rotators, legs, knees and feet. These are specific techniques that can help with many of the chronic problems for your clients in general. These methods can also make a major difference for competitive sports. For example – if you treat a runner, you may be able to extend their stride by 1-3 inches! Many great tools to use for cyclists, tennis players and other athletes as well.

(6) Stone Workers Basics – An introduction to using Stones as Tools

The intention of this class is to introduce the art of hot stone therapy, stone care and how to utilize them as massage tools. Our techniques are designed to help you as a therapist acquire skills and incorporate the use of hot stones into your practice. The use of stones for therapeutic body work is an ancient practice. Moist heat penetrates deeply into muscle tissue and eliminates toxicity, encourages blood flow and nutrients, and eases away tension and stress. Discover how to use these magnificent tools to benefit both you and the massage experience of your client.

(7) Stone Workers 2 – Advanced Techniques for a whole-body experience

This class is designed to help you as a therapist to acquire and focus your skills with using stones as tools. We will address common areas of tension and congestion associated with client pain and discomfort. Learn advanced ways to alleviate some chronic issues in a profound and deeper way.

(8) Stone Workers 3 - Body Balancing with Hot Stones and Essential Oils

Learn how to use the grounding qualities of hot stones and specially formulated essential oils to facilitate energy flow throughout these centers and induce a revitalizing and relaxing effect with your clients. Participants will receive information regarding the function and significance of the chakras, a gift of essential oils, and the technique to balance the chakras.

(9) Lymphatic work for Injuries and Pain Relief

There are few hands-on techniques to use with acute injuries or chronic pain. This course teaches a basic, easy to do and profoundly effective way to help clients in need. Lymphatic techniques have been able to reduce swelling and pain, decrease healing time for injuries or surgeries and reduce the pain for many terminal clients as well. It is a wonderful tool for a therapist to have when “regular” work is contraindicated or ineffective.