

Invest in yourself and your future in the ever-growing field of health and wellness!



## **Information Session – Becoming a licensed massage therapist**

**Location:** Spa Adagio, Baltimore Maryland

**Duration:** Evening Event, 5pm – 8pm

**Price:** \$48 per person

**Instructor:** Regina Schneider; LMT, Sleep Specialist

You are interested in becoming a licensed massage therapist in Maryland? Here is the chance to get all the valuable information in this meet & greet session with me, Regina. I am working in the field of bodywork since 1999 as a licensed massage therapist. Get all information in a day full of practical hands on work which I demonstrate to you. Have an evening with me with refreshments and snacks.

### **Topics:**

1. History of Wellness and Soa
2. Professional Terminology
3. Kinesiology
4. Anatomy, Physiology, and Pathophysiology
5. Structure and flow of a Massage
6. USA/Swedish Massage (BEST SPA MASSAGE)
7. Deep Tissue Massage and
8. Myofascial Massage and
9. Lymphatic Drainage
10. Hot Stone Massage
11. Pregnancy / Prenatal Massage
12. Hawaiian Lomi Lomi Massage
13. Ayurveda Massage
14. Facial and Scalp Massage
15. Peelings und Wraps
16. **NEW:** Stretching
17. add ons – Aromatherapy, Energy Work, etc.
18. The Guest and Five-Star Customer Service
19. Communication Skills

Detailed information about the class schedule and registration is available via email at [bmoredagio@gmail.com](mailto:bmoredagio@gmail.com). Upon request, I am also happy to arrange a Zoom call with you or a personal meet & greet.