

Chapter Meeting and Workshop



Deep Massage and Zero Balancing Applications for the Back and Neck

with David Lauterstein, LMT, Cert. ZB



Saturday, August 25, 2007 • 1–5pm

Sunday, August 26, 2007 • 9am–4pm (lunch included)

Flagstaff, Arizona

**This workshop must be taken in its entirety
(Saturday, August 25 and Sunday, August 26).**

Total CE Hours: 10

Deep Massage and Zero Balancing Applications for the Back and Neck

is a 10 hour intensive training in Deep Massage: The Lauterstein Method, a unique bodywork Mr. Lauterstein has evolved since 1982. This method uses insights drawn from the disciplines of structurally integrative work, Zero Balancing, and 30 years of clinical practice and teaching.

You will learn how to contact, with precision, both the structure and energy of the person. This particular training will focus on relieving physical and energetic tension from the back and neck.

You will learn techniques—prone, side-lying, and supine—for the erector spinae, multifidus, quadratus lumborum, trapezius, semispinalis capitis, rotatores, and the deep suboccipital muscles.

Each participant will receive a 50 page manual with detailed explanations for each technique and thorough information on the fascinating theory underlying Deep Massage and Zero Balancing.

This training will make your work more clinically effective, dramatically easier to do, and more enjoyable for you and your clients. Refine the art and the science of your work!

Deep Massage and Zero Balancing Applications for the Back and Neck

Saturday, August 25

- 10–12 **AMTA-AZ
General Meeting**
- 12–1 **Lunch (on your own)**
- 1–5 **Workshop—
Deep Massage and
Zero Balancing**
- 5–6 **President's Reception**



Sunday, August 26

- 9–12 **Workshop—
Deep Massage and
Zero Balancing**
- 12–1 **Lunch (included)**
- 1–4 **Workshop—
Deep Massage and
Zero Balancing**

Location

Little America Hotel
2515 E. Butler Ave. • Flagstaff, AZ 86004

Directions

Take I-17 to I-40 East. From I-40 East, take the Exit 198 to Butler Ave. Hotel is on the far right (Southeast) corner.

Room Reservations

Phone: 928-779-2741
Toll free: 800-865-1401
To qualify for group rates, reservations must be made by August 3, 2007.
Identify group rate as AMTA-AZ.

Room Rate

Single/Double—\$109 plus tax
Check-in starts at 4:00 p.m.
Check-out is at 1:00 p.m.

Workshop Registration Cut-Off Date

Note—\$35 late fee will be charged after registration cut-off date, August 11, 2007. Only early registrants are eligible for lunch choice pre-selection.

Workshop Fee

See Workshop Registration Form on facing page.
25% non-refundable deposit included.

Registration Contact

Kellye Webber, Education Committee Chair
800 N. Swan Rd. #106, Tucson, AZ 85711
Phone: 520-891-0802
E-mail: comfortzonetherapies@cox.net

Continuing Education Hours

This workshop must be taken in its entirety (Saturday, August 25 and Sunday, August 26).

Total CE Hours: 10

Materials Needed For Workshop

4 sets of table set-ups (up to 8 twin sheets, 8 pillow cases, a towel, and a bolster).

1 massage table for each 2 participants. Some form of deep massage cream but be prepared to work without lubricant.

Bring a notebook and pen to take notes with.

Review the origins, insertions, and actions of the following muscles before the training: erector spinae, multifidus, quadratus lumborum, trapezius, semispinalis capitis, rotatores, and the deep suboccipital muscles.

Useful reading will be *Putting the Soul Back in the Body*, David Lauterstein and *Inner Bridges*, Dr. Fritz Smith, MD (but these are not required).

Deep Massage and Zero Balancing Applications for the Back and Neck

David Lauterstein

David Lauterstein, LMT, Cert. ZB, Director of the Lauterstein-Conway Massage School, has been in massage and bodywork practice since 1977 and has become one of the most highly respected international educators in the massage therapy realm. He regularly teaches in England and throughout the U.S since 1982. He is the author of the book, *Putting the Soul Back in the Body: A Manual of Imaginative Anatomy for Massage Therapists*, numerous articles on the philosophy and practice of massage and bodywork, and is the former editor of the national magazine, *Massage Therapy Journal*. He is certified in Structural Bodywork, Zero Balancing, and is the founder of Deep Massage: The Lauterstein Method.

With a background prior to massage therapy in philosophy and music composition, Mr. Lauterstein has uniquely developed this method to combine the beauty of art with the clarity of science in extremely effective bodywork.



Deep Massage and Zero Balancing: Registration Form

Full Name _____ AMTA # _____

Address _____ City _____ State _____

Zip _____ Phone _____ Email _____

Workshop Fee — Members \$100 Any Massage Student \$100 Non-Members \$150

Meal Choice (Only early registrants are eligible for meal choice pre-selection)—

Vegetarian Chicken

★Note—\$35 late fee will be charged after the registration cut-off date, August 11, 2007.★
Fees listed below apply to all registrations made after August 11, 2007.

Workshop Fee (After August 11, cut-off date)—

Members \$135 Any Massage Student \$135 Non-Members \$185

Total enclosed \$ _____ Make checks payable to **AMTA-Arizona Chapter**

Do you desire registration confirmation?— Yes No If yes— By phone By email

Please note the fee is for the workshop. A **25% non-refundable deposit is included in the workshop fee.** There is no charge for the AMTA-AZ meeting.

Mail payment to—Kellye Webber, AMTA-AZ Education Committee Chair
800 N. Swan Rd. #106 • Tucson, AZ 85711 • 520-891-0802 • comfortzonetherapies@cox.net

