



Introduction to Thai Massage

Classes offered in Loop on 10/17- 10/18
Woodridge on 12/12-12/13

This class is designed to introduce the amazing floor-based practice of Thai massage to those with little or no experience in floor bodywork. There are no prerequisites beyond a desire to explore. You will learn to relax while using your body weight and gravity to apply firm pressure. You will gain confidence using a wide variety of stretching techniques while gently stretching yourself as well. Using breath and movement, we will create a comfortable and safe environment of healing touch. You will walk away with a simple and effective Thai "routine" to practice on your family and friends. No experience necessary.

This workshop is designed for beginners but all will benefit. Experience is not necessary. You must feel somewhat comfortable on your knees. Also included are yoga for Thai massage, historical and philosophical foundations of Thai massage, and self-care techniques. Floor mats are provided.



Fijian Massage

Classes offered in Crystal Lake 10/24-10/25

Fijian Oil Massage

Classes offered in Loop 11/14-11/15

Barefoot massage at its best! Brought back from Kadavu, Fiji by founder Lolita Knight these incredible techniques have been refined to offer a versatile, luxurious, deep tissue massage. Therapeutic and relaxing, Fijian Massage is performed on comfortable heated body cushions with the therapist's feet. Using gravity, body weight, and leverage the therapist can deliver maximum pressure without the sharp pain of an elbow and with minimal effort. This is by far, the deepest massage available. Ever ask your kids to walk on your back? While we will never 'walk' on your back the idea is the same. Two footed techniques are used only when sitting down. No special equipment needed!



Pregnancy Certification Class

You asked for it, you got it! Join us for a 25 hour Pregnancy Certification Class on three consecutive Sundays 12/5, 12/12, 12/19 in the Loop or Woodridge campus

In this course, participants will delve into the transformative time of pregnancy and the postpartum time periods to understand how pregnancy and postpartum massage therapy can be an integral part of wellness for childbearing women. Participants articulate the potential benefits of pregnancy massage therapy and the common anatomical, physiological and psychological changes of healthy pregnancies using the appropriate terminology. Students will learn effective pregnancy and postpartum massage therapy techniques and safe client positions for healthy pregnancies, as well as develop a thorough understanding of precautions and contraindications including basic adaptations for client medication use and bed rest. In addition, course participants will learn to strategize and create individualized sessions to accommodate prenatal clients in the Spa and Resort setting. All participants will have the opportunity to integrate their knowledge and skills during a practice session with pregnant women, as well as hands-on case study presentations. Upon completion of the 25 CE Contact Hours, all participants will complete a written test and perform a hands-on practicum to evaluate comprehension of pre/post natal massage techniques.

* To receive certification and continuing education credit for this course, participants MUST be in full attendance, achieve an 80% or better on the written test, and satisfactorily complete a hands-on practicum performed the final day of the course. Workshop participants who do not qualify may be asked to complete additional study and practice to complete the certification requirements.

Prerequisites: As this is an advanced bodywork course, registrants must be an LMT or a graduate of a 500-hour or greater Massage Therapy program.

To register online go to: www.cortiva.com/csmt/ce

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pay it forward

As part of the professional massage therapy training program, students provide massage therapy to the general public in the Student Clinic. Since students are not able to accept any direct compensation for their massage services, if a client chooses to leave a gratuity, the gratuity is accepted on behalf of the entire class and donated to a charitable cause. Read on and be inspired.

class donations



- \$377.66 - Inspiration Café Corporation
- \$377.67 - Crisis Center for South Suburbia
- \$377.67 - Camp Quality



- \$1079.50 - Chicago Alliance Against Sexual Exploitation



- \$808.00 - American Cancer Society



- \$231.26 - The American Cancer Society
- \$231.27 - Make a Wish Foundation
- \$231.26 - Cortiva's Class Skeleton Fund



- \$1081.00 - St. Jude Children's Memorial Research Hospital



- \$176.00 - Family Shelter Service

Illinois Massage Licenses Expire 12/31/10

Attention Illinois Massage Therapists!

All Illinois massage therapy licenses expire on December 31, 2010. In order to renew an Illinois massage therapy license, a licensee shall be required to complete a minimum of 24 hours of continuing education including at least 2 hours on ethics. The 24 hours must be earned in the current renewal period (in this case 1/1/09 – 12/31/10).

Note for those who are renewing the license for the first time: A renewal applicant shall not be required to comply with the CE requirements for the first renewal of an Illinois license. Learn more at <http://www.idfpr.com/dpr/who/masst.asp>

All Cortiva continuing education (CE) courses are approved for license renewal, NCB Recertification and Professional Massage Therapy Membership. Register online for CE classes offered at all three of our Illinois campuses!

See page 2 of this newsletter for a class listing at each campus. To register online, go to www.cortiva.com/csmt/ce. More classes are added regularly. Check the website for additions.



17 N. STATE STREET • 5TH FLOOR • CHICAGO, IL 60602

JOB BOARD TIPS

REGISTER ON CORTIVA'S JOB BOARD

- Go to www.cortiva.com/csmt
- Click on MY ACCOUNT
- Click on REGISTER!
- Check STUDENT or ALUMNI
- Follow the prompts
- CLICK SUBMIT – you'll receive an email notice with access approval

ACCESS JOB BOARD TO:

- VIEW STATE LICENSING REQUIREMENTS
- FIND JOBS
- CREATE YOUR OWN WEB PAGE
- POST YOUR RESUME

For further assistance, contact
Susan Barney, Career Services
Director at sbarney@cortiva.com or
312-253-3345.