

Hot Stone Massage Therapy Workshop

Presenter: Shoshanna DiBetta

September 6 and 7, 2008

Time: 9:00 a.m. to 6:00 p.m.

Cost: \$325.00

16 continuing education hours.

A two-day class which provides a detailed introduction to the use of Stones in your massage practice.

Topics covered will include:

- * Stone Thermotherapy
- * Benefits and Physiological Responses
- * Indications and Contraindications
- * Full-Body Stone Placements and Sequence
- * Contrast Therapy: Hot and Cold Stones
- * Supplies and Set-up
- * Care of your stones

Please bring two large towels, 2 hand towels, 1 extra pillow case, oil and sheets to class.

This workshop is designed to educate and train licensed body workers in the procedures of using stones effectively with massage therapy and energy work. Practitioners can easily incorporate this healing modality into their own practice with benefit to both therapist and client.

Shoshanna DiBetta is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider. Her training began in 1989 with the New Mexico School of Natural Therapeutics, Albuquerque, New Mexico. The diverse and extensive experience she brings to this workshop includes years of work in the holistic spa environment, private practice, and rehabilitation massage.

