

# WORKSHOPS

## at Florida School of Massage

Saturday October 20, 2018 • 9AM-6PM

### Essential Anatomy and Techniques for chair massage

Chair massage is an ever-increasing tool used by massage therapists to expand their clientele, reach a new customer base and offer healing touch to those in need. This course will examine the basic anatomy of the neck, shoulders, arms and lower back that a massage practitioner can access while doing chair massage

Sunday October 21, 2018 • 9AM-6PM

### The art of presence in chair massage: accessing the parasympathetic

The ability to be present with another human being is key to healing. Then, once tactile, the somatic communication among fascia, the nervous system, the endocrine system and the art of presence encourages the body to enter the parasympathetic state that allows for relaxation, rejuvenation and a sense of meditative calm.



**\$150 / Day** (\$125/ Day, if registered by October 1)

**\$250** if registered for both Saturday and Sunday classes

### **REGISTER**

Contact Frank Merillat  
352-371-0743  
e-mail at [fmerillat@mac.com](mailto:fmerillat@mac.com)

### **About the instructors**

Frank Merillat has been an instructor at the Florida School of Massage since 1995. He teaches Kinesiology, Neuromuscular Therapy, and Boundary and Ethics in the basic program. He also offers several different CEU courses as both an instructor and provider.

Amanda Concha-Holmes merges her training as a cultural anthropologist with her practice as a massage therapist and her love of ensemble contact improvisation dance. In her massage practice (licensed in 2010) and in the classes she teaches, she integrates her training in Reiki and in Thai massage with her years of teaching partner yoga, and visual and anthropology courses.

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