

## Advance Workshop Series Durham, North Carolina



**Deepfeet Two© Two-Footed Strokes**  
\$498, 25 CE hours, 3 Days

**Anterior Side-lying©**  
\$199, 8 CE hours

**The Fusion Blend ©**  
\$199, 8 CE hours

### **Comprehensive Seminar Information**

You know from your first workshop that we like to keep our seminars casual and informal. My goal as your instructor is to provide a professional learning environment with the emphasis on safety and comfort for your receiving partner while you are learning the two-footed strokes. Please read the specific conditioning tips within this document. This way, you can fully understand what is expected of you during your training.

After you have completed our 3 part certification criteria from Barefoot Basics, we welcome you to register for Deepfeet Two. You will not have to cert out again for any other class as the program is designed for progressional excellence as you go. A final certificate of training diploma will be awarded when you register for **The Fusion-Blend**. The Fusion-Blend workshop is considered the elite level of training and the certificate of training diploma is complimentary. Making arrangements to have an authorized instructor feel your application and endorse your work is a great way to know if you are physically ready for the Deepfeet Two experience. It is not mandatory, only a suggestion for those who live close to an authorized instructor and have reservations.



The Deepfeet Two workshop is intense - not only mentally but also physically. As with your first course, you will be partnered with another therapist. A solid fitness level with upper arm and abdominal/core strength is needed so your strokes will be comfortable to your receiving partner. You must be physically able to become an "ashi-body" while your partner learns the moves. You will feel overwhelmed with the strength and coordination that it takes to deliver the strokes smoothly to your partner during the first day. Uncomfortable application or the inability to hold your body weight off your partner will not be acceptable. It is not our intent to intimidate you but we want you to respect the two footed moves and its designed use. Please note if you are too petite to receive from your partner, your partner may have to modify to a one footed version of the two footed application. This situation would be unfortunate and could cheat both you and your partner out of valuable practice time.

We trust that you understand the expectations of your participation before you make a deposit on this class and that you are coming to class in stellar shape. Having continuous hours of AOBT personal practice before you arrive is highly recommended. If the 51 year old founder can do it...you can too!

If you are local to the training facility and have a thick husband or boyfriend and you would like to provide your own client for your practical, they must be at least 50-60 pounds over your weight with no contraindications. During this course, we will review all one-footed strokes but this will be a brief refresher only and not a **Barefoot Basics** training session. It is important that you review your training video and practice before you come for Deepfeet Two.

\*The art of learning to effleurage with the feet requires energy and enthusiasm. A successful learning experience depends on the "team-operation" of the group during the workshop. If you have a challenge with sight, hearing, recent injuries, learning disabilities, language barrier or any situation that may perhaps interfere with the flow of the class or distract others, please contact your instructor and discuss your situation prior to signing up for the workshop. It is not our intention to discourage or discriminate anyone from taking this class however; we must focus on a quality workshop **experienced by all**. If you have any reservations, please contact an authorized instructor to discuss the possibilities of taking an alternative course that better suits your fitness level.

**\*A special note: If you are pregnant, trying to get pregnant or have had breast implants within the last 9 months, we regret that you cannot attend the seminar. The deep compression provided by this modality could be dangerous for you. I welcome you to come back after your baby is born, and/or sufficient scar tissue has formed around your implant.**

### **Clothes & Feet**

You already should have a good idea of what attire works from your first experience at a workshop. Cotton leggings are best. Your feet are the key elements in your application so you know how important soft, smooth clean feet, fresh from a recent pedicure will be. Bring some cozy socks, things to warm your feet and/or slide-on slippers to wear in class. Cold feet are a drag! It is very common to experience soreness from receiving the work as your partner learns the strokes on you. Bath salts, warm or cold packs, essential oils, topical muscle ointments, aromatherapy candles and anything else that will help quiet your mind and soothe your muscles at the end of your day is highly recommended.

### **Conditioning Tips**

The **four things** you will really need at the seminar are inner thigh strength, flexibility, upper arm strength and excellent core strength. **We are not kidding about the arm strength!!** You need to start conditioning these areas at least one month before your seminar. Working s-l-o-w-l-y and gracefully is very important when using two feet. **Start working on your upper body strength immediately!** Work on lifting your body weight with your arms bent at the elbow and your hands just above your ears. Do this a few times a day, and hold it as long as you can. Another great way to get ready is to go to a play ground that has metal monkey bars, cross your ankles and hold through each bar to the end of the ladder. You should be able to hold 50% of your body weight for ten seconds by the time you come to the seminar. Contact your instructor and discuss your situation prior to signing up for the workshop. The motion of your feet starts with your hips. Practice rolling your hips with a hula-hoop, or salsa dancing to get your hips rolling and moving!

The company reserves the right to make changes at any time, any place or any part of procedures or guidelines of the company's business.

## **Tuition and Refund Policy**

Your deposit will not be refunded should you cancel out of your selected workshop dates. Only in the event of proper documentation of injury, death in the immediate family, or weather prohibiting travel will tuition be rolled over to a workshop at a later date. This special consideration will be allowed one time only. We will refund all monies for any cancelled seminar due to our responsibility. If you have other circumstances besides those listed above, you may roll your tuition over to different dates by giving 30 days notice and paying a \$75 fee.

## **Acknowledgments and Things to Bring**

- The linen list below if you do not wish to be charged the \$10 daily rental fee
- You should bring your Barefoot Basics manual to combine new material – Copies available for \$10
- We suggest that you bring your portable DVD player to review material at night in your hotel room.
- Spray bottle of wintergreen alcohol or sanitizing foot wipes
- Easy slide slippers or flip flops. Electric heat pads or microwavable flax seed bags to warm your feet!
- Pens or pencils, highlighter, paper, slip protectors
- Bottled water, quick clean snacks like protein bars and fruit. You will need them.
- Refrigerator and microwave available on-site
- Soft feet, fresh from a pedicure – this is mandatory!
- Extra check or cash to purchase things like t-shirts, leggings, and educational DVD's.
- We recommend lightweight fingerless gloves as your hands may get sore holding your weight.

**Linen List for Each Day.** 1 fitted massage table covers, 1 Face cradle cover, 2 oversize beach towel (the more worn the better) 3 medium kitchen towels, 2 King pillow cases. Running shorts (the kind with the built in undies, **ONLY for Anterior/Side-lying class**). A \$10 per day rental fee is available for those who do not wish to bring their linen list. Please calculate clean linens for the day of your guest clients.

## **Travel Considerations**

Please refer to the attached *Travel Considerations* document for your travel needs.

## **Anterior/Side-Lying Schedule**

(Subject to change according to students' needs)

<b>Day 1</b>	8:45 - 9:00	Students arrive, tuition, pass sign in sheet
	9:00 - 9:45	Introductions, review manual / lecture
	9:45 - 10:00	Pair up partners, get tables ready
	10:00 - 12:00	Demo and practice Spa Approach - Group 1
	12:00 - 1:00	Lunch break
	1:00 - 3:00	Demo and practice Spa Approach - Group 2
	3:00 - 3:15	Energy snack break, change linens
	3:15 - 4:30	Demo and practice Clinical Approach and Side lying Group one
	4:45 - 6:00	Demo and practice Clinical Approach and Side lying Group two
	6:00- 6:30	Check in, close class

## **DF 2 Seminar Schedule**

<b>Day 1</b>	8:45 – 9:00 am	Introductions, sign-in, collect tuition
	9:00 – 11:00	Review Manual / lecture
	11:00 – 11:30	Demo / watch video
	11:30 – 12:00	Pairing up partners, get tables ready
	12:00 – 1:00	Lunch break / watch video
	1:00 – 3:00	Demo & practice two-footed strokes – Group 1
	3:00 – 3:15	Energy snack break, change linens
	3:15 – 5:15	Demo and practice two-footed strokes – Group 2
5:15 – 5:30	Discuss follow up care, check in	
5:30 – 6:00	Students practice	
<b>Day 2</b>	9:00 – 9:15	Check in. <b>Discuss adverse reactions!</b>
	9:15 – 10:30	Practice Session – Group 1
	10:30 – 10:45	Energy break, change tables
	10:45 – 12:00	Practice Session – Group 2
	12:00 – 12:50	Lunch break
	12:50 – 1:00	Students prepare room. Instructor greets Guest Clients
	1:00 – 3:00	Guest Client Practical – Group 1 w/anma close, G.C feedback
	3:00 – 3:30	Break, students prepare room for Group 2. Instructor greets Guest Clients
3:30 – 5:00	Guest Client Practical – Group 2 w/anma close, G.C. feedback	
5:00 – 6:00	Students deliver strokes on instructor – single or double footed.	

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## **Workshop - Student Liability Disclaimer**

This interactive workshop presents a guide to therapeutic protocols using the feet for massage. Therapists taking the Ashiatsu Oriental Bar Therapy workshops are fully aware of the fitness level involved before taking this workshop. In Deepfeet Two, advanced two-footed strokes are designed to be received by persons who are thick muscled and weigh 100 pounds over your body weight. However, during your training therapist must first practice on each other to understand the fundamentals of the application.

In the event that during training you receive stiffness, soreness, redness, skin irritation, headaches, sinus congestion, bruises or other injuries or conditions ("Residual Effects") you realize that this is due to the first time experience of learning a new technique from other students such as yourself. Since you will be in a clinical training situation, you may expect to lie in a prone position for a longer period of time than you would for a normal 60 or 90 minute massage session. Therapist also understands that the over-head system used for balance during this training is part of this liability waiver. In order for us to be able to administer the Technique properly, it is essential that you inform us in advance of any condition that you have that could be triggered or otherwise aggravated by the Technique.

The founder, instructors or persons hosting this event refuse to accept either responsibility for or liability to any therapist or guest client regarding any loss or damage either alleged to be directly or indirectly caused by his/her utilization of the supplemental vocational information or utilization of equipment contained or taught in this seminar.

You agree to indemnify, defend and hold Company harmless from and against any and all claims, causes of action, losses, fees, costs, expenses, damages, or other liabilities (including reasonable attorney's fees) whether direct or indirect, asserted against, resulting to, imposed upon or incurred by Company (1) by reason of your breach of this agreement, or (2) otherwise resulting from your application and use of the Methodologies.

In no event shall Company or its instructors be liable for any claims, whether in contract or tort (including negligence or otherwise) and whether asserted by you or by any third party related to your use of the Methodologies.

\_\_\_\_\_ Date: \_\_\_\_\_ *Ruthie Piper Hardee 01-05-2009*  
Print Name Health & Bodyworks Unlimited LLC

\_\_\_\_\_  
Student Signature

## Registration Form

Please fill out the registration form below and email me this information. This will reserve your place in class and help me tailor important aspects of the seminar to you! If you're signing up for all 3 classes you will receive free DVD's for each class level. You only need one registration form.

**Send to: By Mail**

**North Pointe Body Therapies  
Julie H. Marciniak  
1921-C North Pointe Drive  
Durham, NC 27705**

**By Email: kneadnu@aol.com**

Your Name	Which Class Will you Be Taking? <input type="checkbox"/> DF2 <input type="checkbox"/> Fusion-Blend <input type="checkbox"/> DF3
Seminar Dates	Location
How will you be paying?  <input type="checkbox"/> \$299 full tuition (Deepfeet 2) <input type="checkbox"/> \$199 full tuition (Fusion Blend) <input type="checkbox"/> \$199 full tuition (Deepfeet 3) <input type="checkbox"/> \$100 deposit per class = \$ _____ Full Balance = \$ _____	Money Order <input type="checkbox"/> Check made out to: Julie H. Marciniak <input type="checkbox"/> Credit Card – VISA, MC only # _____ Expiration _____
Mail Address for certification/diploma	
Best Phone # to Reach You At	Email Address
How would you like to be contacted?	<input type="checkbox"/> Phone <input type="checkbox"/> Email
Height	Weight
Name as you would like it to appear on certificates and diplomas. Please include any designations such as RMT, LMT, CMT, etc...	

I have read, and understood all of the policies contained in the Seminar Information. I have paid special attention to the Refund Policy and seminar agreement. Signing below also authorizes Julie H. Marciniak to charge my credit card for the amount listed above.

Signed \_\_\_\_\_ Date \_\_\_\_\_

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