

"Meditation for Racing Minds": Self-Care for Massage Therapists
4 CEUs NCBTMB Approved
Monday November 25, 2019
8:00-12:00 pm

Location: Relaxations by Tori Siconolfi
502 George St
Throop, PA 18512

Instructor: Bernadette (Berni) Kozlowski RYT-200
Certification: RYT-200, Yoga Alliance, ID 20638
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SYLLABUS

Registration 7:45-8:00am

Session # 1 8:00-8:50am

What is Meditation?
Benefits of Meditation
*Meditation: Permission to Rest
Myths of Meditation: Monk's Way vs Modern Way
*Meditation: Body Scan

Session # 2 9:00 - 9:50am

Rhythms of Meditation
Lorin Roche Approach
Relaxation Response vs Stress Response
Using your Senses as Doorways into Meditation
* Salute to the Senses Meditation
* Outdoor walking meditation

Session # 3 10:00-10:50 am
The New Language of Meditation
Skills of Meditation
Styles of Attention
*Breathing Meditation
Mantra/Doorway/Tool
Immensity of Sky and Earth

Session # 4 11:00-11:50 am
FAQs
* Memory Meditation
* Bringing Movement to Your Meditation
The Concept of Syzygy
* Gratitude Meditation

Wrap up and Evaluations 11:50am -12:00pm

Course descriptions

In this live, self-care course for massage therapists, participants will learn how instinctive meditation can help you deal with racing thoughts, stay rested and rejuvenate, prevent burnout, and be more present in your own life, and with your clients. Meditation is a natural process that we all know how to do and crave. When you learn to give massages, you learn smaller skills before giving a full massage. Why not do the same thing with your meditation practice? Reduce frustration by using tricks gleaned from Dr. Lorin Roche's decades of research with regular, healthy meditators from a variety of traditions. We'll talk about what meditation is and obstacles that might be preventing you from being a healthy meditator. You'll learn and practice skills that successful meditators use. Then you'll use those skills during guided meditations and self-guided meditative explorations. You'll have the tools to begin meditating on your own after the workshop.