



Well-being for Massage Therapists: Spring 2011

6 Week course designed to support the massage therapist in developing lifestyle habits that support Optimal Well-being. This, in turn, supports the therapist's ability to be an effective and compassionate practitioner.

What you will get:

- **Increased awareness** of your own well-being, and how to support it
- Knowledge of the **change process** and how to apply it to your own life in a variety of ways.
- **Insight** into the lifestyle practices that support your well-being, and **confidence** in your ability to consistently incorporate those practices in your life.
- Discovery of **key frameworks** that will enhance your ability to support your clients.

How you will be supported:

- **Weekly 1.5 hr group coaching sessions** that provide the support and accountability that empower you to create lasting changes in your life.
- **Access to** laser coaching sessions when you need support around a particular issue.
- A **deepened connection** to your fellow students and an environment of mutual support and respect.

This is an opportunity to truly move your life and your well-being to the next level. This process is transformational. If you are ready to move beyond the patterns that are holding you back, join us for this rich and powerful experience- and have fun and play with it.

6 week series begins April 21

Thursdays, 2 – 3:30 pm

Cost: \$195

All classes held at Maui School of Therapeutic Massage, Makawao, HI

Laser coaching offered via phone during set hours of the week

Space is limited, so sign up TODAY!

Maui School of Therapeutic Massage Credit hours are available for this course