



TEXASASHIATSU.COM

Ashiatsu Benefits

Benefits for the LMT

- Reduce Therapist burn out and lengthen your career
- Reduce pain in your hands, wrists, shoulders and your whole body
- Give a deep tissue massage that doesn't hurt you or your client
- Have fun while you work: dance, stretch, build your lower and upper body strength!

Benefits for the Client

- Ashiatsu movements along the paraspinals help to open the intervertebral disc space, increasing the discs height which allows the nucleus pulposus inside the disc to assume a more central position within the annular fibers, relieving irritation on the spinal nerves and connective tissue.
- Long expansive head to toe strokes stimulate the lymphatic and parasympathetic nervous systems faster, creating a sense of well being, improvement of bodily functions, and homeostasis.
- Deep, consistent compression from a well trained foot releases adhesions, trigger points and chronic holding patterns, and encourages your body's natural healing potential.
- Myofascial stretching with vertebral traction elongate the spine, improving movement and posture while relieving chronic pain and spasm.
- ... And so much more!

**Training in San Antonio, Dallas & Houston
OR BRING THE CLASSROOM TO YOU!
Onsite Ashiatsu training now available**



A Foot Note for Massage Therapists...

Thank you so much for the opportunity to introduce you to the amazing ancient healing power of Ashiatsu Oriental Bar Therapy, affectionately branded "the deepest most luxurious massage on the planet".

Ashiatsu Oriental Bar Therapy® (AOBT) is the first nationally approved study course for a western barefoot effleurage massage technique using bars on the ceiling. The founder, Ruthie Hardee, spent numerous years on research and the modality is now a well-documented and effective treatment for chronic back pain. Hardee is the pioneer of gravity assisted barefoot effleurage used in the spa industry today. AOBT™ is offered at numerous luxury spas and resorts such as Canyon Ranch, The Golden Door, and The Bellagio, and has been featured in publications such as Massage Magazine, Massage & Bodywork, Massage Therapy Journal, Self, and Health Magazines. It has also been aired on national television on CNN, the Discovery channel, as well as many local stations.

The headquarters for AOBT is based in Denver, Colorado and operates under the name of Health and Bodyworks. The founder has 13 authorized instructors in the United States and 20 permanent training sites, including Houston, Dallas and San Antonio. Since inception, we are proud to say that we have over 5000 graduates from our program across the world.

AOBT's Texas permanent training facilities are in San Antonio and Richardson near Dallas – and regularly scheduled classes are available each month across these locations. The number of students/therapists in each workshop is limited to 6-8 therapists to ensure there is ample time for individual instruction. The Barefoot Basics training course provides an LMT with 25 continuing education units (CEU's), which are approved by the State of Texas and the National Certification Board of Therapeutic Massage and Bodywork (NCBTMB). This course is an introductory workshop offered to existing LMT's. After completion of the workshop, the therapist will have gained the knowledge and skills to perform a wonderful one-hour treatment that can easily be incorporated into their own practice.

Massage therapists seek out our unique modality for many reasons:

- Students desiring to enter the massage field with "specialized" techniques.
- Seasoned therapists that focus in providing deep tissue work, which is taking a toll on their bodies, especially the hands/wrists due to the repetitive motions.
- Therapists that want to re-invent and set themselves apart from others in the field.
- LMT's that want to take a fun course to earn CEU's for license renewal.

I am the only authorized instructor for the state of Texas in this modality, I'll be teaching Ashiatsu across the state monthly, and I am currently scheduling requests for guest speaking engagements at massage schools and association meetings, as well as scheduling "onsite" workshops for continuing education at your location. Any LMT can sign up for the Barefoot Basics and Ashi-Thai class, as there are no weight restrictions or prerequisites required. Be sure to catch my online presentation of Ashiatsu at this November's World Massage Conference – an all online convention with downloadable content. Register for that conference or any of my classes at www.TexasAshiatsu.com!

Thank you!

Jeni Spring, LMT

NCBTMB Provider#283551-00, TX MTI#2235, TX CE#1378, TX LMT#047987

Authorized Instructor - Ashiatsu Oriental Bar Therapy®

Healing Sole Barefoot Massage

Earthlite Dealer (Discounts on massage tables & equipment!)



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World's #1 Brand in Massage™