



## CONTINUING EDUCATION

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# Erie Massage Therapy Continuing Education Conference

at the

**Ambassador Center**

**7794 Peach Street**

**Erie, PA 16509**

**Sunday, September 13 through Tuesday, September 15, 2020**

### Featuring:

- **Bodysaver “No-Thumbs” Deep Tissue Massage with Patrick Ingrassia**
- **Myofascial Release Massage with Chris Morakis**
- **Polarity Theory: Exploring Energy and Unlocking the Breath with Randall Gibson**

### Registration also includes:

- **Ethics for the Massage Professional with Kenn Howard**

Three days of massage continuing education that will fulfill all your requirements for PA Licensure renewal, with the exception of CPR and Child Abuse Recognition. Choose one of three popular courses and get your requirements finished in three days with nationally recognized instructors. Class begins each day at 9:00 AM. Please arrive by 8:00 AM on Sunday to complete the registration process so the workshops may start on time.

### Registration Fees and Due Dates:

*Full registration, including all classes is:*

*Before August 8, 2020 – \$425*

*After August 8, 2020 – \$475*

*Registration closes on Saturday, September 5, 2020.*

***Full Payment Required With Registration.***

### Registration Information:

**To register, print and mail the registration form with payment to:**

**Pittsburgh School of Massage Therapy**

**3600 Laketon Road**

**Pittsburgh, PA 15235**

**Registration may also be done by phone: (412) 241-5155**

There is no option to complete your registration online.

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**Host Hotels**

**Courtyard Marriott Erie – Ambassador Conference Center  
7792 Peach St. Erie, Pennsylvania 16509**

**814-860-8300**

**or**

**Hilton Garden Inn Erie  
2225 Downs Drive, Erie, Pennsylvania, 16509  
814-866-1390**

*Ask for our special room rate of \$119 per night.  
Limited rooms are available at this rate so call early to register.*

## **Bodysaver – “No Thumbs” Deep Tissue Massage**

**Presenter: Patrick Ingrassia, Nayada Institute**

**Hours: 21 Approved for PA & NY License Renewal & NCBTMB Approved**

**Time: 9:00 AM – 5:15 PM**



If you take no other continuing education in your massage career, this is the course to enroll in. The BodySaver™ “No Thumbs” Method is the foundation for a thriving massage practice. It will extend the life of your career, allow you to serve more clients, protect you from strain and injury, and enhance every other modality that you practice.

As a massage therapist, you are your most precious resource. The BodySaver™ “No Thumbs” Method allows you to care for, extend, and maximize that resource, making you the best practitioner you can possibly be.

In this course, you’ll learn to apply the PRINCIPLES OF LONGEVITY—the philosophy and practices that will keep you delivering your best massages longer, seeing more clients, and ultimately allowing you to remain in the career you love without burnout or injuries. These Principles include important concepts such as postures that will allow you to remain seated while giving a massage, and movements that utilize your body weight and momentum to their full potential.

**Presenter: Patrick Lee Ingrassia, LMT**, is a world-renowned massage therapist, teacher, and innovator. He invented the Hot Stone Accu-Roller and Stick & Stone Massage modality. He is also the founder of the **Nayada Institute of Massage**. Patrick graduated from the Florida School of Massage and went on to earn his Thai Massage Teacher Certification from the Institute of Thai Massage in Chiang Mai, Thailand, after studying extensively with Master Chongkol Setthakorn. He has been teaching massage in the United States, Canada, Costa Rica, and Mexico for over 15 years. Patrick invented the **BodySaver Method**, a unique modality that allows massage therapists to extend their careers and protect their bodies while delivering effective massage at any pressure. He is a NYS Licensed Massage Therapist, Kripalu Certified Bodyworker, Certified Personal Trainer, and Yoga teacher. Emphasizing experiential training, Patrick teaches creative, practical methods that students can put to use immediately to enhance their massage careers. Patrick L. Ingrassia is recognized by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider and is also sponsored by the NCBTMB to teach New York LMTs continuing education that is accepted by the state of New York for license renewal.

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## Myofascial Release Massage

**Presenter: Chris Morakis, the Myofascial Release Massage Seminars, LLC**

**Hours: 21 Approved for PA License Renewal & NCBTMB Approved**

**Time: 9:00 AM – 5:15 PM**



This series of classes is an introduction to the Myofascial Release Massage. It derives from Hellework, a gentler version of Rolfing, two of the most effective forms of manual therapy in the field of massage today. You will learn about the structure and function of fascial tissue and the difference between myofascial release strokes and Swedish Massage techniques.

### Hands and Arms, Neck and Shoulders

You will learn invaluable myofascial release techniques for the hands and arms, and the neck and shoulders. The material will allow you to produce good results for clients with carpal tunnel syndrome, chronic stiff and painful necks, and a host of other problems.

### Torso

You will learn invaluable myofascial release techniques for the entire torso. These techniques include strokes that allow you to release the breathing apparatus, allowing many of your clients to breathe deeper than they can remember. The material will allow you to produce good results for clients with postural problems, frozen shoulder, breathing restrictions, and back problems, both lower and upper.

### Feet and Legs

You will learn invaluable myofascial release techniques for the feet and legs. These techniques include strokes that allow you to release fibrotic tissue in the feet, lower legs, and upper legs, the kind of tightness that can lead to plantar fasciitis, shin splints, unsteady gait and balance, decreased range of motion in the hips, and a general feeling of stress and tension that work to the upper body doesn't alleviate.

The material is taught and practiced so that you can use what you learned on your next day in your practice. Indications and contra-indications will also be discussed.

**Presenter: Christopher A. Morakis** took the Upper and Lower Body courses while a student at the Ohio College of Massotherapy from which he graduated in 1994 and immediately after completing these seminars was asked to serve Howard Rontal as a teaching assistant. He has assisted Howard over 40 times. Chris is licensed by the State of Ohio as an LMT. In addition to his private massage practice Chris is responsible for massage therapy, rehabilitation, exercise, and some physical therapy at a Chiropractic Clinic in Ohio. He was the massage therapist for the 2000 Hewlett Packard Women's Bicycle Challenge in Boise, Idaho as well as for the LPGA in Warren, Ohio from 1998 through 2000. Chris is also certified as a fitness trainer by the International Sports Sciences Association, and is also an instructor of T'ai Chi and Chi Cong. From 2000-2003 Chris was also an instructor at the Ohio College of Massotherapy. In addition, Chris, with his wife, own The Focal Point in Poland Ohio, where they are redefining preventative health care. Chris has worked for the Pro-Am PGA in Pittsburgh PA as a massage therapist. He is dedicated to educating students to the healing art of Myofascial Release Massage!

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# Polarity Theory: Exploring Energy and Unlocking the Breath

**Presenter: Randall Gibson, Polarity Healthcare****Hours: 21 Approved for PA License Renewal & NCBTMB Approved****Time: 9:00 AM – 5:15 PM**

In the first part of this class, we will practice sensing, evaluating and balancing subtle energies in the body while developing our ability to negotiate energetic boundaries. **This seminar is about “experiencing” energy.** The concept of five elements provides an energetic perspective (an “energy language”) which is integral to Polarity Therapy. We will discuss the Ayurvedic five elements with a focus on the Ether element. We will learn about using bodywork, communication, energetic nutrition and energetic exercise as tools for balancing the chakras and the five elements. In the process of learning about energy, we may learn something about ourselves.

Structural bodywork really begins with opening the chest and freeing the breath. When the chest, shoulders and ribcage are released, the resultant benefits of improved posture, circulation and oxygenation are priorities for structural, clinical and energetic therapists alike. The second part of this class introduces both energetic and structural techniques for releasing the respiratory muscles. Bodyworkers will learn an elegant integration of polarity therapy and myofascial work with a focus on relaxing and opening the thoracic cavity, enhancing respiration and energizing the heart chakra. These concepts can be applied in almost any massage therapy session.

## CORE BENEFITS

Develop your conscious awareness in order to palpate and manipulate subtle energy.

Learn to apply the principles of polarity therapy in ways that enhance the effects of massage, structural integration and myofascial therapy.

## WHY TAKE THIS THREE-DAY CLASS?

By participating in this class, you will:

- Develop an experiential awareness of subtle energy
- Begin utilizing the chakras in both assessment and treatment
- Become familiar with basic anatomy and physiology related to the chakra system
- Explore the Ayurvedic five elements and their application to touch therapy
- Develop skill at identifying and negotiating energetic boundaries
- Offer a new and powerful bodywork session to clients or patients
- Learn energetic approaches to treating joint pain and dysfunction
- Discuss polarity theory and concepts including: triads and gravity lines
- Discuss the energetic relationship of the heart, lungs and nervous system
- Discuss the importance of breath in health and healing
- Open the myofascial chest and expand the breath
- Balance the “Air Element”
- Balance the parasympathetic nervous system
- Provide integrated, energetic approaches to treat respiratory problems

**Presenter: Randall W. Gibson, M.Ed., LMT**, is the founder and director of Polarity Healthcare. Randall has been a licensed massage therapist since 1982 and was on the faculty of the National Institute of Massotherapy in Akron, Ohio for over twenty years. He is certified in Neuromuscular Therapy, Shiatsu, Reiki, Craniosacral Therapy and Postural Integration. Randall is a board-certified polarity practitioner (BCPP) and former chairperson of the American Polarity Therapy Association's education committee. He currently runs Gibson Massotherapy in Fairlawn, Ohio.

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**CONTINUING EDUCATION**

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## Ethics for the Massage Professional

**Presenter: Kenn Howard**

**Hours: 4 Approved for PA License Renewal & NCBTMB Approved**

**Time: 5:45 PM – 7:45 PM OR 8:00 PM – 10:00 PM**

**Sunday and Monday Evenings**



**(First 30 registrations will be in the 5:45 PM section. Additional registrations will be placed in the 8 PM section.)**

***(YOU MUST ATTEND BOTH SUNDAY & MONDAY SESSIONS TO RECEIVE CREDIT)***

Enjoy an evening of exploration and discovery of ethics for massage therapists with Kenn Howard, author of the column “A Question of Ethics” in the Massage and Bodywork magazine. Kenn’s experience and style will help make your day of discussing professional boundaries, dual relationships, appropriate and inappropriate behavior and how to deal with it an enjoyable experience.

**Instructor: KENN HOWARD, MT, NCTMB, NMT**, is a graduate of PghSMT Massage Therapy Training and Advanced Massage Therapy Training and is trained in a number of other massage techniques. He is certified in TouchPro® Chair Massage and has a BA in Philosophy from the University of Pittsburgh. Kenn has completed a Teacher Training Intensive offered by Dynamic Equilibrium and has also received training in Ashiatsu. Kenn also was the author of the “Ask the Ethics Guy” column in Massage and Bodywork Magazine and is currently writing his first textbook. This is his 16th year presenting Ethics continuing education. Kenn has taught over 40 workshops and over 300 ethics classes for Massage Therapists and Massage Therapy students.

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To register for this conference complete and mail the registration form below with payment or call (412) 241-5155 and place your payment on a charge card.

**Mail registration form with payment to:**

Pittsburgh School of Massage Therapy  
3600 Laketon Road  
Pittsburgh, PA 15235

We will send you a confirmation in the mail. If you are traveling by plane, please confirm the workshop with the school before buying your ticket. Occasionally we do have to cancel workshops due to low enrollment. If a workshop is cancelled for any reason our liability is limited to a return of the registration paid.

**Submitting your registration indicates you have read and agree to the following refund policy:**

Minimum and maximum participation is required for each course. If a course does not reach minimum participation or is full at the time of your registration, you will be first offered a spot in another workshop. If that is not an option, the full registration fee paid will be refunded. If you choose to cancel your registration with written notice before September 1, 2020, your registration fee, less a \$50 processing fee, will be refunded or credited towards a future workshop. If you choose to cancel your registration after September 1, 2020 or are a “no show” for the courses, your registration fee will not be refunded or credited.





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# Erie Massage Therapy Continuing Education Conference Registration Form

Conference Location: Ambassador Center, 7794 Peach Street, Erie, PA 16509  
Sunday, September 13 through Tuesday, September 15, 2020

### ***Submit Completed Form with your payment to:***

Pittsburgh School of Massage Therapy, 3600 Laketon Road, Pittsburgh, PA 15235

Or register by phone: (412) 241-5155

Conference registration includes Ethics plus your choice of course.

Please indicate your choices below.

### **COURSES: (choose one)**

- ☐ Bodysaver "No-Thumbs" Deep Tissue Massage
- ☐ Myofascial Release Massage
- ☐ Polarity Theory: Exploring Energy and Unlocking the Breath

### **ETHICS: (choose one)**

- ☐ Sunday, September 13 and Monday, September 14 **5:45pm-7:45pm**  
*Register early! Limit 30 students in early class. Once full, only the later class will be available.*
- ☐ Sunday, September 13 and Monday, September 14 **8:00pm-10:00pm**

Full registration price, including all classes is:

- ☐ Before August 8, 2020 – \$425
- ☐ After August 8, 2020 – \$475

**Registration closes on Saturday, September 5, 2020.**

- ☐ Check Enclosed

**OR**

Please charge my: ☐ VISA ☐ MasterCard ☐ Discover ☐ American Express

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_

Registrant Name: \_\_\_\_\_ MT License State & Number: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Minimum and maximum participation is required for each course. If a course does not reach minimum participation or is full at the time of your registration, you will be first offered a spot in another workshop. If that is not an option, the full registration fee paid will be refunded. If you choose to cancel your registration with written notice before August 22, 2020, your registration fee, less a \$50 processing fee, will be refunded or credited towards a future workshop. If you choose to cancel your registration after August 22, 2020 or are a "no show" for the courses, your registration fee will not be refunded or credited.