



Caring Palms Massage and Reiki Newsletter

July 2011

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Greetings!

Welcome to the July issue of the Caring Palms newsletter. This month we have an article and an updated class schedule.

I hope you like what we have here.

Caring Palms Closed for Independence Day

The Caring Palms Studio will be closed Monday, July 4th for the Independence Day holiday. The studio will reopen Tuesday July 5th at the regular hours. Caring Palms hopes everyone has a safe and happy holiday



Brian Takes Lomi for Continuing Education

For continuing education classes, Brian took Hawaiian Temple Lomi Lomi the second weekend of June. This is the third time Brian has taken this seminar, and with each class, he gets confirmation on the approach and the movement he is doing.

"It was great seeing the work again. Every time I see it, I discover something new that I either did not remember, missed altogether, or just did not get the details exact. Each time I discover it anew and am fascinated by the dance that it is."

Temple Lomi is a dance of continuous movement that works the full length of the body to produce a sensation of love, calming, and joy. Most people are amazed when they experience it for the first time as there is nothing else like it. Simply having the body worked as a whole instead of parts is new to most people, then adding the flow that the massage produces creates a serene feeling.

If you have never experienced Temple Lomi, schedule a session and see what the fuss is about. (For more information, read the article [here.](#))

Lots of Classes Scheduled in the Next Two Months

There are a lot of classes coming up in the next couple of months. As it is a renewal year for massage therapists, many are looking for continuing education, and Caring Palms has it. July has two Reiki classes scheduled, and August has three. These classes are open to anyone that wants to learn whether they are a massage therapist or not. More classes can be scheduled if the current dates do not work for people, including weekdays.

There will also be another Body Mechanics class in August. This class teaches students to maximize their results with less effort. It utilizes the science of martial arts and applies it to massage therapy. It is open to massage therapists and any healthcare professional that does massage as part of their practice.

Brian Gets Published

The article "Shall We Dance" was published in this month's (July) Natural Awakenings magazine. This marks the eighth time Brian has been published. Pick up a copy today.

Reiki Class Schedule

The following is a list of currently scheduled Reiki Classes. Each class (unless otherwise marked) currently has a status of 'Scheduled'. This means that a date has been set, but no one has signed up for it yet. Once a deposit has been received for a class, the status will be 'Confirmed'. Any class marked as 'Closed' has basically filled up. (Note: In some cases, one may be able to enter a class marked 'Closed' with permission of the instructor.)

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The current schedule is as follows:

Reiki 1

- July 9 (Saturday) 11am - 5pm **Confirmed**
- August 6 (Saturday) 11am - 5pm
- September 10 (Saturday) 11am - 5pm
- October 8 (Saturday) 11am - 5pm
- November 12 (Saturday) 11am - 5pm

Reiki 2

- August 20 (Saturday) 11am - 5pm **Confirmed**

Reiki 3

- July 23 (Saturday) 11am - 5pm **Confirmed**

- August 27 (Saturday) 11am - 5pm

All classes are open to anyone wanting to learn this unique method of hands-on healing. The cost for each class is \$100 no matter what level of Reiki the class is for. A 50% deposit (\$50) is required a minimum of seven (7) days prior to the class date (or permission of the instructor) to reserve a space in the class. Classes with no deposits received by the deposit date will be canceled. All class statuses may be viewed on the Reiki side of the web site under 'Class Scheduling and Schedule of Classes'. You can also sign up for classes there.

Each Reiki class is six (6) CEUs for Florida massage therapists.

Note: Because this is a licensing year for massage therapists, Caring Palms expects to be scheduling more classes during July and August as the last minute demand for classes increases. We also expect to schedule another Reiki 2 and Reiki 3 class sometime after August. Please continue to check the website for changes and additions.

Body Mechanics and Advanced Techniques for Massage Therapists Class Schedule

The following is a list of currently scheduled classes. This class is a two-day class worth 12 CE hours for Florida massage therapists. Each class (unless otherwise marked) currently has a status of 'Scheduled'. This means that a date has been set, but no one has signed up for it yet. Once a deposit has been received for a class, the status will be 'Confirmed'. The current schedule is as follows:

- August 13th - August 14th (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm) **Confirmed**

At the Hampton Inn at Jacksonville Beach, FL [Hotel](#)

[Details](#)

Note: Check with the hotel for special room rates.

Maximize your results with less effort. Utilize the science of martial arts and apply it to massage. Body Mechanics and Advanced Techniques for Massage Therapists is designed to reconnect the massage therapist with proper body mechanics and techniques showing how to work without hurting oneself and how to apply deep pressure with little effort. The class being part lecture, part hands-on practice uses theory, stances, centering, and the proper use of body strength from martial arts and applies them to the art of massage therapy.

Students will learn how to focus their energies and use their body to do deep work with less effort and not get hurt. This class will help anyone to work deeply with less effort no matter if one is 90 pounds or 250 pounds. This class is for both the seasoned therapist and the

new therapist. It will show moves everyone is familiar with, but in a new light as well as moves many people may not have seen before (which have been taken from Lomi Lomi, Esalen, and other styles). The idea is not to dictate how to practice, but to show better body mechanics which the therapist can adapt to what they do. This is true whether they adapt all of it or just part of it.

Florida Board of Massage Approved for twelve (12) Continuing Education Hours (CEUs)

Class Cost: \$300 Early Registration (at least 19 days before the class date)

\$350 within 19 days of the class date

This class is for licensed massage therapists or anyone that regularly uses massage in their practice. CEUs are available for Florida massage therapists only. For those looking to learn basic massage for relaxation for their partner or friends, see the website on the Massage For Couples classes.

To sign up for classes, go to the website and select Caring Palms CEU Seminars. Look under Massage Classes, and then Schedule of Classes to see additions and changes or to sign up.

Modality of the Month

Myofascial Release

Myofascial Release (MFR) is a style of massage / physical therapy that takes a whole body "hands-on" approach to the evaluation and treatment of the human structure. The goal is to help return the body's capacity to adapt, by restoring three-dimensional balance. What this means is that it works on realigning the body to its proper shape through manipulation of connective tissue (fascia).

Every part in the body is connected by fascia. The organs don't just hang there in open space. There is connective tissue surrounding everything holding them in place. Throughout life, one's body takes a lot of punishment, or trauma. We fall down. We get in accidents. We have surgery. All these things affect the fascia. You see, the fascia is normally a nice, soft, rubbery substance that gives when we move. But through trauma, this pliable substance can become hard and constricting. When this happens, the body's alignment changes. We feel pain, and a host of other problems crop up. (A good example of constricted fascia is carpal tunnel syndrome. This is where the fascia in the wrist becomes hard and painful. The normal response is to have surgery which cuts out the constricted fascia, but it also leaves scar tissue which later causes more constricted fascia.)

[read more](#)

Hawaiian Shamanic Principles

by Brian Dean

I wanted to share some Hawaiian words that were talked about in my last Lomi class. I think they are pretty profound.

These are the Seven Hawaiian Shamanic Principles...

IKE

The world is what you think it is
Basically, our outlook affects how we see things. It changes our perceptions.

KALA

There are no limits
The only thing ever limiting us is ourselves.

MAKIA

Energy flows where attention goes
Whatever we think about the most is where our energy goes. Do we think about things that cause us fear or that cause us hope?

MANAWA

Now is the moment of power
Be present in the moment as that is what guides the future.

ALOHA

To love is to be happy with
The vibration of love is a powerful thing. This relates back to IKE.

MANA

All power comes from within
Everything we do has to start small. To do anything big, we first have to change ourselves inside, and then work outward. To change the universe, we start inside ourselves and then let those changes expand to everything around us.

PONO

Effectiveness is the measure of truth
Pono can also mean alignment. The truth is strong. If we are aligned with truth, we are strong, we are effective.

Caring Palms Promise

At Caring Palms, we pledge to do the best work we can at every

session. We not only do this to continue to earn your business, but because we believe that you deserve the best care possible every time you are here. This is true whether it is massage, or energy work, or classes. This is our promise. This is what we will continue to do.

Can We Answer Your Questions?

You have Questions? Maybe we have answers.

Each month, we write articles on a variety of subjects. Is there something that you would like to see us write about? Do you have questions that you'd like answered? Do you have questions on massage? On Reiki? On energy work in general? Submit your questions or requests to Brian@CaringPalms.com and we will try to see if we can answer them for you.

May light continue to illuminate your path. Take care.

Sincerely,

Brian
Caring Palms Massage and Reiki
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