

! Attention Massage Therapists !

There is no need to travel away to satisfy your continuing education requirements.

The following Continuing Education classes are being offered at Abundance Wellness Center right here in Tallahassee. All of the listed classes are approved to satisfy the live in-person requirement of the Florida Board of Massage. These workshops are listed on the CEBroker.com website and can be referenced by the CE Broker Course number listed after the course title.

The courses are being offered at Abundance Wellness Center MM 19422 (FL CE Provider # 50-15192) on the dates listed with the class title. They are being taught by Craig Stubbs, LMT MA3008, Guild Certified Feldenkrais Practitioner^{CM} (FL CE Instructor # 85-3516141).

For registration and course information please call Craig Stubbs at 850-591-2585 or email bcs50@msn.com.

March 28/2015

Improving Body Function by Improving the Carriage of the Head

CE Course # 20-482948 approved for 6 hours cost \$90.00

The head houses our teleceptors and orients our body to our environment. It gives direction to our movement and leads us through space. How we orient our head determines how well we function in the world around us. This workshop will help the student recognize and understand how they orient themselves. It will also demonstrate useful hands on techniques that can bring ease and comfort by improving the carriage of the head. This is an experiential learning workshop that uses the principles of the Feldenkrais Method® in both movement and touch.

4/25/2015

Ribs In Relation To Back, Neck, Shoulders & Head

CE Course # 20-482908 approved for 6 hours cost \$90.00

Discover ways to directly and indirectly bring ease to the ribs, shoulders, back, neck and head. This class will use the Feldenkrais Method® to help the student develop an awareness of their own movement patterns, as well as, demonstrate how these techniques can be used to reduce pain and discomfort in others. The functional relationships between the ribs, back, shoulders and neck will be

explored. This is a workshop in self-care and in useful hands on techniques that will benefit therapists and clients.

5/16/2015

Bringing Ease to the TMJ Part I

CE Course # 20-482916 approved for 6 hours cost \$90.00

This workshop will use a Feldenkrais Method® approach to explore techniques that will help increase awareness of the bones, muscles, connective tissues and other structures associated with the temporomandibular joint (TMJ).

Part I will focus on relationships of the ribs, shoulders, neck and eyes with the TMJ. We will work with the body's natural movement patterns to enable the TMJ to be more flexible and functional. We will learn how to improve function and reduce pain using a whole system approach.

Part II will build on Part I; going into more detail of anatomy and functional relationships. The focus of this class will be on the temporomandibular joint itself and its closely related structures. Part II will, also, explore intra-oral techniques to balance the soft tissues surrounding the TMJ.

This is a workshop in self-care and in useful hands-on techniques that will benefit therapists and clients.

6/13/2015

Bringing Ease to the TMJ Part II

CE Course # 20-482200 approved for 6 hours cost \$90.00

This workshop will use a Feldenkrais Method® approach to explore techniques that will help increase awareness of the bones, muscles, connective tissues and other structures associated with the temporomandibular joint (TMJ).

Part I will focus on relationships of the ribs, shoulders, neck and eyes with the TMJ. We will work with the body's natural movement patterns to enable the TMJ to be more flexible and functional. We will learn how to improve function and reduce pain using a whole system approach.

Part II will build on Part I; going into more detail of anatomy and functional relationships. The focus of this class will be on the temporomandibular joint itself and its closely related structures. Part II will, also, explore intra-oral techniques to balance the soft tissues surrounding the TMJ.

This is a workshop in self-care and in useful hands-on techniques that will benefit therapists and clients.

7/25/2012

The Spine: Easing Pain, Gaining Function

CE Course # 20-483052 approved for 6 hours cost \$90.00

This class uses a Feldenkrais Method® approach to working with the spine and its related structures. The student will engage in experiential learning by participating in Awareness Through Movement lessons that increase the awareness of the spine and its interaction with other structures of the body. These lessons will then be translated into a hands-on approach for working with the spine. This workshop teaches self-care, as well as, patient/client care.

8/15/2015

Balance In Motion

CE Course # 20-447617 approved for 6 hours cost \$90.00

In this workshop, using lessons from the Feldenkrais Method®, the student will explore techniques that will help improve the functions of walking, sitting, standing, bending, squatting and other everyday activities. We will work with the body's natural movement patterns to enable the hips, knees and feet to be more flexible and functional. We will learn how to improve movement using a whole systems approach rather than stretching isolated parts.

This workshop will help you:

Improve functional connections between the head, shoulders, back, pelvis, legs and feet

Explore the dynamic relationship between mobility and stability

Clarify the cross-lateral relationship of shoulders and hips

Enhance agility, coordination and efficiency in the hips, knees and feet

Learn how balance plays a crucial role in maintaining 'good' posture

Improve mood and self-image

This is a workshop in self-care and in useful hands-on techniques that will benefit clients and patients.

Craig Stubbs is a Licensed Massage Therapist MA 3008. He has been practicing Massage Therapy, as a profession, since his licensure in 1999. Soon after beginning practice he became interested in CranioSacral® Therapy. Craig studied the Upledger Method of CranioSacral® Therapy and successfully incorporated that modality into his practice.

In 2006 Craig began attending the Baltimore Feldenkrais Practitioner Training Program. This program spanned a period of four years from beginning to completion. In 2008 he became certified to teach the Feldenkrais Method of Awareness Through Movement®. Since that time he has been teaching weekly Awareness Through Movement® lessons and weekend workshops at Abundance Wellness Center MM 19422.

In 2010 Craig completed the Baltimore training program and became an official Feldenkrais Guild® of North America Certified Feldenkrais Practitioner^{CM}. Craig has been including the Feldenkrais Method® techniques in his practice since that time. He is, currently, the only Feldenkrais® Practitioner in North Florida. Craig Stubbs is, also, listed as a Florida Continuing Education Instructor with CE Broker (Instructor # 85-3516141).

For more information, please call Craig Stubbs at 850-591-2585.