

Ashiatsu DeepFeet Bar Therapy Workshops

CE Provider numbers: NCBTMB CE Provider #283551-00, TX #1378, LA CE#0074, MS #450728-08, FL #50-5584, NY #283551-00



Full course description for Barefoot Basics available at <http://www.healingsole.com/barefoot-basics.html>



Full course description for Anterior/Sidelying available at <http://www.healingsole.com/anteriorsidelying.html>

Barefoot Basics.

A 3 day course, 25 CE's. Therapists will learn one footed posterior strokes. Each therapist taking the class must feel comfortable standing on a massage table. Weight of the student is not as important as grace and flexibility while performing Ashiatsu Oriental Bar Therapy. You will receive 25 credit hours, which you can apply to your National Certification, AMTA or ABMP renewal. Most states accept these Category A hours also, including Texas, Louisiana, Oregon and Washington.

- **Tuition** \$649 (\$300 deposit required upfront)
- **Prerequisites:** Licensed/Certified Massage Therapist, or have taken the NCB exam

Anterior/Sidelying.

This class consists of a one day, 8 CE's. The anterior approach to Ashiatsu Oriental Bar Therapy is a wonderful complement to the posterior strokes learned in Barefoot Basics. All strokes are one footed, and the shoulder and neck work is done from a seated position. The side lying portion of the class will teach the therapist to work with the client's assistance to massage muscles that tend to be more difficult to access from a supine or prone position with a more clinical application.

- **Tuition** \$215 (\$100 deposit required)
- **Prerequisites:** LMT, Completion of Barefoot Basics

What to bring.

- **Linen List for Barefoot Basics:** 2 fitted sheets, 2 flat sheets (OR 2 big beach towels), 2 face cradle covers, 2 wash cloths or kitchen sized towels, 1 king pillow case, 1 flat king pillow, 1 blanket (Linen rentals are available for \$10/set)
- **Linen List for Anterior/Sidelying:** 1 fitted sheet, 1 flat sheet, (OR 1 big beach towel) 1 pillow (you can reuse these items from your Barefoot Basics class) bring 1 more king pillow case.

Bring to all classes:

- Slippers or flip flops that aren't worn outside
- Holster
- Foot sanitizer (diluted witch hazel, alcohol or tea tree/Theives oil in a spray bottle, antibacterial gel – your choice)
- Pens, highlighters, ect
- Binder
- Snacks (Water, Juice products, & Fridge available onsite)
- Massage Crème/lotion/oil of choice
- Soft pedicured feet!

Class times vary based on the season, please check your email for the registration confirmation which will state specific start and end times for your workshop.



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Cancellation Policy.

By signing up for one of my classes, you agree to the Code of Ethics (see below) and the Cancellation Policy.

Non-Refundable deposits are required to hold your space in class. Your deposit will not be refunded should you cancel out of your selected workshop dates. Only in the event of proper documentation of injury, pregnancy, death in the immediate family, or weather prohibiting travel will your deposit be allowed to be rolled over to a workshop at a later date. This special consideration will be allowed one time only by the discretion of the Ashiatsu instructor.

If you have other circumstances besides those listed above, you may roll your tuition over to the next Ashiatsu course offered at a later date by Jeni Spring, by giving at least 15 days' notice and paying a \$75 fee per class that you wish to roll over. Any notice less than 15 days is not eligible for rollover - unless the situation can be documented as mentioned above (injury, death in the immediate family, or weather prohibiting travel.)

Heeling Sole / Jeni Spring will happily refund all money for any cancelled seminars due to our responsibility - such as if the class minimum enrollment requirements are not met. We reserve the right to cancel class 2 weeks prior to the event should there not be enough interest and minimums not met – for Barefoot Basics, Anterior/Sidelying & Ashi-Thai classes in San Antonio, Class minimum is 4 students. For Advanced Ashiatsu in San Antonio, or for any class held outside of San Antonio, class minimum is 6 students.

If registration is low enough for the instructor to choose to cancel class, you will be notified 2 weeks prior to the scheduled dates. At such time, students can choose:

- A) If they would like a 100% refund.
- B) Roll your deposit over to the next listed class with no penalty

We do not recommend that you book airfare until you have confirmed with the instructor that your selected class has met the minimum enrollment requirements



Workshop Outline.

Barefoot Basics:

- Day 1:
 - Overview of material
 - Contraindications
 - 5 hours of “Feet On” practice time
- Day 2:
 - History of Barefoot Massage
 - Massage the Instructor for feedback
 - 5 hours of “Feet On” practice time
- Day 3:
 - Bar Construction & Portable Bars
 - Marketing
 - Instructor demonstration
 - Guest Client public practical – 4 hours practice time.

Anterior/Sidelying:

- Overview of material
- Contraindications
- 7 hours of “Feet On” practice time

**WE PRIDE OURSELVES ON
SMALL CLASSES FOR THE BEST
LEARNING EXPERIENCE!**

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Physical Requirements.

A higher than average fitness level will diminish any challenges you may experience during the workshop. You'll need fluid and expressive hips for this work. The motion of your feet starts with your hips. Working slowly and gracefully is very important when leveraging your weight to do this deep tissue massage. We ask that you are flexible enough to stand up & down from a 24 inch stool quickly and easily from the floor in one smooth movement. Another tricky move that is required: Sitting up onto a 29 inch stool and swinging your leg over the clients head smoothly and silently. You should also be able to sit on a stool with your knees close together in a cannon ball position. Be confident that your upper arm strength can pull weight off your inner thighs and tummy if needed.

*If you have a challenge with sight, hearing, recent injuries, learning disabilities, language barrier or any situation that may perhaps interfere with the flow of the class or distract others, please contact Jeni ASAP and discuss your needs.

* For students over 180 pounds, please work on your flexibility and strength now. Heavier students can easily be as fluid and graceful as those who are slim, but all must be flexible and strong. It is not our intention to discourage or discriminate anyone from taking this class however; we must focus on a quality workshop experienced by all and maintain the safety standards of the modality. If you have any reservations, please Jeni to discuss your fitness level.

*A special note: If you are pregnant, trying to get pregnant or have had breast implants within the last 9 months, we regret that you cannot attend the seminar. The deep compression provided by this modality could be dangerous for you. I welcome you to come back after your baby is born, and/or sufficient scar tissue has formed around your implant.

Code of Ethics.

All graduates of our program are held to a high ethical standard and must agree and adhere to a Code of Ethics. The information and materials presented in class are not to be shared or taught without proper Instructor training from our company, or permission from our founder. You can review the code in the "Policies & FAQ" section of TexasAshiatsu.com. It is provided for you to read before, after and during your online workshop registration process, and you will be provided with a hard copy in class.



Bar Construction.

I will teach you in class e-v-e-r-y-t-h-i-n-g that you will need to know on how to build your overhead bar support, and I will explain the benefits of the portable bars. Please DO NOT build your bars prior to class. There are some specific measurements and safety guidelines that go along with using the bars that we will discuss together. For liability reasons I cannot provide this information before class. Many LMT's have had to completely re-build their bars because they jumped the gun. Save yourself time, money and stress... just wait!

Portable Bars.

The Hardee-Ashiatsu Portable Bar system is available to graduates of our program, and can be purchased at www.DeepFeet.com. More information on the best uses and practices for these bars will be explained in class.

Massage Tables.

Unless otherwise stated, the massage table will be provided for your use during class. If you weigh over 250 pounds, you will need to bring your own massage table. In your own practice you will need a sturdy massage table to support an Ashiatsu session. You will need a 32"-35" wide table that has a working weight capacity of at least 500 pounds. Aluminum/Metal legged portable tables are not recommended. We highly endorse the Earthlite Spirit (portable) or the Earthlite Ellora (stationary) tables, and can provide you with a 15% discount on new Earthlite products.

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Frequently Asked Questions.

Before we meet in class, please visit TexasAshiatsu.com and read up on the information provided. You will find helpful material compiled from the most frequently asked questions from past massage therapists eager to learn this technique.

Topics covered on www.TexasAshiatsu.com:

- Full course descriptions, pictures and videos
- Access to a free webinar "The Benefits of Barefoot Massage"
- Training Location & Hotel Accommodations
- DeepFeet's Continuing Education Accreditation and Credentials
- Cancellation Policy
- Physical Requirements to Attend Class
- What to Bring to Class
- Ashiatsu Bar Construction, Installation & Equipment
- Certification After Training
- Graduate Services for Ashiatsu Therapists
- Ashiatsu Code of Ethics
- Statement regarding all-Inclusive back to back classes
- A Footnote from your instructor
- DeepFeet FAQ's

Please refer to the Location Packet specific to your training site for address, directions, hotel suggestions, etc.

About your instructor, Jeni Spring

I'm blessed to have been hand-picked and trained by the founder and lead instructors of Ashiatsu DeepFeet Bar Therapy, and I'm happy to be Texas' source for BarefootBar Massage training.

You can be sure that my classes are fun, informative, safe, and consistent with the curriculum of the modality – so the same course that our founder Ruthie Hardee is teaching in Denver is available right here in Texas with me. I am an anatomy geek, and have a background in injury treatment and prevention, dance, and yoga, and I bring this experience to you in my workshops.

I was originally trained in the Ashiatsu technique in 2003, (I took the course immediately after completing my initial massage training program in Seattle, Washington) achieved my master level Ashiatsu certification in 2005, and have been teaching Ashiatsu since 2009. I was privileged to teach the first European Ashiatsu course in 2010, I was a featured presenter in the 2012 World Massage Conference, and I regularly represent the modality at national and regional massage conventions. I have Ashiatsu articles and snippets that have been published in the Journal of Massage Science, Les Nouvelle Esthetique's & Spa magazine, as well as Massage Magazine.

My professional massage practice has grown leaps and bounds with the success of Ashiatsu, which is what led me to become an instructor - I really feel that this work can help us as therapists just as much as it helps those we massage! Thanks for choosing my class for your professional development!

