

## Thanks for your interest in Ashiatsu Oriental Bar Therapy®!!!

<b>Ashi-Thai</b> <i>2 Days, 16 CE, \$399</i>	<b>Barefoot Basics</b> <i>3 Days, 25 CE's, \$595</i>	<b>Anterior/Sidelying</b> <i>1 day, 8 CE's, \$199</i>	<b>Advanced Ashiatsu</b> <i>3 Days, 25 CE's, \$595</i>
Feb 22-23 San Antonio <b>May 3-4 Dallas Full</b> June 13-14 Houston July 16-17 San Antonio Dec 1-2 San Antonio	Feb 17-19 San Antonio <b>Full</b> March 1-3 Houston <b>May 5-7 Dallas Full</b> July 19-21 San Antonio Oct 27-29 San Antonio Nov 11-13 Dallas	Feb 20 San Antonio March 4 Houston <b>May 8 Dallas Full</b> July 22 San Antonio Oct 30 San Antonio Nov 14 Dallas	Jan 7-9 San Antonio

Our workshops are all about learning a wonderful new modality of gravity assisted massage with your feet to deliver luxurious "deep" pressure. We understand that the only way to make more money as a Massage Therapist is to do more massages. But how can you do more if you are already performing your best massage day after day, exhausted, hurting, and dreading that session with another client who wants DEEP work? Well, this is definitely the modality for you! With Ashiatsu, you can take your massage to new heights and easily perform MORE deep tissue massages in a day without hurting or exhausting yourself. Ashiatsu Oriental Bar Therapy® (AOBT) will lengthen your massage career, strengthen and revive your mind, body and spirit, while putting you a step above the rest.



Start with "Barefoot Basics" and learn the beautiful and fun dance that has us coined as the "deepest, most luxurious massage on the planet". Take the "Anterior and Sidelying" workshop to provide an effective head to toe session that melts everyone. Dig those fancy feet into "Advanced Ashiatsu" with a deep tissue massage using your full body weight and our most luxurious blend of barefoot techniques. Take the wrist pain out of Thai massage and stretch your clients loose with "Ashi-Thai!" When you come to an AOBT workshop, you are joining an elite family of dedicated massage therapists who love their work, and are training with the original source of this form of barefoot bodywork.

Our workshops attract bodyworkers from various backgrounds - some with years of experience, and some fresh out of school. Our intimate workshops ensure tons of individual attention and practice for the best possible learning experience. The amount of one-on-one instructor/student time is unlike any other CE workshop in the massage industry. During your study with us, you will feel every single stroke from your instructor. You will have an opportunity to work on the instructor and receive precise feedback. We provide a public practical for the ultimate in learning retention – you will work on real clients in this class. Making sure you are safe and comfortable in the modality before you leave the workshop has been our acclaimed reputation for years. We set the standards when it comes to barefoot bar work, and we deliver the best organized and supervised "feet-on" seminar in the industry.



Health & Bodyworks, the founding company of Ashiatsu Oriental Bar Therapy®, was the first group ever to introduce workshop certification training in barefoot Swedish massage with overhead bars in the United States. Barefoot Basics and Advanced Ashiatsu are accredited for 25 Continuing Education Units (CEU's), Anterior/Side-Lying is accredited for 8 CEU's, and Ashi-Thai for 16 CEU's. Each are approved by state massage boards, including Texas, in addition to the NCTMB, AMTA and ABMP. Your instructor, Jeni Spring, LMT is a Certified AOBT therapist since 2003, trained directly by the founder, Ruthie Hardee, is the only approved instructor for Texas and its surrounding states to teach this modality. Jeni is a Licensed Massage Therapist in both Texas and Washington states; she is a Texas State Massage Instructor, and also a Texas State Continuing Education Provider. She teaches AOBT courses out of San Antonio, Houston, Amarillo, Austin, Dallas, Denver, Phoenix, Portland, Seattle and Germany. Jeni travels to massage conventions with Ruthie, the founder, presenting Ashiatsu nationwide.

**Contact me to learn the "Deepest, most luxurious massage on the planet"**

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Complete class descriptions available at [www.HealingSole.com](http://www.HealingSole.com)