

# MountainHeart School Of Bodywork

## Preparing You For The Future Of Massage Therapy - Today!

We at MountainHeart are committed to providing you with an excellent education that prepares you for the many areas of health care and a well balanced practice. The following important and advanced aspects of Massage Therapy are taught in our **6 Month, 702 Hour and 850 Hour Certified Massage Therapist Programs.**

**Please call us for the details at: 970-275-1090**

### Relaxation & Stress Reduction

When the client needs or wishes **relaxation or stress reduction massage**, you will use techniques from many of our classes. From soothing touch, to efficient & effective Swedish massage, to visualizations, to energy work, you will have many tools to aid in relaxation and stress reduction.

### Injury Rehabilitation

When the client is **recovering from a physical injury**, you will have many tools to facilitate their path back to normal function. You will have techniques for any stage of the recovery or healing process, from acute injuries to chronic complaints due to old or poorly healed injuries.

### Postural & Chronic Complaints

When the client has a **postural problem**, like an elevated shoulder or sway back, or if they have a **chronic area of complaint** such as low back pain, neck & shoulder tension, or knee problems, you will have a wonderfully effective set of tools to use. These are great for the repeat client or the one-time visitor.

### Medical Massage

When the client has a **disease or other medical condition**, you will have the knowledge to create an effective treatment plan that can be used safely with any medical condition. These treatments can be used along with treatments provided by other health professionals such as Doctors, Chiropractors, Physical Therapists, etc.

### Improved Athletic Performance

When the client wishes to **improve their athletic performance**, you will have some of the latest approaches to facilitating that improvement. These techniques may be applied with both the **competitive athlete and the week-end athlete** effectively.

### Personal Transformation

With a deep respect for the oneness and unity of all aspects of the human being - body, mind, & spirit, you will be able to facilitate those who simply want to **improve the quality of their lives**. From being on purpose in their lives to releasing old habits from the bodymind, you will learn many ways to help people **transform their lives**.

### Energy Medicine

Energy Medicine has become very popular in recent years and is recognized as an **effective treatment modality** by a growing number of health professionals. You will learn several approaches to energy work that can aid in **healing a full range of health conditions**.

### Oriental Bodywork

Oriental Medicine is one of the most **balancing healing modalities** for all kinds of conditions. You will learn to use several Oriental Bodywork skills and principles. These include **5 Element Theory, Acupressure, Command Point Energy Balance**, and more.

### Applied Kinesiology

Also known as **Muscle Testing**, applied kinesiology is an **assessment and therapy localization tool** used by many health care practitioners. You will learn several ways to assess the condition of muscles, neurological communication, energy systems, and emotional stresses through applied kinesiology.

### Therapy Integration

An important skill of the successful Massage Therapist is the ability to **select the best treatment plan** for the condition of the client. Through clinic experience, cases scenarios, feedback sessions in all classes, and specific integration classes, you will **integrate all you have learned** into effective therapeutic treatments.

### Communication Skills

Another important skill of the successful Massage Therapist is the ability to communicate effectively with a wide variety of clients and health professionals. With a deep respect for the uniqueness of each individual, you will be able to communicate in ways that promote healing and understanding.

**SEE ALSO - [www.mountainheart.org](http://www.mountainheart.org)**