



# RED PINES

## TRAINING CENTER

### Summer/Fall 2010 Red Pines Calendar

#### **June**

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25-26	Bingewebsmassage I	Dale Perry, LMT
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#### **July**

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18	Intro to Energy Healing / Fundamentals of Brennan Healing Science	Joy Adler
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#### **August**

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7	Advanced Reiki Training	Linda Thompson, BS, LMT
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#### **September**

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10-11	Clinical Analysis of 24 Adult Foot Types: A Comprehensive Approach to Determining Orthotic Intervention	Joe Coletta, C. Ped.
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17-19	An Introduction to Myofascial Release Techniques and Principles	Lisa Satalino, PT
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18	Medical Massage: Lower Extremity	Dale Perry, LMT
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19	Medical Massage: Hip/Thigh	Dale Perry, LMT
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25-26	Alan Weismantel's Functional Manual Therapy (FMT)	Alan Weismantel, PT
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# Red Pines Certification Programs

It is my pleasure to introduce the brand new “Red Pines Certification Programs” - official certification trainings designed to give you new skills and broaden your practice as a bodywork practitioner.



The first certification program we are featuring is **Myofascial Release Techniques and Principles**, taught by Lisa Satalino, PT. We are happy to announce that financing options may be available as well. Please call for more information about that.

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## CERTIFICATIONS

### Myofascial Release Techniques and Principles Certification Program

*with Lisa Satalino, PT*

Myofascial Release (MFR) is a gentle, hands-on Physical Therapy technique that facilitates a sustained stretch into restricted soft tissue. The Myofascial Release method was developed by John F. Barnes in an attempt to alleviate his own back pain. MFR restores length and health to the myofascial tissues and takes pressure off of pain-sensitive tissues like nerves and blood vessels. This ultimately restores alignment and mobility of joints, muscles and soft tissue, thereby reducing pain and restoring functional movement.

Myofascial Release is a beneficial physical therapy treatment for chronic pain syndromes associated with:

- Fibromyalgia Pain Syndrome and Chronic Fatigue Syndrome
- Myofascial Pain Dysfunction (MPD)
- Neck and Back Pain
- Some types of Arthritis
- Headaches
- TMJ Disorders
- Carpel Tunnel Syndrome
- Sports Injuries
- Neurological Disorders
- Scoliosis and Postural Dysfunctions
- Pulmonary Fibrosis and Asthma
- And more...

#### **Lisa M. Satalino:**

Lisa is a 1986 graduate of Russell Sage College. She received her BS in Physical Therapy in 1986 and has since specialized in the area of Myofascial Release and Craniosacral Therapy. She has taken all of John F. Barnes' courses, has passed Barnes' Proficiency Assessment, and has worked as an assistant instructor and coordinator for John F. Barnes' seminars. She currently teaches the Myofascial release course at the [CNW School of Massage](#) and is a consultant for AMCH's Family Practice Residency Program. She also provides continued education experiences in Myofascial Release techniques locally. Her professional experiences include working in home care, early intervention, the school setting, rehabilitation, private practice, and with equine athletes. She is NYS certified early intervention provider

#### **Certification Requirements and Seminars:**

Each of the following seminars must be completed along with the requirements listed below for certification. However, each seminar may be taken individually if you so choose.

**An Introduction to Myofascial Release Techniques and Principles** –September 17, 18, 19, 2010 - 17 Hours - \$495

The intent of this course is to introduce beginner level concepts and principles that define Myofascial Release as a technique as well as a tool for wellness. The participants will learn about the importance of the fascial system and its role in whole body health. This “hands-on” workshop will allow the participants an opportunity to develop beginner level tools for the evaluation and treatment of fascial restrictions. ~ **This class is a prerequisite for many of Lisa’s upcoming workshops!**

**The Fascial Cranium and Thorax I – October 15, 16, 17, 2010 – 18 Hours - \$495.00**

The intent of this course is to explore the dural tube, the cranialsacral system, and the osseous structures of the thorax and neck in relation to the fascial system throughout the body.

This important workshop will help you “unlock” difficult to treat neck, throat, and back pain, headaches, postural asymmetries, and respiratory indications resulting from thoracic imbalances. Myofascial release, Cranialsacral therapy, and muscle energy techniques will be used in this “hands-on” workshop.

**An Intro. To Myofascial Release is a prerequisite for this class (see above)**

**Moving the Ground Substance - The Rebounding Effect** –November 21, 2010 - 6 Hours - \$165

Myofascial Rebounding is a gentle, rocking motion that is used to engage the body's fluid within the Myofascial complex in a therapeutic way.

The fluid that is within and around the fascial system carries energy, chemicals and information to all of the cells in our body to help them function optimally. When a person undergoes an inflammatory process or trauma of some type, the fluidity of the fascial system dehydrates and solidifies creating dysfunction throughout the system as a whole.

Rebounding facilitates rehydration of the ground substance and fluid filled portion of the fascial system and improved mobility and ROM of this system as well. **No prerequisites.**

**A Symposium on the Fascial Pelvis** – January 28, 29, 30, 2011 - 18 Hours - \$495

The intent of this course is to learn strategies to evaluate and treat the pelvis using a Myofascial perspective. This “hands-on” workshop will provide an opportunity to develop palpation and manual evaluation tools to determine pelvic symmetry and mobility, and explore this relationship within the fascial body.

~ An Introduction To Myofascial Release Techniques and Principles (9/17 - 9/19) is a suggested **prerequisite** for this class.

**Myofascial Wellness - Therapeutic Exercise using Myofascial Principles** – February 11, 2011 - 6 Hours - \$165

The intent of this class is to introduce a program including stretches, self-treatment techniques, and therapeutic intervention for home exercise programs with a myofascial perspective. Core strengthening and body mechanics using a functional stabilization approach will be incorporated in “real life” movement patterns for wellness. **No prerequisites.**

**The Fascial Cranium and Thorax II** – March 11, 12, 13, 2011 - 18 Hours - \$495

This class is meant to continue the journey we began in the Fascial Cranium and Thorax seminar. Techniques covered will include advanced cranial and dural tube releases, intraoral techniques, and advanced cervical, thoracic, and ribcage techniques.

~ An Introduction To Myofascial Release Techniques and Principles (9/17 - 9/19) and The Fascial Cranium and Thorax I (10/15-17, 2011) are both **prerequisites** for this class.

**The Body-Mind Connection: An Introduction to Myofascial Movement Techniques** – April 29, 30, May 1, 2011 - 17 Hours - \$495

This seminar is an exploration of the body and mind connection through the use of Myofascial movement techniques and postural analysis.

Participants will be invited to join this experiential class as we use beginner level concepts and principles to facilitate personal and professional growth. Early registration is required as participants will be encouraged to read from a selection of recommended books.

~ An Introduction To Myofascial Release Techniques and Principles (9/17 - 9/19) is a suggested **prerequisite** for this class.

**The Pelvis and the Foot -a Missing Link** - Date and Time to be determined. - 8 Hours - \$265

Instructors: Lisa Satalino, PT and Joe Coletta, C.Ped

See websites for more info when it is posted: <http://thecmw.com/workshops.html> or <http://www.cnwsmt.com/redpines.php>.

In addition to the following eight seminars, each participant must log five 1-hour sessions following each class incorporating the techniques taught in the class. They must then schedule a one-hour proficiency assessment as a “test out.” Feedback will be provided in writing and while treatment is taking place. Cost: \$90.00 per one-hour test-out.

**When all classes have been taken each participant must pass a “proficiency assessment” in which they will treat three separate therapists for one hour. Feedback will be given in writing following session but no feedback will be provided during sessions.**

**Cost: \$270.00**

# Red Pines Medical Massage Series

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## Medical Massage Series

*with Dale Perry*

The Medical Massage Series includes 10 classes on techniques to treat specific medical conditions. Participants will learn to use various modalities such as Neuromuscular Therapy, Myofascial Release, deep Swedish and orthopedic testing to treat specific debilitating problems with their clients.

Medical Massage Series remaining class schedule:

1/30/10 - Assessment	1/31/10 - Upper Extremity
3/20/10 - Therapeutic Integration and ETHICS	09/18/10 - Lower Extremity
5/9/10- Thoracic Outlet Syndrome	Date TBD - Carpal Tunnel & Forearm
5/23/10 TBD - Headache	6/20/10 - Whiplash
6/19/10 - Low Back	09/19/10 - Hip/Thigh

*Workshop Descriptions, as well as pricing and CEU information can be found under September Workshops.*

**Dale Perry** graduated from Brenneke School of Massage in Seattle WA in 1990. He has taught massage for the past 11 years including Swedish, medical, lymphatic, sports, and myofascial release. He owns Lymphatic Health Education Resources and presents workshops worldwide on lymphatic facilitation for sports, injury rehabilitation, wellness, and breast health. Dale also teaches at the Center for Natural Wellness School of Massage Therapy.

## Red Pines Workshops

### JULY

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#### **INTRODUCTION TO ENERGY HEALING/FUNDAMENTALS OF BRENNAN HEALING SCIENCE – HANDS OF LIGHT with Instructor Joy Adler**

Date: July 18, 2010, Sun.

Time: 9:00am – 6:00pm

5:00pm – 6:00pm – Barbara Brennan School Talk to follow, presented by Joy Adler

Cost: \$125

CE: 7 hours **NCBTMB Approved**

Registration Deadline: 07/09/10

Late Registration: \$145

#### **Course Description:**

Learn techniques that are taught at the 4-year, premier healing school in the world that balance, clear, re-center, and recharge yourself, your immune system; then that of a clients. Discover how energy blockages held in the body from trauma, accidents, or adverse experiences eventually result in physical illness. Study the anatomy and physiology of the energy field and chakra system, and how it relates to the physical body. Experimentals to heighten and develop your intuitive awareness. This class provides great information for massage therapists and others in the helping professions, to better understand the emotional, spiritual and mental connection to pain, stress or the dis-ease process of the body.

The Barbara Brennan School of Healing is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider. Massage therapists can earn 7 C.E. Contact Hours for this workshop.

**WEAR:** Loose fitting and comfortable attire.

**Instructor Bio:**

**Joy Adler** has been a healer and counselor in private practice for 15 years. She is dedicated to treating the body, mind and soul as one. Joy is the founder of Alternative Healing Arts, and has a degree in Mass Media Communications from Sage Colleges. Joy is a graduate and former faculty member of the 4-year Barbara Brennan School of Healing - [www.barbarabrennan.com](http://www.barbarabrennan.com). She is also a former radio and television host of Holistic Health Programs. Joy enjoys teaching Wellness and Emotional Growth at the Center for Natural Wellness in Albany, NY, as well as being a student advisor for the school.

## AUGUST

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**Advanced Reiki Training with Instructor Linda Thompson, BS, LMT**

Date: August 7, 2010

Time: 9:00am – 5:00pm

Cost: \$195

CE: 7 hours

Prerequisite: Reiki Level I & II

Registration Deadline: 7/30/10

Late Registration \$215

**Course Description:**

The Usui method of Reiki (pronounced RAY-key) is a natural and gentle method of healing. When our vital life force energy (Ki or Chi) is blocked, discomfort or disease may be present. The Reiki practitioner acts as a conduit for the Universal Life Force Energy (Reiki), which is then passed on to the recipient. Reiki addresses body, mind and spirit and brings about a deep sense of relaxation. It is in this relaxed and balanced state that healing can occur.

Advanced techniques will be taught in this class and you will learn Two Master Symbols. You will receive a Master attunement and learn to use a crystal healing grid. Cost includes a manual, crystal grid and certificate.

**Instructor Bio:**

**Linda Thompson** received her Reiki Level I training in 1993 and Master/Practitioner/Teacher training in 1997. She has a BS in Medical Technology from Union University, is a graduate of the CNW School of Massage Therapy and is a NYS Licensed and Nationally Certified Massage Therapist. She is a nondenominational minister and spiritual counselor who is dedicated to assisting others in obtaining optimal health and inner peace. Visit her website at [www.holistichealingartssaratoga.com](http://www.holistichealingartssaratoga.com)

## SEPTEMBER

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**Clinical Analysis of 24 Adult Foot Types: A Comprehensive Approach to Determining Orthotic Intervention with Instructor Joe Coletta, C. Ped.**

Date: September 9-10, 2010

Time: 7:45m, - 5:00 pm Friday, 8:00 am – 5:00 pm Saturday

Cost: \$455.00

CE: 16

Registration Deadline: 9/3/10

Late Registration: \$475.00

**Course Description:**

This two day program covers basic and advanced foot biomechanical principles and evaluation techniques, which allows the practitioner to return to their clinic with the knowledge and confidence needed to institute an effective and successful foot orthotic program.

Lecture is alternated with detailed lab time that includes identifying rearfoot and forefoot deformities in non-weightbearing, static weightbearing and dynamic gait evaluation, and obtaining STN slipper casts for the purpose of orthotic fabrication. Most importantly, a simple, inexpensive method of digital photography and video gait analysis is introduced that can be easily implemented in your clinic to identify a patient's foot type and orthotic needs.

**Instructor Bio:**

A Certified Pedorthist since 1993, Joe specializes in biomechanical foot evaluation and fabrication. He is Director of Education and Training for Stride, Inc. and the RX<sup>24</sup> Quadrastep Orthotic System. He is a graduate of Maria College of Albany (A.A.S. Physical Therapist Assistant), and the Pedorthics Program of Ball State in Muncie, IN. He works and lectures extensively for Stride, Inc. Custom Foot Orthotic Laboratory on the subject of foot biomechanics, evaluation methods and orthotic design. He is currently assisting in the research and development of a unique classification method for assessing adult foot types, at Quinnipiac University. He is a member in good standing of the Pedorthic Footwear Association. As a father of two young boys, Joe can be found on the local little league fields coaching his sons when he is not working.

**Introduction to Myofascial Release Techniques and Principles With Lisa Satalino**

Date: September 17-19, 2010

Time: 9:00am-4:00pm

Cost: \$495

CE: 17 Hours

Registration Deadline: 9/10/10

Late Registration: \$515

**Course Description:**

The intent of this course is to introduce beginner level concepts and principles that define Myofascial Release as a technique as well as a tool for wellness. The participants will learn about the importance of the fascial system and its role in whole body health.

This "hands-on" workshop will allow the participants an opportunity to develop beginner level tools for the evaluation and treatment of fascial restrictions. ~ **This class is a prerequisite for many of Lisa's upcoming workshops!**

**Instructor Bio:**

Lisa is a 1986 graduate of Russell Sage College. She received her BS in Physical Therapy in 1986 and has since specialized in the area of Myofascial Release and Craniosacral Therapy. She has taken all of John F. Barnes' courses, has passed Barnes' Proficiency Assessment, and has worked as an assistant instructor and coordinator for John F. Barnes' seminars. She currently teaches the Myofascial release course at the CNW School of Massage and is a consultant for AMCH's Family Practice Residency Program. She also provides continued education experiences in Myofascial Release techniques locally. Her professional experiences include working in home care, early intervention, the school setting, rehabilitation, private practice, and with equine athletes. She is NYS certified early intervention provider

## **Medical Massage Lower Extremities- with Dale Perry**

Date: September 18, 2010

Time: 9:00am-5:00pm

Cost: \$135

CE: 7 Hours

Registration Deadline: 9/10/10

Late Registration: \$155

### **Course Description:**

Anatomy of the knee/lower leg/ankle will be reviewed and we will learn application of orthopedic medical evaluation tests. Various massage modalities will be explored for this area. If you have clients with leg/knee pain, add this class to your box of tools.

### **Instructor Bio:**

**Dale Perry** graduated from Brenneke School of Massage in Seattle WA in 1990. He has taught massage for the past 11 years including Swedish, medical lymphatic, sports, and myofascial release. He and his wife, Hannah, own Lymphatic Health Education Resources and present workshops worldwide on lymphatic facilitation for sports, injury rehabilitation, wellness, and breast health. Dale also teaches at the Center for Natural Wellness School of Massage Therapy.

## **Medical Massage: Hip and Thigh**

Date: September 19, 2010

Time: 9:00 am – 5:00 pm

Cost: \$135.00

CE: 7

Registration Deadline: 9/10/10

Late Registration: \$155.00

### **Course Description:**

Anatomy of the Hip/Thigh will be reviewed and we will learn application of orthopedic medical evaluation tests for nerve involvement. Various massage modalities will be explored for this pathology. If you have clients with hip and thigh pain or dysfunction, this is the class for you.

### **Instructor Bio:**

**Dale Perry** graduated from Brenneke School of Massage in Seattle WA in 1990. He has taught massage for the past 11 years including Swedish, medical lymphatic, sports, and myofascial release. He and his wife, Hannah, own Lymphatic Health Education Resources and present workshops worldwide on lymphatic facilitation for sports, injury rehabilitation, wellness, and breast health. Dale also teaches at the Center for Natural Wellness School of Massage Therapy.

## **Alan Weismantel's Functional Manual Therapy**

Date: September 25-26, 2010

Time: 8:00am – 4:00

Cost: \$490

CE: 15

Registration Deadline: 9/17/10

Late Registration: \$510.00

### **Course Description:**

Alan Weismantel's Functional Manual Therapy (FMT) utilizes mobility examinations and interventions that take minimal time with immediate and often dramatic results. Matt Foster, PT Saginaw MI states: "Overall Alan's work has cut down my soft tissue and joint work in the C-T spine by a good 50%!" See [www.awcourses.com/news.html](http://www.awcourses.com/news.html) for a video, detailed information. Course approved for Texas and California PT's. This is a "hands on" class with limited class size. Suitable for physical therapists and licensed neuromuscular massage therapists.

### **Instructor Bio:**

Alan Weismantel graduated from the University of Pennsylvania Physical Therapy School in 1967. His early career included EMG/NCV studies and the clinical use of manipulation and mobilization techniques. Mr. Weismantel was the third Physical Therapist from the United States to pass the International Federation on Manual Therapy (IFOMT) Examination. After forty years of clinical work Alan continues to treat patients and shares his findings with twelve or more courses each year. See [www.awcourses.com](http://www.awcourses.com) for detailed information.

Target audience (or audience limitations such as only LICENSED massage therapists, or only Physical Therapists, etc.), Other states in which the class has been approved for CE Hours (if applicable); Special Instructions for what students should BRING or WEAR to class.

### **Online Registration:**

All Red Pines Registrations will now take place online, at a safe and secure website. To register for Red Pines Classes, please go to <http://cnwsmt.com/redpines.php>. When you register online, you have three payment options: Credit Card, E-Check, or Mail a Check. Class tuition must be paid in full during registration (unless mailing a check). We do not accept deposits or partial payments. If you choose to mail a check, make the check payable to CNWSMT and mail to 3 Cerone Commercial Dr. Albany, NY 12205. Online, you will be able to create an account that will store your contact information, so when you come back to register in the future your information will be saved. You also have the ability to log in to your account to view your registration history and make any necessary changes to your account.

### **Registration Deadlines, Close Dates, Cancellation Policies:**

Registration deadlines are in place so we can determine the number of students expected to attend and let the instructor know. If they feel there are not enough registrants, the class will be cancelled and all registrants will be issued a full refund. If you register after the registration deadline, you will be charged a \$20.00 late registration fee.

Registration close dates are new. This is the date that registration officially closes for the class. You will no longer be able to register after 11:59pm the night of the registration close date.

Cancellation Policies: Should you need to cancel, our policy is that if you notify us prior to the registration deadline you will receive a full refund minus a \$20.00 processing fee. Cancellations after the registration deadline, up to 24 hours before class will be refunded 50% minus any late registration fee if applied. Less than 24 hours notice or "no shows" will receive no refund.

Red Pines Training Center, The Center for Natural Wellness School of Massage Therapy, and its instructors reserve the right to cancel any class due to hazardous weather, instructor illness or low enrollment. In the event of a cancellation, you will be issued a full refund no more than 2 weeks after the cancelled class date.

For more information regarding online registration, policies and/or procedures please visit <http://cnwsmt.com/redpines.php>.

If you have any questions, comments, or concerns, please do not hesitate to contact Josh Okun at:  
(518) 489-4026 or [RedPines@cnwsmt.com](mailto:RedPines@cnwsmt.com).

*Online Registration Powered by Active.com*

