

ABOUT NAMTI

NAMTI was founded by Jeff McGrath, Director, in July of 2000 and has emerged as one of the countries leading schools in Therapeutic Massage and Bodywork training. With accreditations and endorsements from a variety of state, national and international organizations, our programs are designed and executed to ensure your success as a practitioner upon graduation. Our signature certification programs have an authentic and unique combination of Eastern and Western studies that help therapists define their own presence and meaningfulness in the alternative health care field as a massage therapist and bodyworker. NAMTI has flourished in its ability to offer programs that uniquely employ ancient and modern therapies of the world.

Our campuses are carefully situated in beautiful Sedona and Prescott, Arizona. These supporting holistic communities offer a variety of alternative healing practices in Northern Arizona and the diverse landscaping and natural beauty only enhance the experience your studies here at NAMTI. Regular yoga and internal martial arts are offered at our facilities, giving students the opportunity to further explore mind, body, and spiritual awareness.

Optimal class sizes are effective and efficient, ensuring students the benefit of personalized attention from genuine, experienced teachings offered. We incorporate in-depth practical studies of the BioSciences Anatomy, Physiology, Kinesiology and Pathology to deepen the knowledge and understandings that professional therapists require. Our student massage and bodywork lab is integral to the learning experience in order to further prepare our students with the ability to interact effectively in a variety of professional settings. In combination with the business skills and development courses that focus on creating each student's professional capabilities, our graduates are planned and ready for success. We are confident our graduates will enjoy prosperous and fulfilling careers.

Our faculty and staff are dedicated experienced professionals that share in the passion of teaching our livelihoods to others. At NAMTI you will receive high-quality instruction with optimal personalized attention in order to assist your development and ongoing growth as a massage therapist and bodyworker.

We are dedicated to your success!

PHILOSOPHY OF NAMTI

We at NAMTI have put our hearts and our minds together to create a learning experience that we are confident will become invaluable to our patrons. We believe that everyone possesses the natural ability to facilitate the therapeutic process of health and recovery. We provide the instruction and support for all students to develop their skills to an extremely effective level as a therapist, with a solid foundation for continual growth and success in the emerging field of alternative medicine and the therapeutic arts.

It is our belief that providing students with a strong and practical scientific background, coupled with many of the holistic studies of the world, an ultimate level of competence as a therapist can be achieved! Several body and movement awareness practices are an integral part of your education at NAMTI, assisting the development of each student's ability to internalize, express, and practice the art of all therapeutic techniques studied. Together we will achieve a heightened level of compassionate therapeutic treatments to bring about a healthier state of being in our clients and ourselves!

Our school prides itself in offering an unprecedented experience with regards to practicing and teaching the therapeutic arts and sciences from Eastern and Western origins of the world. The unique and authentic combination of Eastern and Western traditions are taught with a focus on both the application as well as philosophy of the modalities, giving our graduates a complete understanding of the mind-body-spirit connection. To ensure our students are getting the very best they deserve, we offer an exceptional and experienced staff, whose commitment and pursuit to study the healing arts of the world is ongoing.

The development of one's internal awareness and health is something that NAMTI nurtures and supports in each student. The teachings and studies of Tai Chi and Qi Gong are integral to our programs and to the bodywork modalities we practice and teach. We encourage that with ongoing practice and development, each individual student gains the ability to harvest the embodiment of their utmost potential in the healing arts. We strive to fortify our health in our growth as therapists. Together we will begin to see how our clients will benefit from your focused and compassionate treatments for years to come.



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Sedona's Red Rock Country

This high-desert environment (4,500 ft. above sea level) allows you to explore the adjacent Oak Creek Canyon to the East, and Sycamore Canyon to the West, along with some of the world's most beautiful hikes on the countless number of canyon and desert trails in Sedona.

Travelers worldwide are attracted to the beauty of this special and unique landscape. The tranquility and peacefulness present in the Red Rock Country has long been recognized by the Native American tribes of the land. Sedona is 90 miles from the Grand Canyon and within driving distance to Phoenix, the Four Corner states, Mexico, and the West Coast beaches.

SEDONA CAMPUS:

55 Southwest Drive • Sedona, AZ 86336 • (928) 282-7737

PROGRAMS & SCHEDULING:

Massage Practitioner's Program (840 hours)

Regular start-dates occur annually in March, May, and September.

- March start-date runs: Tuesday and Thursday from 6:00—9:30 pm, and Saturday from 10:00 am—1:30 pm, (1 hour lunch break), then 2:30—6:00 pm.
- May start-date runs: Monday thru Friday 9:00 am—12:30 pm
- September start-date runs: Monday, Wed, and Friday 6:00—9:30 pm, and Sunday from 10:00 am—1:30 pm.

Professional Reflexology Certification Program (200 hours)

Level 1 is offered 4 – 6 times per year between both of our locations.

Level 2 & 3 are offered at the Sedona campus 1 – 2 times per year.

Advanced Asian Bodywork (150 hours)

Cost: \$1,595 plus required texts.

Prerequisites: AOBTA Associate Level membership requirements as per the 840-hour Massage Practitioner's Program at NAMTI, or equivalents taken at another state-licensed massage and bodywork (or equivalent) school/training provider.

This program can be taken as Continuing Education Units (CEU's) for currently certified and licensed therapists who meet the prerequisite requirements as well. Please contact us for specific information and to submit your transcripts/training records for review.

Please check our website at www.namti.com for exact current scheduling.



Prescott's Mountain Desert

Prescott, Arizona is a rapidly growing mountain town with old western mining roots. A city of 30,000 located about 90 miles northwest of Phoenix offers a mountain mile-high elevation, and enjoys a four-season climate with both mild winters and beautiful mountain top summers. Built around a traditional courthouse square with many of the original building still standing, Prescott offers a look into the past with the popular Whiskey Row, Thumb Butte, and other local attractions. Outdoor recreation is plentiful in the Prescott National Forest with mountain biking, hiking, camping and scenic drives. NAMTI is located just a few blocks from the town center, court-house square. Daytime temperatures rarely exceed 85 degrees, and winter days are filled with sunshine. Humidity is a moderate 45% year-round. July marks Prescott's monsoon season with cool afternoon thunderstorms.

PRESCOTT CAMPUS:

1300 West Gurley • Prescott, AZ 86305 • (928) 771-8190

PROGRAMS & SCHEDULING:

Massage Practitioner's Program (840 hours)

Regular start-dates occur annually in January, April, and September.

- The January start-date runs: Tuesday and Thursday from 6:00—9:30 pm, and Saturday from 10:00—1:30 pm, (1 hour lunch break), then 2:30—6:00 pm.
- The April start-date runs: Monday, Wed, and Friday 6:00—9:30 pm, and Sunday from 10:00 am—1:30 pm.
- The September start-date runs: Monday—Friday 9:00 am—12:30 pm

Professional Reflexology Certification Program (200 hours)

Level 1 is offered 3 times per year at our Prescott location.

Level 2 & 3 are offered at the Sedona campus 1 – 2 times per year.

CERTIFICATIONS & PROGRAMS:

MASSAGE & BODYWORK

Massage Practitioner's Program (840 hours)

\$6,795 (PLUS REQUIRED TEXTBOOKS)

Traditional Thai Massage: Practitioner Level 1 & 2 (100 hours)

\$800 (PLUS REQUIRED TEXTBOOKS)

Advanced Sports Massage Training (75 hours)

\$750 (PLUS REQUIRED TEXTBOOKS)

Professional Reflexology Program (200 hours)

\$1200 (PLUS REQUIRED TEXTBOOKS & SUPPLY FEE)

Advanced Asian Bodywork (150 hours)

\$1,595 (PLUS REQUIRED TEXTBOOKS & SUPPLY FEE)

CONTINUING EDUCATION

NAMTI offers high-quality continuing education courses approved at the state, national and international level. All courses are priced individually and current offerings can be located on our website at www.namti.com.

ACCREDITATIONS

Arizona State board for Private Postsecondary Education (AZPPSE)

National Certification Board for Therapeutic Massage and Bodywork (NCBTMB)

Arizona Board of Massage Therapy

American Massage Therapy Association (AMTA)

AMTA Council of Schools Member (COS)

International Massage Association (IMA)

Associated Massage & Bodywork Professionals (ABMP)

Student Exchange and Visitor Information System (SEVIS) for International Students

NAMTI School of Massage and Bodywork is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider.

Arizona Department of Veterans Services – Approved for Veteran’s Education Benefits and GI Bill

Northern Arizona Council of Governors (NACOG): Vocational Rehabilitation

American Herbalist Guild

The UpLedger Institute - Registry of Schools Member: Introduction to CranioSacral Therapy Instruction

Association of Oriental and Bodywork Therapies of Asia (AOBTA)
Associate Level and Practitioner Level membership trainings available*

Institute of Thai Massage (ITM), Chiang Mai, Thailand – Nuad Bo-Rarn: Ancient Massage of Thailand Certification Provider

North American Tang Shou Tao Association (NATSTA): Jin Shou (Golden Hand) TuiNa Instruction

And more.....

*These certifications can be earned in conjunction with, or separate from the Massage Practitioner’s Program certification.

MASSAGE PRACTITIONER'S PROGRAM:

This 840-hour certification program solidifies a foundation of education and experience for an individual to begin working professionally as a massage therapist and bodyworker. Studies include the theory and practice of the most popular and long lasting therapies of the world, where both the scientific and artistic applications are emphasized. This signature program at NAMTI employs ancient and modern studies in a thorough and comprehensive blend of Eastern and Western healing practices of the world. Students receive high quality instruction and insight from trained professionals where individual style and expression of massage and bodywork are emphasized. A comprehensive amount of time is spent with supervised practice, clinical experience, and individual development as an emerging therapist.



PROGRAM OVERVIEW:

Swedish Massage	60
Deep Tissue Techniques	60
Anatomy & Physiology	110
Kinesiology for Bodyworkers	28
Pathology	40
Reflexology I	40
HydroTherapy and SoulStones	32
Shiatsu	60
TuiNa (Traditional Chinese Massage)	40
Traditional Chinese Medicine (TCM) I	20
Traditional Chinese Medicine (TCM) II	32
Myofascial Techniques	24
CranioSacral Therapy	24
Introduction to Energetic Medicine (Reiki I)	8
ProprioSomatic Therapy (PST) I	40
Traditional Thai Massage (Nuad Bo-Rarn)	48
TaiChi & Qi Gong	40
Business Skills & Development	24
Professional Ethics & Resources	10
Student Massage & Bodywork Clinic	100
Total hours	840

NAMTI reserves the right to make minor changes to the Massage Practitioners Program that may not yet be reflected in this catalog. To comply with the growth and evolution of the study, practice, and regulation of therapeutic massage and bodywork on a state, national, and international basis, your exact program outline may vary from that which is listed in this catalog. NAMTI is dedicated to preparing you competently to enter the health care profession as a massage therapist and bodyworker and strives to stay current and ahead of the changes in the industry for those purposes. Please review our website at www.namti.com or contact us for exact details.

Also visit our website at www.namti.com for current listings of additional elective courses and programs offered.

COURSE DESCRIPTIONS:

Anatomy and Physiology:

Anatomy and Physiology offers an exciting and interactive examination into the structure and function of the human body. Lessons are focused around the understanding of concepts that will allow students to gain insight into the fascinating inner-workings of the human body. The neuromuscular system is outlined as to prepare for further analysis and study throughout the program. Students will learn the musculoskeletal system and become competent in their abilities to perform practical location, palpation, and stretching practices.

Kinesiology for Bodyworkers:

This extremely valuable course integrated into the Massage Practitioner's Program is unlike any other Kinesiology course you will find in massage certification programs in the country! Specific massage techniques are studied and practiced to release patterns of chronic pain and limitation of movement, realign posture and gait, improve athletic performance, and enhance the body's innate ability to achieve wellness are learned and practiced. Students will also learn therapeutic exercise and stretching applications for which they can guide their clients and patients along with self treatment massage techniques.



Pathology:

Pathology is an interactive course that investigates a wide variety of health conditions commonplace in today's society, and in particular those that massage therapists and bodyworkers commonly work with in practice. Studies will focus on the origins, signs and symptoms, and traditional medical treatments of disease and musculoskeletal pain and dysfunction. The positive effects that therapeutic massage and bodywork offer are then considered and developed. This course is invaluable to practitioners, as they will face these conditions first hand as a professional.



Swedish Massage:

This course explores the fundamental skills of massage therapy. It serves to orient practitioners in training to become comfortable and familiar in human therapeutic touch, as well as to solidify a foundation that will continually be added to throughout your career. The theory and practice of traditional Swedish massage as well as deep tissue and connective tissue techniques are taught incorporating many communication skills that are practiced to enhance the therapists rapport and effectiveness with their clients.

Deep Tissue Techniques:

Students will progress through the traditional Swedish massage protocols and then transition into more specific deep tissue techniques to enhance your abilities to treat various muscular conditions that will be present in your clients. Body mechanics will be emphasized to ensure your personal health and maintenance throughout your career. Specific musculoskeletal conditions are considered and students will become confident in working through the entire body with a variety of strokes and techniques that are necessary.

Reflexology I:

This Reflexology course explores the history and philosophy of reflexology and pertains to the reflexology patterns on the feet. Participants will learn to do a complete reflexology session highlighting the major organ systems of the body. This course also satisfies the Level I requirement of NAMTI's 200-hour *Professional Reflexology Certification*, which allows students to continue their studies and fulfill requirements to become a certified reflexologist through the American Reflexology Certification Board (ARCB). Participants will learn a format for documenting their sessions, in order to enhance their comprehension for the remainder of the certification program. The benefit of this foundational course is that participants will be fully prepared to begin performing effective reflexology sessions in order to develop their professional proficiency as reflexologists.

Student Massage & Bodywork Clinic:

The student clinic at NAMTI presents live interaction and practice with all phases of operating a successful massage practice. Students will gain the experience they need in this course by practicing their business and therapeutic skills with the general public in a professional and supervised setting. This course is designed to thoroughly prepare students to enter the marketplace as competent and experienced individuals!

Business Skills and Development:

To be a successful professional in today's world requires certain basic knowledge and skills. This course provides excellent interactive instruction about the many facets of the massage therapy business. These classes teach the practical side of owning and running a small business. They include exercises to determine whether private practice is viable for the student, guidance in starting up a business, an introduction to creating a business plan, marketing and advertising suggestions, tax tips, and most importantly, a list of many resources the therapist can use in starting a business. By the end of this course, a student will have an adequate outline of how to open a private massage practice. This course prepares students to endeavor successfully into the health care professions with foundations for growth and prosperity.

Professional Ethics and Resources:

Integrated into the Massage Practitioners Program, this course looks at the origins and current settings of massage therapy. Discussions are held regarding proper etiquette to be practiced among professional massage therapists. Students will take away from this course the insight and motivation to explore the many possibilities and responsibilities professional massage therapists have in the health care field.



CranioSacral Therapy:

Here is your opportunity to sample The Upledger Institute's CranioSacral Therapy (CST) workshop studied by more than 40,000 healthcare practitioner's worldwide. Developed by John E. Upledger, DO, OMM, CranioSacral Therapy enhances the body's natural healing processes to improve the operation of the central nervous system, dissipate the negative effects of stress, enhance health and strengthen resistance to disease. Students will also receive a certificate from the Upledger Institute in addition to their work at NAMTI, and will be ready for further CranioSacral Therapy studies.



Polarity Therapy:

Polarity Therapy is a synergy of Western and Eastern thought regarding the concept and reality of energy and its flow. Dr. Stone, Polarity's creator, maintained that structural manipulation, internal cleansing, and dietary changes, although powerful tools were not enough to bring lasting results. Embarking on a long search to find the missing element that would bring about lasting results, Dr. Stone studied many near and far Eastern concepts of healing. Through these studies he discovered what he believed to be the missing link. The link he discovered is nothing more than energy. And that link is what spans the thought processes between Eastern and Western concepts. This class is an exploration into the concepts of energy, the different ways to contact, observe and direct flows, and clear or move energy.

Introduction to Energetic Medicine (Reiki I):

During this class the students will be introduced to the profound healing that Reiki energy medicine offers. The students will learn the history of this Japanese healing modality, the philosophy of Reiki, hand placements and meditations. During this first course a detailed explanation of the chakra system and discussions about energy medicine in general will also be implemented. Each student will have adequate time for giving and receiving at least two Reiki treatments. The last day the student will receive the first level Reiki attunement in a lovely, healing ceremony.



Shiatsu:

Shiatsu covers the fundamentals of Traditional Chinese Medicine, Taoist philosophy and meridian theory. Practical application of Shiatsu techniques allows practitioners to develop hour-long full body Shiatsu treatments. This course will solidify a foundation for which students can pursue further advanced study in Shiatsu treatments and Traditional Chinese Medicine philosophy and instruction as well.



Traditional Thai Massage I (Nuad Bo-Rarn):

In the Level 1 training students are introduced to the ‘front body’ Thai Massage protocol. This protocol also includes some techniques for the back and head. Students learn techniques for initiating energy movement through the body. Thai meridians, main energy lines, pressure points and techniques for facilitating the body’s physical, psychological, and spiritual balance are presented. Deeply focused abdominal work is included in this level. Overall, the Level 1 training introduces the student to the system of Thai Massage, its basic moves, and how the practitioner smoothly transitions from one technique to the next.

TuiNa (Traditional Chinese Massage):

This class covers the fundamental principles and practices of TuiNa (Traditional Chinese Massage). Students will be instructed in basic QiGong exercise and the history and basic principles of Traditional Chinese Medicine (TCM) such as Yin/Yang; Five Element Theory; Qi, Blood, and Body Fluids; and the “Four Pillars” of diagnosis – Inspection, Auscultation and Olfaction (listening and smelling), Inquiry, and Palpation. Most importantly, the practical hands-on component of the class will cover the proper therapeutic application of approximately 20 TuiNa hand techniques including Rolling (Gun), Pushing (Tui), Brushing (Mot), Grasping (Na), and Pressing (An) among others.

Traditional Chinese Medicine (TCM):

This class covers the fundamentals of Traditional Chinese Medicine (TCM) Theory. It begins with an Introduction to Daoist Philosophy and the History of TCM. The concepts of Qi, Yin and Yang are then covered in an introductory way. With that background the students move on to detailed discussions of Five Element Theory; Qi Blood, and Body Fluids; The Eight Principles (Yin/Yang, Hot/Cold, Interior/Exterior, Excess/Deficiency); and the Six Divisions (Tai Yang, Yang Ming, Shao Yang, Tai Yin, Shao Yin, Jue Yin). This class also includes an introduction to tongue and pulse diagnosis. Additionally students are required to begin class with Qi Gong exercises to enhance their body awareness and give them a more visceral sense of the power of Qi.

Tai Chi & Qi Gong:

The study and practice of Tai-Chi is integral to all programs at NAMTI. With a focused approach to understanding and sensing how one's internal energies can be harnessed, practitioners can begin to see the full potential that we all have to be the most effective in the therapeutic treatments we administer. At NAMTI we believe that in order to fully reach one's potential as a therapeutic practitioner, time needs to be spent on bringing your own self to an optimal level of well-being; and this course serves to provide you with a foundation of practice in these internal martial arts that will help you achieve continual progress in this domain. Body mechanics as they apply to the massage therapist are also considered.



ProprioSomatic Therapy I (PST I):

This bodywork modality offers an in depth systematic approach towards gaining optimal muscle tone and postural balance throughout the entire musculoskeletal system. Students will learn how to thoroughly work with trigger points in the muscle tissue, and students will gain a knowledgeable and practical foundation for which to begin their practice of working with the neuro-muscular systems of the body. The MusculoEnergetic Release Techniques are then introduced which enhance the sensitivity of the practitioners in their abilities to assist the client in achieving a more optimal state of comfort in the body.

Sports Massage (*Elective*):

Whether your clientele is comprised of individuals participating in athletics or regular exercise, you will need to be confident in performing the techniques that Sports Massage offers. This course includes lecture, demonstration and supervised practice. The use of appropriate hydrotherapy techniques in the form of both hot and cold applications are introduced. Students will experience these treatments as a practitioner as well as a client to fully embody the understanding of such a modality. The appropriate timing of different techniques used in Sports Massage are analyzed will solidify a basis for which students can further study the theory and application involved in the Advanced Sports Massage Training offered at NAMTI, where practical experience is gained in working with Division I college athletics!

MyoFascial Techniques:

This course is designed to analyze the anatomy and physiology of the fascial network of the body, and the to understand and use manual myofascial techniques in bodywork treatments. We will consider BioMechanical Principles, Fluid-Model Dynamics, and Chi/Energy Body as distinct layers and systems that can be manually treated in order to facilitate release and optimize movement and comfort in the human body. The health and fluidity of the vast interconnected fascial network in the human body is vital to metabolic health and function, and upon completion of this course, students will be equipped with a variety of assessment and treatment techniques in order to bring about a healthier state of being in our clients.



Herbal Studies (*Elective*):

This course is designed to present the basics of Herbal Medicine to the beginning student, with applications for personal health and professional practice. Classes will introduce Herbal Medicine both as a systems approach and a holistic paradigm. The contents will include a brief history of Herbal Medicine, the energetics and properties of herbs, and which herbs are appropriate for various organ systems. How to make and use infusions, tinctures, slaves and compresses with a primary focus on how to use them in a massage therapy practice is emphasized. Participants can expect to acquire a well-rounded foundation in Herbal Medicine as an adjunct to Massage Therapy, and as a foundation for future study.



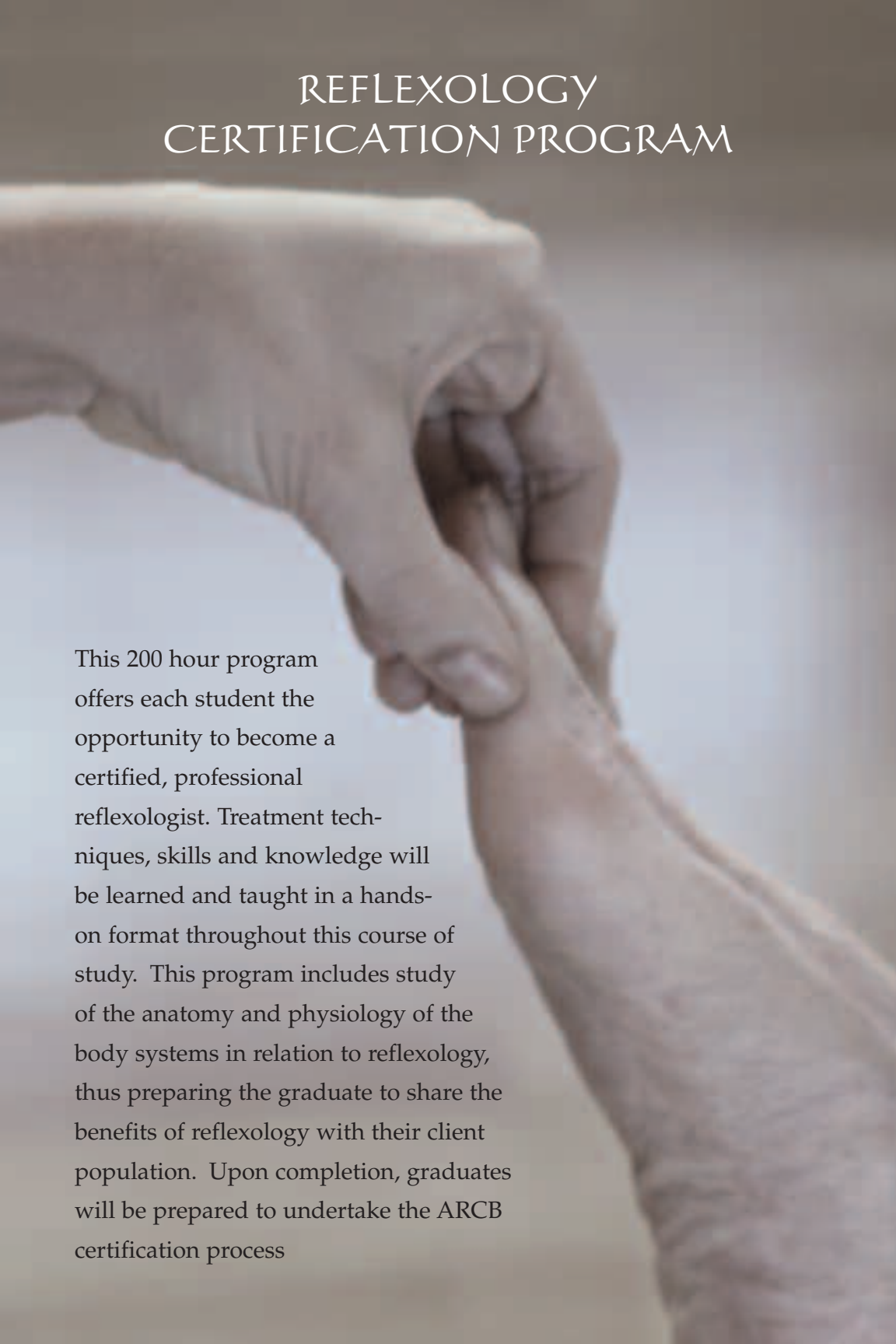
HydroTherapy Applications:

Hydrotherapy is the various applications of water, used as a therapeutic tool. In this course students will learn how to effectively enhance their treatments with such practices. A major focus of this course is also to learn and practice skills in providing a variety of spa treatments that include mud baths, salt glows, several body wraps, **Soulstones Therapy**, and more! The various practices learned in this course are those popularly offered by spas throughout the country, and possessing such skills will make graduating students qualified to become employed in such settings.

SoulStones Therapy:

SoulStones Therapy is a Shamanic influenced method of utilizing the Earth's energy through the use of refined basalt stones in combination with massage therapy. The hot and cold stones prove to be a therapeutic and relaxing treatment, wrapping clients in a warm and nurturing cocoon. Students will learn how to ground themselves and open themselves up to listen and work with the Earth's energy which assists in balancing the Mind, Body Soul of your clients.

REFLEXOLOGY CERTIFICATION PROGRAM



This 200 hour program offers each student the opportunity to become a certified, professional reflexologist. Treatment techniques, skills and knowledge will be learned and taught in a hands-on format throughout this course of study. This program includes study of the anatomy and physiology of the body systems in relation to reflexology, thus preparing the graduate to share the benefits of reflexology with their client population. Upon completion, graduates will be prepared to undertake the ARCB certification process

PROGRAM OVERVIEW

Foundations of Reflexology	40
Independent Practice and Documentation 1	40
Expansion and Elucidation	40
Independent Practice and Documentation II	40
Development and Completion	40
Total Program Hours	200



Level 1:**Foundations of Reflexology:**

In this course, participants will learn to do a complete reflexology session highlighting the major organ systems of the body. Participants will learn a format for documenting their sessions, in order to enhance their comprehension for the remainder of the certification program. The benefit of this foundational course is that participants will be fully prepared to begin performing effective reflexology sessions in order to develop their professional proficiency as reflexologists.

Level 1A:**Independent Practice and Documentation 1:**

Between Level 1 and Level 2, participants are required to complete a minimum of 40 documented sessions using the format presented. Participants will also complete several reading and study assignments, prior to the beginning of Level 2. This independent work allows students to practice further, internalize the principles outlined, and prepare for deeper and more insightful instruction and study.

**Level 2:****Expansion and Elucidation:**

Expanding upon the foundation of level 1, participants will be moving from proficiency based work toward a deeper competence and to a more insightful treatment plan. We will, in this level, expand and elucidate everything previously studied. This session will continue with the development, pace, and depth begun in the foundations course. Upon completion, students will be prepared to further their understanding and effectiveness in beginning a research project and to continue their practice of reflexology.

Level 2 A:

Independent Practice and Documentation II:

Between Level 2 and Level 3, participants will do a minimum of 40 documented sessions. Participants will also complete several reading and study assignments. Participants will complete an initial research project for presentation to the class in Level III.

Level 3:

Development and Completion:

Participants will continue to prepare and develop their professional skills and knowledge. Case studies will support ongoing professional development and upon completion of this course, participants will be fully prepared for the ARCB exam.

Level 3A:

Each student is now ready to take the ARCB exam. Upon successful completion, students will transition to the professional arenas as Certified Reflexologists.

Continuing Education

Level 4: (not a part of the regular 200 hour curriculum)

Going Further:

The intention of this session is to support each participant in becoming a fully developed professional. This will include:

- 1.) Completion of ARCB documentations.
- 2.) Participants will develop their research projects further.
- 3.) Topics for professional development will be discussed.
- 4.) Each participant will present their own professional development model to the group for support and will receive time in the group for discussion of their professional development concerns.



NUAD BO-RARN: ANCIENT MASSAGE OF THAILAND

This 100-hour program covers the Levels I and II Thai Massage as taught by the international reknown Chongkol Settakorn, Director and Founder of the Institute of Thai Massage, Chiang Mai, Thailand. The methods of Thai Massage focus on pressure on energy lines and points, and a wide variety of deep stretching movements. This style of massage which originated in Thailand as early as the 2nd millennium B.C., affects the entire body by increasing flexibility, releasing deep and superficial tension, and encouraging the body's natural energy to freely flow.



PREREQUISITES:

Health care professional and/or documented proof of completed course in human anatomy and physiology. Contact NAMTI if Anatomy & Physiology course is needed.

COURSE OUTLINE:

Practitioners Level I 40

Practitioners Level II 40

Yoga Instruction & Practice 20

Total Clock Hours 100

This program is taught by Miranda Warburton, Ph.D. Miranda has studied Thai Massage in Bangkok at Phra Chetaphon Temple more familiarly known Wat Po, the Buddhist Temple where Thai Massage originated. She has also completed the Thai Massage Instructor Program with Chongkol Setthakorn at the Institute of Thai Massage in Chiang Mai, Thailand.

This detailed protocol of approximately 140 separate techniques incorporates gentle rocking, deep stretching, and rhythmic compression to create a unique therapeutic massage. This style of bodywork requires that the practitioner have strength, balance, focus, precision, and visualization, thus each class will begin with a gentle yoga practice led by Miranda which will easily integrate into your personal practice.

This course is designed to give you a strong foundation in Thai Massage, and to expose you to the wide variety of massage techniques incorporated in this style for the greatest benefit of your clients and your bodies.



THAI MASSAGE COURSE DESCRIPTIONS:

Thai Massage Practitioner: Level I:

In the Level 1 training students are introduced to the 'front body' Thai Massage protocol. This protocol also includes some techniques for the back and head. Students learn techniques for initiating energy movement through the body. Thai meridians, main energy lines, pressure points and techniques for facilitating the body's physical, psychological, and spiritual balance are presented. Deeply focused abdominal work is included in this level. Overall, the Level 1 training introduces the student to the system of Thai Massage, its basic moves, and how the practitioner smoothly transitions from one technique to the next.

Thai Massage Practitioner: Level II:

In the Level 2 training students are presented with a more in-depth application of the energetic system. This level focuses on techniques for the client's back and side, and in the sitting position. Greater sensitivity and awareness are stressed with the application of techniques using thumbs, palm, elbows, knees, and feet. By the end of the Level 2 training students will have the techniques to do a 1 hour or 2 hour full body Thai Massage.



Yoga Instruction and Practice:

The Yoga course of this program taught by Miranda will assist you in developing strength and flexibility for the increased effectiveness of your treatments and will help you to help others discover the true power of yoga. The classes will precede each bodywork class serving to warm-up, strengthen, and increase the depths and capabilities as you train to become a Thai Massage Practitioner. By synchronizing movement with breath in a continual flow, an internal heat is generated that revives and repairs the physical body as well as the mind, heart, and spirit!

The Nuad Bo-Rarn course levels I and II offered at NAMTI are taught by certified instructors of the Institute of Thai Massage (ITM) in Chang Mai, Thailand ITM endorses these courses offered at NAMTI, and students will receive an accompanying certificate from ITM upon completion of all course requirements. Additionally, students can travel to Thailand for ongoing Thai Massage training in course Levels III, IV, and V. NAMTI's Travel Study program also coordinates these activities.



ADVANCED SPORTS MASSAGE TRAINING:



This 75-hour program offers advanced techniques and applications that give this body of work the well deserved recognition that it receives from athletic arenas at all levels. The study of Kinesiology as it applies to various athletic movements is examined, giving practitioners greater insight to patterns of strain placed on athletes, along with advanced protocols and manual skills to correct any dysfunction. Students will gain practical experience by spending hours working in local team sport settings that include Northern Arizona University Division I College Athletics.

PREREQUISITES:

Documented proof of active and current massage therapy licensure and/or certification at a state and/or national level, and Basic Sports and Massage or equivalent. (Basic Sports Massage course is taught adjacent this program for those needing the prerequisite)

COURSE OUTLINE:

Advanced Sports Massage Techniques20
Kinesiology for Athletics15
Care & Prevention of Athletic Injuries20
Collegiate Sports Massage Lab20
Total Clock Hours75

This program is taught by Jeff Mc Grath (BS Exercise Science, LMT) Geoffrey Bishop (LMT, NCBTMB), and Jeff Shipper (B.S., LMT) whose shared experiences working with the Northern Arizona University Track & Field team, current staff positions at The High Altitude Sports Training Complex of NAU, where they enjoy working with a variety of international professional and Olympic athletes, and work experience among a variety of amateur and professional teams, is integral into the instruction received in this superb training program!

This program is ideal for anyone interested in pursuing work in the athletic arena, or actively working with athletes! You can become part of the effort to integrate more hands on modalities into the treatment and prevention of athletic injuries. This exciting venture will help to maximize the performance of those you treat and keep them fresh for each competition.

The courses of this program are designed to help you achieve a solid understanding of theory and practice of Sports Massage as it applies to the various applications within training regimens of athletes. These instructors openly share their experiences in their efforts to help you become the most effective therapists possible, and will help you to feel comfortable and competent working in this very rewarding setting!

ADVANCED SPORTS MASSAGE COURSE DESCRIPTIONS:

Kinesiology for Athletics:

Common athletic movement patterns are analyzed, assessment skills and corrective therapeutic techniques are all learned and practiced with supervision. The emphasis of this course is placed on understanding fundamental principles that will allow practitioners to improve their efficacy as a sports massage therapist and continue to grow and improve as they gain further experience in working with the athletic population.

Care and Prevention of Athletic Injuries:

Injuries are what every athlete attempts to avoid! Here we will look into the common injuries that massage therapy can not only treat efficiently, but also how some preventative measures can be taken throughout the course of a training regimen. Students will gain the knowledge and confidence to work competently with athletes of all levels!





Advanced Sports Massage Techniques:

This course explores the variety of techniques used by a practitioner of sports massage, as well as the designated time frames to apply therapeutic sessions within the framework of a training regimen. Students will gain further insight as how to begin working in the athletic arena in a safe and effective way.

Collegiate Sports Massage Lab:

Students will be required to perform 20 hours of practical training in a team sport setting to practice and integrate their new skills and knowledge.

This is an exciting opportunity to learn and experience the satisfaction of making a difference in the performance of individual athletes! We utilize working with Northern Arizona Universities Track and Field Team while they train and will accompany them at two of their meets in order to gain the optimal practical experience in working with Division I college athletic and Yavapai College Division I College Athletics.

ADMISSION REQUIREMENTS:

- At least 18 years of age with High School diploma or Equivalent (GED). (Early . . . High School graduates are eligible to attend NAMTI and should inquire with Admissions.)
- Completed and submitted Student Application with fee.
- Interview with school official (phone or in person) and on-site tour and approval by student. This visit can be done as late as the first day of class for those students from out of the area.
- Completion of Enrollment Agreement & agreement with all school policies.

ADDITIONAL FEES & EXPENSES:

In addition to the tuition for the programs and courses enrolled in, students will incur separate book and supply costs. Students are required to purchase the required textbooks at NAMTI, and books are sold to students at cost.

DISCLOSURE STATEMENT:

The certifications and programs offered at NAMTI might not comply with licensure requirements regarding the number of hours required to practice in all cities of Arizona. It is the responsibility of the student to make sure the hours offered at NAMTI will satisfy his or her own city licensure requirements within Arizona State. Licensure requirements are considered on a state-by-state basis, therefore students who anticipate working in states other than Arizona must assume the responsibility of inquiring with each individual state. In addition, NAMTI does not guarantee employment upon graduation. Please contact us for assistance with planning your education accordingly.

Administrative Officials:

Jeff McGrath, Director

(The director is duly authorized to act on behalf of NAMTI in all matters relating to State approval and licensing.)

Alma Bocanegra, Registrar

Renee Stucklen, Programs Coordinator

Carrie Ness, Administrative Assistant

INTERNATIONAL STUDENTS:

NAMTI is approved by the Student Exchange and Visitor Information System (SEVIS) to issue the I-20 forms to accepted students of NAMTI. We welcome International Students to come study in Sedona, AZ. Applications must first be submitted and approved by the school. We will then assist you how to proceed to gain Student Visa Status to attend NAMTI. Please contact us to begin your education at NAMTI.

VETERAN'S BENEFITS:

NAMTI is approved for Veteran's Education Benefits. Anyone who may require assistance in order to determine their eligibility in this program should contact us at (928) 282-7737 in our Sedona campus, or at (928) 771-8190 in our Prescott campus.

Please visit our website or contact us for more detailed information regarding Veterans's or International Student enrollment processes.

STUDENT SERVICES:

NAMTI can also provide assistance in finding housing while you are attending your training program by contacting our office today at (928) 282-7737, or visit us at www.namti.com

STUDENT LOANS & FINANCING:

NAMTI offers student loans and financing options to those who qualify. Please contact if you would like to request a credit application. Prospective students must submit a Student Application and be accepted in order to pursue student loan and financing options. Please contact us today to obtain a school application form. Also please check our website or give us a call to inquire about updated financing options for your education, as we are continually working to extend a variety of affordable options to our students.

HOLIDAYS OBSERVED:

New Year's Day, Thanksgiving Day, Christmas Day, Memorial Day, Labor Day and Easter.

Top Reasons to Attend NAMTI:

1. Our professional and highly qualified instructors possess some of the highest credentials in the country!

NAMTI only staff's qualified instructors who earn a living by specializing in the particular therapeutic modalities they teach. This ensures that students are learning from individuals who are current in their specialty and have the on-going experience and continual refinement of skill in their areas of expertise.

2. NAMTI strives to solidify a strong scientific and practical approach in educating our students in the field of therapeutic massage and bodywork, and most importantly, where YOUR individuality is emphasized in practice.

Our classes are prepared and taught with all facets of the learning experience integral! Students can expect to utilize verbal, visual, kinesthetic, and experiential methods of learning in our classroom. We are dedicated to each student's ability to comprehensively understand and internalize all teachings, to ensure your skillful and effective treatments will continue to grow in practice.

3. Our class sizes are efficient to ensure that students will get quality one-on-one instruction within the group setting!

We operate with a family type atmosphere and mentality in our classroom, which ensures that you will get the attention you deserve to ensure the utmost development of your skills and knowledge in the profession in your time with us. Our classes are not larger than 16 students, as we value the extra time we can dedicate to each and every student!

4. You will gain realistic professional experience in our student clinic, which will address all facets involved in operating a therapeutic practice!

You will gain invaluable experience while completing student massage & bodywork lab hours that consist of working in a supervised clinical setting. Our staff will assist you in gaining skills in recruiting and building your own private practice. These skills will add to your qualifications in order to build your own practice, and assist you in seeking employment within a variety of professional settings including clinics, teams, resorts, spas, and more.

5. Our 840-hour Massage Practitioner's Program qualifies you to register for the National Certification Exam upon completion, gain membership in several professional therapeutic massage and bodywork organizations, and gain state licensure!

It is important for therapists today to gain National Certification as well as licensure in many states as our profession is becoming increasingly recognized throughout the country. While each individual state governs their practice of therapeutic massage and bodywork, our Massage Practitioner's Program will qualify you to seek licensure in the majority of states, and we offer electives to qualify you for every US state!

6. NAMTI is committed to instilling unprecedented foundations of practice in the healing arts of Tai-Chi, Qi-Gong, and Yoga while you are in training!

We incorporate these healing arts and practices into our programs at NAMTI in order help you achieve a level of confidence with ongoing practice that will deeply richen and enhance every quality of your skills and effectiveness as a practitioner. These foundations are excellent motivators and extremely effective tools for you to continually grow and evolve your therapeutic capabilities.

7. We are located in picturesque communities that are very conscious of the healing arts and offers students further possibilities to explore alternative health-care, self-growth, natural methods and beautiful countryside!

Northern Arizona is a unique community where natural forms of health-care are readily practiced and accepted. This complements the efforts of NAMTI perfectly as students will be able to live the very practices they are indulging in while studying at NAMTI. You will undoubtedly see for yourself why millions of tourists and travelers venture to Northern Arizona throughout each year.

8. NAMTI offers all of these qualities and services at an affordable price with various payment options and student loans available for everyone!

If finances are a concern, you will be pleasantly surprised in the assistance we are willing to offer you. We are honored to customize payment options that are right and affordable for each individual, because we don't want to see money get in the way of your dream! Please inquire with us to find out what kind of financial assistance you qualify for. Student loans are available for those who qualify.



SCHOOL POLICIES:

Ethics & Morals:

Students must maintain a professional demeanor while on the premises of NAMTI; no student is permitted to leave the massage classroom unless fully dressed; students must strictly obey the AMTA rules of draping; while clothing must be comfortable, it must also be modest. All students who enter NAMTI must clearly state their intent to the proper and professional use of massage. Any student not showing moral and professional dignity to those of either sex will be subject to immediate dismissal from NAMTI.

Alcohol and Drugs:

The use of alcohol and non-prescription drugs is banned on school property. Any students who come to class under the influence of alcohol/drugs are subject to immediate disciplinary action. Smoking is banned inside and outside all school buildings.

Harassment:

Harassment may be, but is not limited to: words, signs, jokes, pranks, intimidation, physical contact, violence or threat of violence, and racial, gender or ethnic slurs. Harassment is not always sexual in nature. Sexual harassment may include: unwelcome sexual advances, requests for sexual favors, or other verbal or physical contact of a sexual nature when such conduct creates an intimidating environment, prevents an individual from effectively performing his/her duties. Faculty, staff, and students may not engage in any form of verbal, physical, or emotional abuse, harassment, sexual harassment, intimidation, violence, or threat of violence toward any student, clinic client, instructor, or staff member.

Attendance:

Any student enrolled in NAMTI may only miss 15% of class instruction in any given course. It is required that you attend the first and last day of each course. There is only 1 allowable make-up day per course and is \$30 per hour of instructed make-up, and is subject to the course instructor being available. All assignments missed due to absence or tardiness must be made up within one week of the students return to school. If attendance rate is below 85%, the course must be repeated and is subject to individual course tuition.

Transfer of Existing Credits:

Students who wish to transfer in existing credits completed previously must submit transcripts from that institution and include appropriate documentation to verify and confirm that such training has been completed. Those courses transferred in will then be credited towards the equivalent course in our program if they are determined to meet the equivalent course curriculum of the NAMTI course under consideration. All other students must complete the entire training program at our facility once they begin their program.

Updating Catalog:

Within 10 days of any changes to the official school catalog a copy is submitted and held on file at the Arizona State Board for Private Postsecondary Education.

Change in Student Status/Re-Enrollment:

Any request for a change in status of enrollment must be submitted in writing to the Director. Re-Enrollment will be permitted in accordance with the general enrollment policies of NAMTI.

Grading & Make-Up Policy:

NAMTI works on a 10 point grading scale: 100%-90% -A, 89%-80%-B, 79%-70%-C, below 70% is failing. In order to graduate and be granted their certificate, students must obtain a 70% score in ALL classes, tuition must be paid in full, and commitments of attendance and internship must be met. All students are responsible for material missed due to absence. All assignments must be submitted within one week of their return to school. If an exam is missed, the student must make up the exam on the first day that they return to class. There is a \$30 per hour fee for scheduled makeup time with an instructor.

Student Grievance Procedure:

Any student with a grievance, complaint or dispute against NAMTI must submit in writing to Jeff McGrath, the director of NAMTI, and in detailed language the nature of the grievance, complaint or dispute, date of occurrence, and whom the grievance, complaint, or dispute is filed against.

The official position of NAMTI is to review all grievances, complaints, or disputes internally within 7 business days upon receipt of complaint, in a meeting with the school director, and any involved faculty named in the grievance, complaint or dispute. In this meeting the directors of NAMTI will establish the schools position on the grievance, complaint, or dispute.

After said meeting, within 3 days, the directors will conduct a meeting with the student who has filed the grievance, complaint, or dispute and explain the school's position. Any action deemed necessary by the directors will be taken at this time. Further discussion will be welcomed in every attempt to resolve the grievance, complaint, or dispute; satisfactory to both involved parties.

"If the complaint cannot be resolved after exhausting the institution's grievance procedure, the student may file a complaint with the Arizona State Board for Private Postsecondary Education. The student must contact the State board for further details."

Phone: (602) 542-5709 **Fax:** (602) 542-1253 **Website:** <http://azppse.state.az.us>
Address: 1400 West Washington, Room 260, Phoenix, AZ 85007

Cancellation and Refund Policy:

NAMTI will give a full refund of all moneys paid prior to the start of classes with a written notice to the director of operations (with exception to a \$200 non-refundable administrative fee, hereinafter referred to as "fee"). In the event of withdrawal from enrollment, refunds will be calculated as follows: Within the first 10% of training, a refund of 90% less the fee will be issued. Within the first 20% of training, a refund of 80% less the fee will be issued. Within the first 30% of training, a refund of 70% less the fee will be issued. Within the first 40% of training, a refund of 60% less the fee will be issued. Within the first 50% of training, a refund of 50% less the fee will be issued. At greater than 50% of the program has elapsed, no refund will be issued. All refunds will be issued within 30 days of written withdrawal from enrollment. Upon the cancellation of any program at NAMTI, we will issue a written statement explaining the reason for cancellation, and refund all moneys that have been prepaid for the cancelled program.

Maintenance of Permanent Records:

All student records are kept in a secure filing cabinet and maintained appropriately. Grade reports and transcripts are kept current in individual student files, and permanent transcript and certificate files are also maintained on NAMTI computer systems.

Student Probation, Suspension or Expulsion:

The violation of school policies, and/or professional standards in ethics and morals may result in probation, suspension, expulsion. NAMTI will provide documentation to the student in the event that they have violated school policy. A meeting date will be set in order to discuss any events, behaviors, and attitudes regarding the violations. Written documentation will then be provided to the student to summarize the official school position after the above mentioned meeting has taken place.

Required text books/learning materials:

In addition to the tuition for the programs, required textbooks are necessary and must be purchased at NAMTI in accordance with the schedule of courses. NAMTI will order all required course texts and will charge to each individual student at cost, as the books are distributed throughout the program. Many courses also require manuals that are published by NAMTI and the instructors; these are provided to students at no cost.

Student Services:

NAMTI provides services to all students that include: Individual consultations for employment assistance, local housing and job referencing, and professional development. Graduate employment opportunities are available to all students at NAMTI and we provide current listings of relevant employment opportunities on file and accessible to all NAMTI students.

Clinical training, practicums, externships and special features:

All programs at NAMTI require clinical training that is inclusive to the course of study and serves to provide supervised practical experience. Externship opportunities are available for students after program inclusive requirements are met. Externships can be arranged at a variety of settings to enhance student objectives. NAMTI programs also have special features at times that may include guest speakers, field trips, feature presentations, and other relevant highlights.

Educational Delivery:

All programs offered at NAMTI require primarily class-based instruction. Individual courses offered at NAMTI may utilize on-line computer-based learning and can be enrolled in separately. You can find current on-line course offerings at www.namti.com.

Equipment/technology and competency requirements:

Students are required at a minimum to be competent note-takers, standard reading comprehension, and basic computer and typing skills. Individual counseling is provided to assist students that may require review and improvement in these areas.

Impartiality:

The school does not show partiality to students, staff or clients on the basis of race, creed, color, gender, religion, ethnic origin, or sexual orientation.

ADMINISTRATION & INSTRUCTORS:

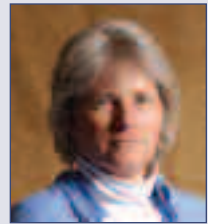
Jeff Mc Grath: BS, CMT, NCTMB, LMT



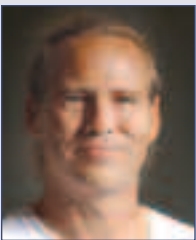
Jeff is the Founder and Director of NAMTI. He is a graduate of Towson University, MD with a Bachelor of Science degree, majoring in Exercise Science with a background in Sports Medicine. Jeff has been active in the health care field working in a variety of settings including physical therapy and chiropractic clinics, the hospital, and with various elite athletic teams. As the NAMTI Director, Jeff focuses on empowering students with knowledge pertaining to the human body through his interactive teaching style. He teaches Anatomy & Physiology, Sports Massage, and ProprioSomatic Therapy (PST) classes at NAMTI.

Miranda Warburton: Ph.D., LMT, AOBTA, ITM Certified Instructor

Miranda Warburton received her Ph.D. in Anthropology from Washington State University in 1985, and worked for the Navajo Nation as an anthropologist until Fall, 2002. At the same time, she was also studying the traditional internal Chinese Martial Arts of Hsing-I Chuan, Bagua Zhang, Tai Chi Chuan, and Liu Ha Ba Fa. She owns and operates Rising Dragon Kung Fu in Flagstaff, AZ, specializing in those arts. Traditional Chinese Medicine is an integral component of any comprehensive internal martial arts practice and thus Miranda began to focus on this aspect and in 2002, decided to go into therapeutic bodywork full time. She offers treatments in Traditional Chinese Medicine (TuiNa), CranioSacral Therapy, and a variety of other bodywork modalities. At NAMTI she teaches Thai Massage, TuiNa, TCM theory and CranioSacral Therapy.



Lyn Dilbeck: P.A. (Physicians Assistant)



Lyn is a native of Santa Maria, CA and attended Stanford Medical School to obtain a degree as a licensed physicians assistant where he graduated from in 1984. Lyn's well rounded background includes 20 years of studying Tai Chi and Qi Gong, and he has been teaching in Sedona and the Verde Valley for the past seven years. At NAMTI Lyn's classes help students explore and nurture the internal energies that can profoundly deepen one's work as a practitioner of therapeutic massage and bodywork. Lyn's teachings also prepare students for ongoing future studies of the internal martial arts and life and career long practices to continually grow!

Alma Bocanegra: CMT, EMT, CNA



Graduating as an EMT and CNA from Southtech Institute in Florida, Alma has learned much about the body and medical aspects of healing, which led her to learn a holistic approach through bodywork, as well as many different types of holistic healing modalities. She has maintained her own practice for 9 years as well as working in some of the well known spas in Northern Arizona. At NAMTI Alma teaches the HydroTherapy Applications and SoulStones courses. Alma is also our Registrar at NAMTI.

Jeff Shipper: NASM_CPT, LMT

Jeff's background in the healing arts spans over twenty years. From martial arts to bio-energetic integration, he has studied with some of the most innovative minds in the fields of mind/body science. In 2001, Jeff graduated from the Southwest Institute of Healing Arts in Tempe, AZ. He is a certified personal trainer through the National Academy of Sports Medicine in Calabasas, California. An internationally published writer, Jeff's articles have appeared in such journals as *Massage World* in London and the *Arizona Networking News*. An avid student, Jeff is currently pursuing his Bachelor of Science degree in Exercise Science from Northern Arizona University in Flagstaff and works as a fitness consultant and massage therapist at Mii Amo Spa at Enchantment Resort in Sedona, Arizona. This deep and varied background creates a rich and accessible learning environment for Jeff's students. His classes include Anatomy and Physiology, Pathology, Sports Massage, Advanced Sports Massage and Deep Tissue Therapy.



Renee Stucklen: B.A., LMT, Certified Reflexologist



Renee Stucklen received her Bachelors of Arts degree in Psychology and Sociology from Beloit College in 1999. Renee has dedicated experience working with adults with developmental disabilities for over 5 years, and found that she wanted to find a way to integrate holistic healing into these communities. Renee is a graduate of the Massage Practitioner's Program at NAMTI. Currently she maintains a private practice specializing in Thai Massage, Shiatsu, and Reflexology. At NAMTI, Renee is our Programs Coordinator and teaches Traditional Thai Massage.

Susan Stratton: ND Naturopathic Physician



Dr. Susan Stratton is a licensed naturopathic physician and lives with her sweet family in Sedona, Arizona. After seven years of clinical practice, Dr. Stratton has embarked upon sabbatical, working as a consulting physician for Herbal Vitality, Inc., researching and teaching. Susan earned her B.S. from Willamette University in Salem, Oregon in 1991. She graduated with a Doctorate of Naturopathic Medicine from Bastyr University in Kenmore, Washington in 1998, where she received honors in counseling and also completed a post-doctorate clinical residency. Susan's continuing education emphasis is in women's health, endocrinology, pharmacology, and botanical medicine. Dr. Stratton continues to explore integration of mind-body-spirit and connection with nature and divine as fundamental aspects of health and medicine. Susan is excited to join us here at NAMTI as our Pathology instructor.

Sean Orlando: B.A., M.L.S.

Sean has enjoyed Northern Arizona for over 12 years living in Flagstaff. During this time he has received both a Bachelors and Masters degree from Northern Arizona University (NAU). Sean's graduate studies at NAU have included doctoral level studies in Anatomy and Physiology and manual medicine. Sean has also received advanced training in Internal Boxing and Traditional Chinese Medicine studying for the past seven years with the North American Tang Shou Tao Association (NATSTA). Sean is currently a NATSTA Instructor and teaches Hsing-I Chuan, Ba Gua Zhang, and Tai Chi Chuan under his teacher, Miranda Warburton, in Flagstaff. His studies with NATSTA have allowed Sean to study other healing modalities that have included Craniosacral Therapy and Traditional Thai Massage. In 2003, Sean traveled to Thai Land to receive his teaching certificate in Thai Massage. Sean is also the co-founder and president of the Indigo Movement, Inc., which is a Flagstaff-based non-profit organization that focuses on violence and delinquency prevention for local children and youth. Sean is an adjunct faculty at NAMTI.



Nancy M. Turcich: NTS, RPP, CPE



Nancy has been a Natural Therapeutic Specialist (NTS) since 1986, graduating from the New Mexico School of Natural Therapeutics where she obtained 1000 hours of training. She is a Registered Polarity Practitioner (RPP) as well as a Certified Polarity Educator (CPE). Her desire to teach Polarity Therapy and healing methods to clients infected with HIV/AIDS led her to a staff position with the SouthWest School of Massage

from 1998 -2003. There she created programs and instructed students in Polarity Therapy and HIV/AIDS. In the spring 2002 issue of the AMTA Massage Therapy Journal magazine, her article "Patterns and Holistic Therapy?" was published. Nancy maintains residency in Prescott Arizona where she educates and administers Natural Massage Therapy to her clientele. She also continues to practice in Chicago Illinois, where she originated. She maintains professional affiliations with the American Massage Therapy Association (AMTA) and the American Polarity Therapy Association (APTA). At NAMTI Nancy teaches Polarity Therapy.

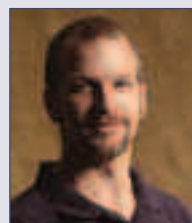
Thomas Brennan: MA, MT



Thomas Brennan took his first massage training in Cambridge, Massachusetts in 1972, and received his certification in Polarity Therapy as well as other certifications including Reiki, and Reflexology. In addition he has developed several techniques of his own. Thomas has trained as a rebirther and has also studied the Hakomi system of body-centered psychotherapy. Thomas has studied at The Phoenix Institute of Herbal Medicine and Acupuncture, solidifying an excellent knowledge of the channel and point system used in Traditional Chinese Medicine. Thomas received his Master of Education degree in counseling from Cambridge College in Cambridge, Massachusetts in 1984. Prior to that he also completed a rigorous one year master's level training program in counseling and a three month intensive training in the uses of imagery and visualization in counseling at The Interface Institute in Newton, Massachusetts. At NAMTI Thomas teaches Reflexology and Shiatsu classes.

Geoffrey Bishop: LMT, NCBTMB

Geoffrey graduated from East-West College of Healing Arts in Portland, OR. He maintains a private practice in Flagstaff Arizona working with athletic teams from around the world via his staff position at the High Altitude Sports Training Complex @ NAU. As part of the wellness program in Flagstaff businesses, he teaches workshops in prevention and maintenance of injury to local groups. Geoffrey's energetic teaching style makes his classes fun, thought provoking and extremely valuable. He teaches Deep Tissue Theory and Manipulation, and Soft Tissue Manipulation for the Breathing Apparatus at NAMTI, and is integral to our Advanced Sports Massage Training.



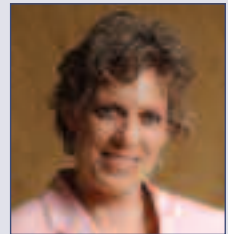
Tala Lindaro: L.Ac.



With a degree in microbiology/chemistry Tala spent many years in western laboratory medicine. Loving the technical challenges but missing the deep human connection she was drawn to eastern ideas of healing. She completed her Masters in Five-Element Acupuncture at the Traditional Acupuncture Institute in Columbia MD in 1983. She continues to study, deepening into the five-element tradition, as well as embracing other valuable approaches. As an elder having practiced for over 20 years, raised five children, survived and recovered from a disabling illness, she incorporates both wisdom and knowledge in her work. She is a respected teacher; a professor at "Five Branches Institute" in Santa Cruz California, for 10 years. In her teaching approach, she guides students towards energetic, emotional, and mental self discovery; assisting them in developing a deeper more personal relationship to the movement of energy and how to recognize patterns in the individual expression and structure of the body. As a student of cross-cultural healing modalities Tala brings to her practice and teaching a diverse approach that honors both the mystery and miracle of life. At NAMTI Tala teaches Shiatsu and a variety of advanced elective and continuing education courses.

Judy Stahl Boyer: MA, LMT

Judy has been a hands-on health care professional for nearly three decades. She is a life long student of massage and bodywork as well as an expert massage therapist. She has provided therapy for many thousands of people from newborns through hospice, as well as Olympic athletes from around the world at both Salt Lake 2002 and Athens 2004. Judy earned a Masters Degree in Counseling Psychology focused on the role of touch therapies in enhancing psychotherapeutic outcomes. She played a primary role in the legislative efforts which brought about licensure in the State of Arizona and she is currently the Chair of the Arizona State Board of Massage Therapy. She is also actively involved with the profession as a Member-at-Large for the American Massage Therapy Association. She is most proud of her son, Joey, and her daughter, Sylvia. Judy is excited to offer her skills and experience to the students of NAMTI in hopes of helping them find fulfillment both in their personal and professional journeys.



Anne Emerson: CMT



Anne began her career as a health care practitioner in 1977, studying Shiatsu, Reiki, Anatomy and Physiology, Tai Chi, Yoga, and personal counseling techniques for herself and others. Anne's passion for bodywork has taken her around the world as a student, teacher, and facilitator. Anne expanded her focus as a healer into the realm of art and video, and concurrently spent the last 15 years developing a system of Divination that includes a set of images, written material, fragrances and a DVD. Anne has taught Shiatsu and massage, fragrance and essence making, Art as a Tool for Transformation, and facilitated groups across the United States and the United Kingdom since 1988. Anne has founded and co-founded five companies focusing on health, healing and transformation of the human spirit. At NAMTI, Anne teaches traditional Namikoshi style Shiatsu.

Karen "Lee" Morrisette: M.D., LMT

Lee is a native of West Virginia where she graduated from West Virginia Wesleyan College and the West Virginia University School of Medicine. She also holds a Masters in Public Health from Johns Hopkins University and is Board Certified in both General Preventive Medicine and Aerospace Medicine. After eleven years on active duty with the military in various parts of the world, Lee left to pursue her own private wellness practice concentrating on a more holistic approach to healthcare. In 2001, she graduated from the American Academy of Healing Arts as a massage therapist and soon after became an Anatomy and Physiology instructor there. Having moved to Sedona, Arizona in 2005, Lee continues to practice both traditional medicine and massage therapy. At NAMTI Lee brings extraordinary experience and insight to the Pathology courses.



Mark W. Peebler:



Mark has been an entrepreneur since his mid-20's specializing in Integrated Marketing Communications based out of Sedona, AZ. Mark has consulted hundreds of business owners, from entrepreneurial start-ups to established companies looking to expand their opportunities. His sales and marketing background, combined with his manifesting skills and techniques have served the highest good of many over the years. Mark passionately presents the Business Skills and Development courses at NAMTI in both the Sedona and Prescott campuses. Included in this course at NAMTI, Mark presents Dream the Biggest DREAM™ that he teaches all over the world. Mark generously lends his perspective on what has worked for him and what he knows can work for those with whom he has the opportunity to connect. He enjoys helping our graduates integrate established entrepreneurial skills that serve to insure our graduates' success.