

Ashiatsu Oriental Bar Therapy® - Barefoot Basics Workshop
Durham, North Carolina
Instructor, Julie H. Marciniak
Tuition - \$595.00 (includes student manual) = 25 NCBTMB credit hours

Comprehensive Seminar Information

We like to keep our seminars casual and informal. Our goal as instructors of this modality is to provide a healthy, learning environment with the emphasis on safety while allowing you the opportunity to grasp the basics of Ashiatsu Oriental Bar Therapy®. However, there is a lot of information you need to know before signing up for any AOBT seminar. We ask that you read the seminar links on the founder's website at www.deepfeet.com and get familiar with our requirements for certification. Please read and understand the Code of Ethics Agreement and Liability Waiver as they are part of our curriculum. I will send those documents with this comprehensive sheet. If you have any concerns signing these documents the first day of your class, please call me before placing your deposit. This three days basic workshop is intense - not only mentally but physically. You will feel overwhelmed with the information you receive and you must bring your energy and enthusiasm with you to class. A higher than average fitness level will diminish many of the challenges that some therapists experience during the workshop. I trust that you are coming to class healthy and with no injuries.



I recommend that you bring things to pamper yourself at the end of each day. It is very common to experience soreness from receiving the work as your partner learns the strokes on you. Bath salts, warm/cold packs, essential oils, topical muscle ointments and anything else that will help quiet your mind and soothe your body muscles at the end of your day, is highly recommended.

***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 contraindicated for you. We welcome you to come back after your baby is born, and/or sufficient scar tissue has formed around your implants.**

Clothes & Feet

Comfortable clothing is a must! No need to wear jewelry to class. If you have long hair, please bring something to tie it back, and keep it out of your face and off your neck. You'll probably be most comfortable if you dress in layers (like a tank top or T-shirt under a sweatshirt) as you may get hot while working. Long leggings or Capri type leggings are perfect for this type of work. You may wear stretchy yoga type pants or jogging pants as long as you can roll them up to you knees. Make sure you wear pants with a flexible waist band. Leggings with the barefoot logo on the side will be available to purchase during class time for \$25. If you don't wear long leggings, shaving your legs prior to each day of class is required. **Male therapists-** you don't have to shave your legs! Longer hair on legs is not typically uncomfortable to those clients receiving barefoot work. You may wear long basketball type shorts or running pants with shorts.

Now for the biggie – your feet! They are as important as your hands and they are now your money makers, and you must begin treating them that way. They are a sign of your personal hygiene and profession. Pedicures are essential for this work. Anybody you work on will feel every nook and cranny of your feet. Nails must be VERY short and heels soft and smooth! You may be asked to leave during lunch to receive a professional pedicure if your feet are not in 100% condition. Bring some cozy socks and/or slide-on slippers to wear in class. Start remembering to protect your feet now!

Physical Expectations



We have suggested height and weight requirements for taking Barefoot Basics. Even though you are only using one foot on the body at a time, we ask that you are flexible enough to stand up & down from a 24 inch stool quickly and easily from the floor. (Please see photo). You should be able to sit on a stool with your knees close together in a canon ball position.

Be confident that your upper arm strength can pull weight off your inner thighs and tummy if needed. Start conditioning 4 weeks prior to your workshop to gain the maximum benefits of delivering the modality. You'll need some fluid and expressive hips for this work. The motion of your feet starts with your hips. Practice hula or go salsa dancing to get your hips rolling and moving! Working s-l-o-w-l-y- and gracefully is very important when leveraging your weight to do this deep tissue massage.



If you love doing this modality and wish to return for advance training in Deepfeet Two, you will need upper arm strength and core strength. We will show you the strength necessary during barefoot basics to return for advance classes.

Whether you are female or male, any therapist over 180 pounds should contact one of our certified instructors to discuss what is expected of your fitness level prior to registration sign up. The art of learning to effleauge fluidly with the feet can be physically and mentally challenging. A successful learning environment depends on a "team-operation" style workshop. If you have any concerns with weight, coordination, sight, hearing, recent injuries, learning disabilities, language barriers or any situation that may interfere with your fellow classmate's learning process, please let us know in advance. Our main focus is on a quality workshop experience for all.

Conditioning Tips Prior To Class

Conditioning tips—hips and legs: work on your flexibility! The hip flexors and adductors tend to be tight and weak on most therapists. Strengthening your core, hip flexors and adductors by doing yoga or Pilates will help you when you learn this physically demanding new technique.

Upper body: try to do some pushups each day. Doing a chin up and holding your body weight up for 10 seconds or more several times a day will get your arms in shape for class.

Your mind: Knowledge of some very specific bony landmarks, endangerment sites, and commonly accessed tissue is required. Your ability to easily palpate and find these locations with your feet starts with a strong understanding in anatomy. Please refresh your anatomical terminology and know at least the information listed in the graph shown on the next page. (A great resource is the Trail Guide to the Body: How to Locate Muscles, Bones & More! by Andrew R. Biel)

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|------------------|----------------------|---------------------|------------------|
| Occipital Ridge | Serratus Anterior | Sciatic Notch | Rectus Femoris |
| C7 | Quadratus Lumborum | Ischial Tuberosity | Vastus Lateralis |
| Levator Scapula | Erector Spinae Group | Greater Trochanter | Popliteal Fossa |
| Upper Trapezius | Sacral attachments | Tensor Fascia Latae | Soleus |
| Subscapularis | Gluteus Medius | IT Bands | Gastrocnemius |
| Rhomboids | Gluteus Minimius | Adductor Magnus | Peroneals |
| Scapular borders | Piriformis | Hamstring group | Malleoli |

Acknowledgments and Things to Bring

- ✓ Empty 3-ring binder for your 50 page training manual and handouts
- ✓ Pens or pencils, highlighter or extra paper for notes.
- ✓ Spray bottle of wintergreen isopropyl rubbing alcohol or Santi-wipes for foot sanitizer.
- ✓ Easy slide on-slid-off flip flops or slippers.
- ✓ Microwavable hot packs /heat pads to warm your feet.
- ✓ Lunch, Bottled water, quick, clean snacks like protein bars. Money for off-site lunch.
- ✓ Multipurpose massage cream & oil.
- ✓ Things to pamper yourself after a long day at class.
- ✓ Soft feet, fresh from a pedicure – this is mandatory!
- ✓ Extra check or cash to purchase things like DVD's, AOBT logo shirts or leggings
- ✓ Cotton mittens that you can cut off at finger tips for those with tender hands.

Linen List: You will need per day - 1 fitted massage table covers, 1 face cradle covers, 1 oversize beach towels(the more worn the better), 3 medium kitchen or hand towels, 1 queen pillow case, and one regular bath towel. You can use your own soiled linens each day but will need to provide a fresh set for your last day client. If you want to save \$10 per day on linen rental, please check another bag with your required list. **You will need one fresh set to contribute towards your guest client days** and the rest of the time you can lay on your own soiled linens if you wish for practice time...most all therapists do this.

Tuition and refund policy

To reserve a spot in our (8) person workshops you need to send a deposit check for \$300 or you can reserve your space with a credit card. We pride ourselves in small intimate seminars. This gives eight lucky therapists the opportunity to experience the ultimate in one-on-one learning. We reserve the right to cancel class 2 weeks prior to the event should there not be enough interest. We consider anything less than 2 people a private tutorial. **A private tutorial would not fall under the guidelines of the \$595.00 tuition and would increase by \$100 per student. Students are given fair warning if registration is low enough to cancel class. At such time, students can choose A) if they would like a 100% refund. B) roll their deposit over to a normally published rate or C) take advantage of the 2 person private training. You may balk at the price of a one-on-one tutorial but we do get requests for private trainings on a regular basis.**

Your \$300 deposit is non refundable should you cancel out of your selected workshop if the scheduled workshop does takes place. A (1) time courtesy roll over will be allowed in the case of health emergency with prior notice. We will refund 100% of the deposit for any cancelled seminar is due to our responsibility. When buying airfare, we suggest using Southwest airlines whenever possible as they do not have a penalty for changing reservations.

Travel Considerations

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

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.

Seminar Schedule

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| First day of training | 9-11:30 | Introduction, lecture, 10 minute stretch-break after contraindications, complete notes |
| | 11:45-12:00 | Pairing up partners, get tables and equipment ready, group foot movements |
| | 12:00-12:45 | Lunch break/watch video |
| | 12:45 – 1:00 | Full strokes practical demo w/music |
| | 1:00- 3:30 | Demo basic strokes Group one |
| | 3:30 -3:45 | Energy snack break for group starting |
| | 3:45 - 5:00 | Demo basic strokes Group two |
| | 5:00 - 5:30 | Recap AOBT guidelines 1-22 Discuss follow up care, check in |
| | 5:30 - 6:30 | Teach anma through clothing when students return dressed. Check in and close. |
| Second day of training | 9:00 - 10:30 | Check in, lecture, questions |
| | 10:30 - 12.00 Student practical | Review and perform full practical in order w/partner. Instructor measuring sticks & anma |
| | 12:00 - 1:00 | Lunch break/watch video |
| | 1:00-3:30 Student practical | Review and perform full practical in order w/partner. Instructor measuring sticks & anma |
| | 3:30 -4:00 | Hydrate, snack, prepare table for round robin on instructor |
| | 4:00-5:45 | Student/instructor feedback on strokes. (1) rep each stroke |
| | 5:45 - 6:00 6:00- 6:30 | Instructor check in, recap next day, Freestyle play time if requested |
| Final day of training | 9:00-10:00 | Instructor check in, How to build your bars |
| | 10:00-11:00 | Certification procedure, Marketing AOBT, Ashi wear sales |
| | 11:00-12:00 | Last chance to feel strokes from instructor, partner, other body type feedback, Q&A |
| | 12:00-12:50 | Lunch break |
| | 12:50- | Students prepare room, instructor greets G.C. |
| | 1:00 -3:00 Guest Client practical | Practical on guest clients – Group One w/anma close, G.C. feedback |
| | 3:15- 3:30 | Exchange guest clients |
| | 3:30-5:00 Guest Client practical | Practical on guest clients – Group Two, w/anma close, G.C. feedback |
| | 5:30 - 6:00 | Check in, completion certificates awarded, close class |

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Please fill out the registration form below or email me this information and return with a non-refundable \$300 deposit. This will hold your spot in class and help me tailor important aspects of the seminar to you!

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 | |
| Seminar Date | Location |
| How will you be paying? <input type="checkbox"/> \$300 deposit (check only) <input type="checkbox"/> \$595 full tuition \$99 additional fee if taking class with founder other than Denver location | <input type="checkbox"/> Money Order <input type="checkbox"/> Check made out to: Julie H. Marciniak <input type="checkbox"/> Credit Card – VISA, MC, # _____ 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... | |
| Measurement from floor to ceiling in your massage room. | |
| Minimum and maximum height of your massage table. | |

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Code of Ethics Agreement Relating to the Ashiatsu Oriental Bar Therapy Curriculum, Sequences and Protocols

Ashiatsu Oriental Bar Therapy will be referred to as AOBT in this section.

We are pleased to provide you with this training opportunity. We hope that you benefit greatly from this experience and that you apply the concepts and techniques with success in the future. The manual and the application of the AOBT techniques and theories described are extensions of the seminar experience. Attendance at this training is not intended to be used as a hands-on license. You must work within your scope of practice and abide by the laws that govern healthcare practices in your applicable region. It is essential that the purity of this work and the high-quality teaching standards established for this curriculum are maintained. As such, if you wish to present or teach any portion of the copyrighted material from the workshop, you must first undergo the required training and obtain written permission from Health & Bodyworks.

We want to help you in your own private practice successfully:

- Submit press releases on your experience and clinical practice
- Get articles published featuring you on the AOBT technique
- Form a study group or sponsor workshops in your area
- Network as a graduate demonstrator at trade shows and conventions.

Working together will ensure that the information presented is current, correct and professional supported with collateral materials.

This agreement is made between Health & Bodyworks LLC (Company) **and is effective as of the date of the last signature below**. All information and materials to be provided to you, both oral and written, or otherwise shared with you in the seminar, are confidential and proprietary property of the Company. Dissemination of Company's proprietary information provided to you during Ashiatsu Oriental Bar Therapy™ is conditioned upon your acceptance and agreement to be bound by this agreement and specifically to be bound by the following restrictions and obligations:

1. You agree that to conduct any derivative course, program or protocol re-created or adapted from the Company information given to you constitutes a material breach of this agreement.
2. You agree that you will not teach, instruct, demonstrate, hold seminars or otherwise use or disclose any the Company's information that you have received during any of the seminars taught by the Company without the express prior written permission of the Company.
3. You agree that you will honor the obligations and restrictions set forth above. You understand that any violation of the restrictions set forth above constitutes a material breach of this agreement for which you will be liable to pay damages to the Company. You agree that, in the event that a legal action is commenced for breach of this agreement, you will be responsible for all Company attorney fees incurred.

Company agrees, in consideration of receipt of a seminar fee and your agreement to be bound by the above obligations and restrictions, to disclose to you the protocols, sequences, techniques and materials in the seminar for which you have paid your seminar fee.

This agreement shall be governed by the laws of the state of Colorado applicable to contracts as if wholly made in any such state. In any dispute arising out of this contract you agree to be subject to personal jurisdiction and venue in Colorado.

Ruthie Piper Hardee, January 2, 2009

Please Print Name

Signature & Date

Authorized Signature
Health & Bodyworks, LLC

Workshop - Student Liability Disclaimer

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.

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: _____
Print Name

Ruthie Piper Hardee Date: ***01-02-2009***

Health & Bodyworks Unlimited LLC

Student Signature