

# Barefoot /Sports



In this 20-hour course you will learn to work deeply and efficiently without damaging yourself. This training, for massage therapists, body workers, athletes, personal trainers, yoga and dance instructors, will help you resolve many common causes of pain and dysfunction for the receiver. Techniques offered include: compression, friction massage and PNF Stretches.

## Barefoot Sports:

- Is perfect for athletes, dancers, fitness buffs
- Stretches & releases chronic tension
- Saves your wrists, arms & shoulders
- Enhances muscle function, fluidity and endurance
- Deeply satisfying

**Instructor: John Harris** is an internationally recognized therapist and trainer in myofascial therapies for over 25 years. He was an early pioneer of sports massage and the co-author with Fred Kenyon of Fix Pain. He is a gifted, witty and engaging teacher.



## **Instructor: Erick Hudson**

Erick is a graduate of SBBTI's 1000-hour Holistic Health Practitioner Program. In addition to Myofascial Release, he currently teaches SBBTI's Thai Massage, TuiNa I & TuiNaII modules. He has worked in psychiatric nursing care for twenty-five years, as well as a longtime student of Martial Arts. He now maintains a private bodywork practice in Asian Bodywork styles and Myofascial Release.

**Classes:** Nov 23, 24 (Sat, Sun) 9am-4pm

**Clinic:** Nov 25, Dec 2, (Mon) 5:45-8:45pm

**Registration fee:** \$35 **Tuition:** \$352

Optional supply fee: \$65.20 author signed Fix Pain book



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Approval to operate by CA BPPE since 1985 #19282 as in compliance with CA state standards.  
NBTMB continuing education Approved Provider #296749-00. NCBTMB school #490380 since 2001.  
Approved for training for Veterans #2-5-1333-05. Accepted by CA Board of Registered Nursing #CEP10769.  
Accepted by CA Workers Compensation, CA Vocational Rehab, CA Workforce Investment Act (WIA).



"My friend's job always gets her in the weirdest positions. One day I was giving her a barefoot session, I had my foot in her left pec for 5 minutes and suddenly that muscle started to release. It released so quickly that I felt seasick. It was so amazing. She got off some of her muscle relaxants that she had been taking for 10 years and made both of us true believers in Barefoot." **Lillian Stumen, 200hr Graduate and Barefoot Practitioner**

"The part that amazes me is the sensitivity and control that the therapist can have in their feet. As a receiver the work feels effective and deep, but not invasive. The session I had with Josh Milne had a significant emotional release and integration." **Scott Weatherman, 550hr Student**

"I use Barefoot at El Cap. Guests love the modality because of its uniqueness and novelty, but more importantly because of its effectiveness in releasing tight muscles after hitting the trails or exercising. Barefoot allows me to work on even the biggest athletes with minimal effort. In my private practice I use it on everyone from tri-athletes for injuries, as well as medical conditions such as peripheral neuropathy. It's great for pain relief and enhancement of athletic performance." **Erick Hudson, BTI Instructor and El Capitan Canyon Therapist**

"Barefoot training at SBBTI was a perfect fit for me - the unique teaching styles and varied courses gave me the tools needed to offer effective, therapeutic bodywork. Barefoot massage is sought after by athletes and clients with thicker muscles to relieve and release deeply held tension in the belly of the muscle...it's much easier for me as a small framed therapist. I love what I do and sometimes I'm amazed that I get paid to do it. Thank you SBBTI and the Santa Barbara community." **Mary Elliot, 550 student and El Capitan Therapist**

"My fiance was in such pain in his lower back, that he began limping. He usually is very active. One morning it was really bad, so I brought him into my Deep Tissue Clinic, to get some coaching in Barefoot Sports from John and Erick. I worked on him for one hour on his legs and hips and lower back, when we were finished he was 100% pain free and he's been pain free ever since." **Beverly Phillips, 250 hour student**

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