



Cayce/Reilly® School of Massage Therapy
Celebrating Over 20 Years of Excellence in Education

FEBRUARY 2009

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

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.

*Make a choice that will change your life...
Choose the Cayce/Reilly School of Massotherapy*

If you would like to visit the school, tour the beautiful campus, or sit-in on a class, please call us at :
757.457.7270 x7286

Your Journey Begins Here...

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

Website:
www.edgarcayce.org/massageschool

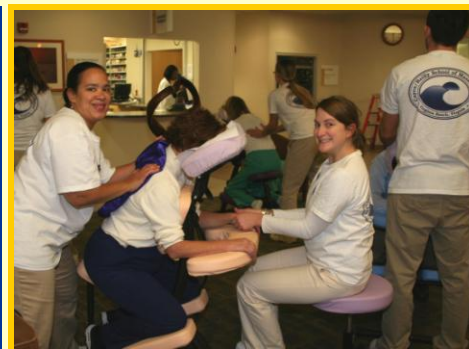
Facebook:
www.facebook.com
then search "Cayce Reilly"

MySpace:
www.myspace.com/caycereillyschool

Practicing as a massage therapist is about reclaiming the wisdom and truth of the human body, for both you and your clients. Doing this type of work has meaning and makes a difference in people's lives – it's a special responsibility and a privilege. You receive a deep personal satisfaction and a sense of fulfillment from helping people feel better.

As a student at the Cayce/Reilly School you will experience the convergence of technical instruction with the concepts of holism, healing, and the theory of body/mind/spirit on your path to personal transformation. You'll receive instruction in anatomy and physiology, as well as advanced massage modalities. The knowledge gained from these courses along with hands-on training makes you an exceptionally well-trained and successful massage therapist.

*Now Enrolling for April Classes!
Deadline is April 17, 2009*



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

workshops@edgarcayce.org

757.428.3588 x7285

The Student Clinic at the Cayce/Reilly School offers 1 hour massage and reflexology sessions! The clinic is open Monday – Saturday.

Call 757.457.7146 to book your appointment!

March 7-8 Healing Union of Sound, Water & Color: Yantra Healing

Saturday 1-9pm & Sunday 9-5pm

Join us in accessing your deeper consciousness and wellbeing on a definite journey of vibrational healing. Yantra Healing® is vibrational medicine, as color and sound therapy originates from the source of pure light, retracing our steps through the seven rays, to our subtle energy fields (Aura), chakras, five elements, acupuncture meridians and organs, grounding our soul, through color, into the cellular memory and DNA of the physical body.

March 13-15 Jin Shin Do® Basic, Part II

Friday & Saturday 8-6pm & Sunday 8-4pm

Basic Level, II includes the study of the eight "strange flows". These are the extraordinary vessels that help to move and balance the energy in our body. Their functions for total bodymind balance are each discussed with demonstration and practice in sessions that utilize "strange flow" release patterns. A nice balance of information and hands on experience!

March 13-15 Understanding Body Energy

Friday 6-9pm, Saturday 1-6pm & Sunday 9-5pm

This workshop includes practice exercises for increasing the energy that runs through the system to expand the energy field, techniques for grounding, learning the basics of the chakra system and exploring the electromagnetic field. Learn how to observe and palpate energy and also the Tibetan Five Rites to balance the chakras for health and rejuvenation.

March 18-22 Dr. Vodder's Manual Lymph Drainage, Basic

Wednesday-Saturday 8:30-6:30pm & Sunday 8:30-5pm

This workshop is the first of four leading to certification in Dr. Vodder's Manual Lymph Drainage/Combined Decongestive Therapy. It is an intensive workshop involving extensive hands on work. Students learn the basic strokes and their application to each body part. The theory includes anatomy and physiology of the lymph vessel system as well as effects of MLD®. To learn more, visit the web site: <http://www.vodderschool.com>.

March 20-22 Active Isolated Stretching: The Mattes Method

Friday - Saturday 1-10pm & Sunday 9-6pm

This three-day comprehensive workshop focuses on stretching techniques that are fascia, muscle, and joint specific. AIS adheres to Sherrington's Law of Reciprocal Innervation ("agonist antagonist balance") and Wolfe's law which states, "the body will adapt to the stresses put upon it." When these stretching techniques are properly applied, the result is muscle and fascia (superficial and deep) lengthening, increased flexibility, improved circulation, increased oxygen to the tissue, stronger lymph flow, and overall wellbeing. The stretches are presented in a series of protocols for each muscle group. Self care of the students is emphasized. Contraindications and limitations will be discussed.

For more information, visit: www.stretchingusa.com or www.calmnesswithin.com.