

Classes include:

- Begin with history of massage
- Meaning of therapeutic massage
- Anatomy
- Endangerment sites
- Demonstration
- Bodywork/Lab
 - Anterior legs
 - Arms and Hands
 - Neck and Chest
 - Head and Face
 - Feet
 - Legs
 - Full body

Class Schedule:

Individuals

Thursdays: 2/22/07 to 3/29/07, 6-9pm

Wednesdays: 4/11/07 to 5/16/07, 6-9pm

Saturdays: 4/14/07-5/19/07, 10am-1pm

Couples

Sundays: 2/25/07 to 4/1/07, 12noon-3pm

Saturdays: 4/14/07 to 5/19/07, 2:30-5:30pm

Please bring to each class one full set of twin-sized sheets including two pillow cases

Completion of this course does not certify you to practice massage in the state of Maryland.

Pamela Lynne

Pamela Lynne is a Nationally Certified Massage Practitioner and instructor of massage therapy, formerly at the Synergy School of Massage in Blue Ridge Summit, PA, and currently in downtown Frederick. She also founded the Glad Hearts Wellness Community in May 2002, located in Frederick, Maryland where safe, compassionate touch is delivered through a wide range of bodywork methods such as swedish/relaxation massage, deep tissue massage, basic craniosacral techniques, special needs, bioenergetics, various myofascial release techniques and energy methods such as Reiki, Proprioceptive Neuromuscular Facilitation, Hot Stone massage and Muscle Energy Techniques. She is also certified in pre and post-natal massage and equine massage.

Glad Hearts Wellness Community is also the home of various practitioners skilled in many other alternative healing methods including Healing Touch, Infant Massage Instruction, and Raindrop Therapy.

Licensed and Insured • MD #R00025 • AMTA Member #136709

Registration form _____ Class date _____ Class time _____

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Total Cost: Individual - \$150.00, Couple - \$275.00
Deposit: Individual - \$25.00, Couple - \$50.00
Balance Due @registration: Individual - \$125.00, Couple - \$225.00
Make checks payable to: GHWC
and mail to: 214 W. Patrick Street, 2nd Floor Frederick, MD 21701

Deposit is Non-Refundable
Please be prompt, we have a lot of material to cover.