

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



Licensed Massage Therapist / RMP

You work as an LMT, RMP and to widen your skills in your practice or wellness center

Location: Spa Adagio, Baltimore Maryland

Duration: 2 days / Mondays and Tuesdays

Price: \$220 per day, per person

All classes can be taken separately by choosing two classes

Anatomy, Physiology and Pathophysiology is part of all classes during the hands-on work

Instructor: Regina Schneider; LMT, Sleep Specialist

1. Swedish Massage
2. Movement and breathing exercises
3. Deep Tissue Massage and Lomi Lomi the best combination
4. Myofascial Massage und Lymphatic Drainage
5. Hot Stone Massage
6. Pregnancy / Prenatal and Postpartum Massage
7. Hawaiian Lomi Lomi Massage
8. Ayurveda Massage and Tridosha Theory
9. Facial and Scalp Massage
10. Peelings und Wraps
11. **NEW:** Stretching
12. Indications and Contraindications
13. Anatomy

add ons – Aromatherapy, Energy Work, Cupping etc.

The Guest and Five-Star Customer Service

Communication Skills

By participating, you agree to receive treatments yourself and work on fellow course participants, ensuring that each massage technique is not only learned but also personally experienced.

Minimum of 4 participants, maximum 8 participants per day.

Video material and textbook will be provided after successful completion.

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

Become a Business Pro in 2 full day classes – Intensive Business Course

Do you want to build your own private practice, wellness center, or another type of business? Or are you already running a business but it's not quite successful enough to make a living from it – and you feel that key business skills are missing?

Minimum 4 students – participants from other industries are also welcome!
Referents: Regina Schneider and others (TBA)

Detailed information about the class schedule and registration is available via email at bmoreadagio@gmail.com.

Price: \$680 per person

Duration: Weekdays: Monday and Tuesday or a full weekend