



**Cayce/Reilly® School of Massotherapy**  
 Celebrating Over 20 Years of Excellence in Education

**JANUARY 2009**

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*Through 2012, massage therapists are likely to see a 20% to 35% increase in job opportunities.*

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## *A Career in Massage Therapy*

One of the most frequent comments massage therapists make about their occupation is, "I love what I do and I love being able to help others." They feel this way because a career in massage therapy allows them to help people in a meaningful way with a high degree of personal contact. Massage therapy provides an opportunity to express very positive values about caring and well-being in their work in a way that is both personally and professionally rewarding. Massage is a healing art as well as a science. It requires a balance of academic and technical knowledge, clinical skills, sensitivity, and awareness.

Massage therapists practice in a variety of settings, such as private offices or massage therapy clinics, chiropractors' or doctors' offices, holistic health clinics, health clubs and fitness centers, spas, nursing homes and hospitals, with sports teams, and sports medicine facilities. The average annual income for a massage therapist working part-time (15 hours weekly) is \$30,000. The 2008 annual report from the American Massage Therapy Association (AMTA) shows that 82% of massage therapists provide Swedish massage, followed by 70% who provide deep tissue, and 40% perform sports massage. The possibilities in this growing profession are limitless!



The field of massage therapy is growing rapidly in response to the public's expanding interest in forms of healthcare that promote well-being and a higher quality of life. Almost one in five adult Americans report discussing massage therapy with their doctors or health care providers (AMTA Annual Report 2008). Groundbreaking studies on alternative medicine have shown a consistent pattern of both increased use and acceptance of massage, not only as a viable healthcare modality, but a valuable one. 63% of massage therapist report they receive client referrals from healthcare professionals.

Massage is increasingly recognized for the contribution it brings to the whole person and the opportunities for jobs in the massage therapist industry are estimated to increase by 20-35% by the year 2012.

## Weekend Workshops

Explore these therapy techniques in our upcoming weekend workshops. These workshops are open to everyone.

For more information about our Continuing Education Program or to register:

[www.edgarcayce.org/massageschool/ce](http://www.edgarcayce.org/massageschool/ce)

[workshops@edgarcayce.org](mailto:workshops@edgarcayce.org)

757.428.3588 x7285

Want to know more about the Cayce/Reilly School? Visit our website & community pages at:

Website:

[www.edgarcayce.org/massageschool](http://www.edgarcayce.org/massageschool)

Facebook:

[www.facebook.com](http://www.facebook.com) then search "Cayce Reilly"

MySpace:

[www.myspace.com/caycereillyschool](http://www.myspace.com/caycereillyschool)

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### **February 7-8 Introduction to Trager®**

**Saturday & Sunday 9:00am-6:00pm**

Be delighted to discover how quickly and easily you can apply the principles of The TRAGER® Approach after this weekend workshop. These principles include: facilitating deep relaxation and profound change through repeated sensing of the release and rebound of weight, reaching unconscious patterns through cradling the body's fluids, and sustaining an attitude of playful, compassionate curiosity. To learn more about The Trager® Approach visit [www.RogerTolle.net](http://www.RogerTolle.net) or <http://www.trager-us.org>.

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### **February 8 Reiki I**

**Sunday 9:30am-6:30pm**

Students learn the history and the basics of Reiki and the hand positions to facilitate self-healing and healing of others. Participate and share healing through Reiki exchanges and receive an attunement from the instructor to open the channel to the Reiki source.

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### **February 13-15 Jin Shin Do® Basic, Part I**

**Friday & Saturday 8:00am-6:00pm, Sunday 8:00am-4:00pm**

The first half of Jin Shin Do® Basic, Part I includes an introduction to Asian healing philosophy and instruction on point location of fifty-five acupoints, including a wonderful bilateral five-point neck and shoulder release. The segmental release method with emotional associations is also taught and practiced in hands on sessions. A nice balance of information and hands on experience! To learn more about Jin Shin Do® visit [www.jinshindo.org](http://www.jinshindo.org).

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### **February 20-23 Jin Shin Do®, Advanced**

**Friday-Monday 9:00am-5:30pm**

Jin Shin Do®, Advanced is an introduction to the Five Element theory of energetic inter-relationships and is utilized in planning specific acupoint combinations. Application of the Five Elements theory to the energetic or hyperactivity pulse reading is discussed. Body/mind applications of the Five Elements: the "Emotional Kaleidoscope".

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### **February 27- March 1 Reflexology I**

**Friday 6-10pm, Saturday & Sunday 9:00am-6:00pm**

The workshop is mostly "hands on." Students learn basic reflexology techniques. A full routine is taught and practiced. Locating and understanding the different reflex points on the feet are also introduced. For more information, visit [www.amobilemassage.com](http://www.amobilemassage.com).

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### **February 28- March 1 Jin Shin Do® Acupressure Facial**

**Saturday & Sunday, 9 am-5:30 pm**

Learn traditional acupressure points in the face, neck, and shoulders to release tension and facilitate the circulation of energy throughout the body by opening the flow of energy in the face and head. This includes forty face/head points, six pairs of primary points for a wonderful neck/shoulder release, and ten vital hand points to assist the release process. The acupressure facial promotes a sense of physical ease, harmony, and balance throughout the entire body.