



Raising the Standards since 2002

Barbara White Seminars



THE MASSAGE  
STUDIO OF  
BARBARA WHITE  
est. 1999

## “The Dynamic Workshops”

The Art of Dynamic Draping (6 CE) \$125

Time: 8:00-3:00 Date: April 26, 2014

The Abundance Wellness Center  
325 John Knox Rd., Bldg. T, suite 1  
Tallahassee, FL 32303

Breaking the mold! We are typically taught in our foundational learning classes that the purpose of draping is for warmth and modesty, and it most certainly is, but all the really cool stuff gets passed up. Draping is an art form and can prove an ally in reduction of wear and tear on your own body. You will learn multiple draping styles and securely move the client around the table in dynamic moves without compromising their modesty (or yours) and learn to use your body and draping materials as a leverage tools in the process. Learn to use your knees and feet in treatment sessions as well as the sheets, bolsters, pillows and towels for leverage and ROM. Easily lift bodies off the table in hyper extension or provide secure anterior coverage for a lady in lateral recumbent, seated, cobra or sphinx. Demonstration will be made on providing a bare-back chair massage with appropriate draping. Give the shoulders, neck or low back the ROM or stretch it needs without strain on your body.

### Objectives:

- Provide layered draping styles that allow for a greater ROM
- Securely control draping materials
- Use draping materials as tools
- Create a “walking drape”
- Provide safe dynamic stretches while minimizing therapist body strain



[Sign Up Now](#)

(409) 626-1811

[bwhite@gt.rr.com](mailto:bwhite@gt.rr.com)  
[www.barbarawhitemassage.com](http://www.barbarawhitemassage.com)  
2528 Merriman Street  
Port Neches, TX 77651

## The Dynamic Body: Healing in Motion (6 CE) \$125

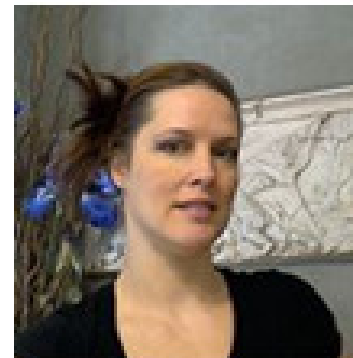
Time: 8:00-3:00

Date: April 27, 2014

Outside of the box! Don't be timid when it comes to moving your client around. Their body will thank you for it. The body heals best when it is in motion. Create space in the joint capsules and open up angles with Dynamic uses of rocking, compression, stretches, ROM and alternative client positioning. This class combines many of the traditional therapies such as Rolfing, MFR, NMT, Swedish Gymnastics, Thai Massage and Shiatsu all in one dynamic format. Therapeutic Lateral Recumbent and Seated positions are frequently overlooked alternative client positioning which opens up joints and allows freer access to the body than prone and supine alone. Gain great ROM in the shoulder joint to free up adhered joint capsules, greater access to the knee, neck and spinal movements. Learn to read the clients body and put movement back in their joints. Get ready to dust off some tools you may not have pulled out of your belt in years.

### Objectives:

- Build an awareness of your body movements
- Utilize movement techniques to disarm the receiver's holding patterns or need to control
- Identify "stuck" or congested joints
- Create space and movement in joints
- Increase mobility in resistant tissues
- Use compression to create expansion
- Utilize therapist's feet, knees and body to block, move and compress
- Utilize active, active-resisted and passive movements



**Barbara G. White,**

LMT, MTI, NCBMT

Massage Educator  
since 2002

Please visit my website  
for additional information or to register  
online.

[www.](http://www.barbarawhitemassage.com)

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## Private Sessions

**\$65**

**Available by Appointment**