

BEYOND TODAY CO.
11223 N. 28th Drive Suite F101
Phoenix, Arizona 85029



Continuing Education for Licensed Massage Therapists

January — June 2017

NCBTMB Provider# 451870





www.beyond2day.com/event-calendar

(602) 374-4926

beyond2dayceu@gmail.com

11223 N. 28th Drive Suite F101

Phoenix, Arizona 85029



www.beyond2day.com/event-calendar

(602) 374-4926

beyond2dayceu@gmail.com

11223 N. 28th Drive Suite F101

Phoenix, Arizona 85029

Notice: Information provided through Beyond Today Co. courses, workshops, consultations, website and other written and verbal communication is for educational purposes only and is intended to complement, not replace medical treatment. This information is not a substitute for medical advice and we are not *diagnosing* or treating specific health challenges. Please do not delay consultation with an appropriate health care provider for a potentially serious physical, mental or emotional symptom or condition.

What to bring to class:

For lecture classes, we ask that you dress modestly, yet comfortably. Bring pen, paper, water bottle, a great attitude and a smile.

For hands-on bodywork classes, we ask that you dress modestly, yet comfortably. Bring your massage table (if you have one– if not, do not worry we will have one.), sheets, lotion or oil, pen, paper, a great attitude and a smile.

We highly recommend that you bring a nutritious snack or food to eat to help keep your energy levels up for class.

We look forward to meeting you and helping you reach your professional goals!

If you have questions, please contact us!

(602) 375-4926

beyond2dayCEU@gmail.com



Beyond Today, Co.

Continuing Education

was created with YOU in mind!

We understand how important it is to remain on the cutting edge of technology within your field, with the ability to offer your clients what they are looking for in a great therapeutic session. We also understand how expensive yet necessary continuing education is for maintaining your licensure. That is why we strive to offer affordable, interesting, and dynamic courses for all your Massage Therapy Continuing Education needs.

This catalog lists courses, and available class dates. For specific class times and to register for your class, go to:

www.beyond2day.com/event-calendar

AROMATHERAPY

AR101 Basic Aromatherapy 3 CEU

Basic Aromatherapy provides insights into the history of aromatherapy, safety of essential oil use, how to store oils, commonly used oils, and why they are useful. A great class for anyone interested in using essential oils in their practice.

Investment: \$45 Dates: Jan 19, Feb 16, Mar 19, Apr 20, May 21, Jun 25

BUSINESS AND MARKETING

BM101 Management Training: Interviewing 4 CEU

Learn techniques that can be used in interviews to help determine the best candidate for your business. Body reading, question tracks, and how to evaluate individuals during a bodywork practical interview.

Investment: \$60 Dates: Mar 1, Mar 2, Apr 5, Apr 6, May 3, May 4, Jun 7, Jun 8

BM102 Move Your Business Forward 2 CEU

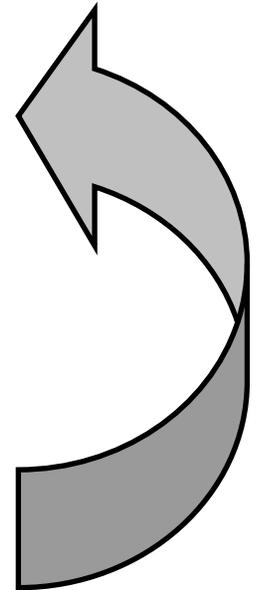
Whether you are a new LMT, or if you've been in business for a while and are just feeling stuck, this class is for you. Learn tips, techniques, and tools from therapists who have been in your shoes. Create SMART goals.

Investment: \$30 Dates: Mar 9, Apr 13, May 11, Jun 15

BM103 Marketing 101 2 CEU

The basics of Marketing. What it takes to be seen and successful. Identify target demographics. Create an image that sells. Ethics of Marketing. Create a plan that works. Learn techniques and ideas to boost your business.

Investment: \$30 Dates: Mar 9, Apr 13, May 11, Jun 15



To Register:

**Look for this logo
on our website**

www.beyond2day.com/event-calendar

Or Call: (602) 374-4926

Questions: beyond2dayCEU@gmail.com

*Course Dates Subject to Change
Based on Minimum Enrollment Required.*

***Watch for these Classes
to be added to our schedule soon!***

Aromatherapy

Basic Aromatherapy for Massage Therapy

Basic Aromatherapy for Chakra Balancing

Business and Marketing

The Ethics of Touch Therapies

Movement and Exercise Therapy

Stretching and Massage for Releasing Fibrotic Tissue

Non-NCBTMB Proprietary Certification

Elastic Tape III

Elastic Tape: Teacher

Self Care

Stress Management

The Power of Guided Visualization

Energy Work

Reiki I: Transformational

Reiki II: Transformational

Contact Beyond2dayCEU@gmail.com
to be added to our wait lists!

BM104 Social Media

2 CEU

How to effectively use social media to boost your business, and keep in contact with clients. Learn about pitfalls in social media marketing. How to use your time effectively, and reach the most clients.

Investment: \$30 Dates: Mar 9, Apr 13, May 11, Jun 15

SELF CARE

SC101 Stress Management

4 CEU

Good stress management skills are vital in protecting yourself from the challenges unique to LMTs. Learn techniques to help dissipate physical stress, clear your mind, and focus on your clients.

Investment: \$60 Dates: Mar 5

SC102 Meditation and the Releasing Energy

4 CEU

Techniques to help better manage challenges unique to LMTs. Learn to give guidance in specific meditations designed to help you release energies that build up over time. Experience techniques to prepare yourself for sessions.

Investment: \$60 Dates: April 2.

Also available in conjunction with EW103 on Jan 21 or Apr 1

SC103 Clearing the Chakras w/Visualization

4 CEU

Visualization is a powerful tool. Learn how you can clear your chakras through a variety of visualization exercises. Great to use with clients.

Investment: \$60 Dates: In conjunction with EW101 on Feb 5 or Apr 29

SC104 The Power of Guided Visualization 4 CEU

Take a Journey where you learn how taking care of yourself can supercharge your business, health, and life. Utilizing specific visualizations that incorporate cleansing and clearing imagery, you can create powerful tools to better care for yourself.

Investment: \$60 Dates: Feb 5

ENERGY WORK AND SELF CARE

EW101SC103 Chakras, 7 year cycle 6 CEU

Explore chakras, how the 7 year cycle works, and how the chakra system impacts organs. Experience Chakra clearing and visualization exercises.

Investment: \$80 Dates: Feb 5, Apr 29

EW103SC102 Color Therapy and Meditation 6 CEU

Learn about color — where it comes from, the vibration of it, and how to use it with energy work. Experience Meditations and learn about releasing energy.

Investment: \$80 Dates: Jan 21, Apr 1

EW101 Intro to Chakras 2 CEU

What is a chakra? Where are they located? What's so special about chakras and how do they impact bodywork sessions? Everything you wanted to know about chakras and how to support each special energy center.

Investment: \$30 Dates: Jan 12, Mar 23, Jun 21, Jun 22.
Also available in conjunction with SC103 Feb 5 or Apr 29

MOVEMENT AND EXERCISE

ME101 Stretching: Upper Extremity 7 CEU

Learn stretching benefits, obstacles, explore several different schools of thought as it pertains to stretch. Anatomy refresher. Demonstrate, and experience safe stretching methods. Hands-on class to add upper body stretching techniques.

Investment: \$105 Dates: Jan 30, Apr 8

ME102 Stretching: Lower 7 CEU

Learn the benefits, obstacles, and explore several different schools of thought as it pertains to stretching. Anatomy refresher. Demonstrate and experience how to stretch safely. Hands-on class to add lower body stretching tools.

Investment: \$105 Dates: Feb 18, Mar 6, May 13, Jun 17

ELASTI- TAPING

ET101 Elasti Tape 1 7 CEU

Gain awareness into how Elastic Taping can impact and expedite the body's natural healing processes while providing support and stability to muscles and joints without hampering the body's range of motion. Hands-on bodywork class.

Investment: \$145 Dates: Feb 12, May 6

ET102 Elasti Tape 2 7 CEU

Expand on the techniques learned in Elastic Tape: Level 1. Learn to apply elastic tape in multifaceted situations, the therapeutic stage understanding swelling and bruising. Understand how to work with basic injuries, cancer patients, and animals.

Investment: \$145 Dates: Mar 11, May 7

TM105 Myo: Hip 8 CEU

Learn hands-on techniques to aid in decreasing pain and tension caused by daily activities. Identify common postural situations that create hip dysfunction. Use trigger point and myotherapy to work the hip to decrease pain and increase range of motion.

Investment: \$120 Dates: Jan 22, Jun 6 & 13

TM106 Myo: Lower body, Knee, Ankle 18 CEU

Take a detailed look at the lower body, knee, and ankle. Learn hands-on myotherapy techniques to decrease pain and increase range of motion. Identify common pathologies with the lower body, and how to work with clients to heal. Three day class.

Investment: \$270 Dates: Apr 11, 18, 25 (3 day course)

TM107 Lymphatic Massage 14 CEU

An introduction to lymphatics, how the immune system works, and the role it plays in our overall health and well-being. Learn hands-on manual lymphatic drainage massage techniques to boost our primary defense system.

Investment: \$210 Dates: Mar 20-21 (2 day course)

CRANIOSACRAL

CR101 Craniosacral 14 CEU

A whole-person approach to healing and the inter-connections of mind, body, and spirit. Learn to listen through your hands to the body's subtle rhythms and patterns of congestion. Develop subtle palpatory skills to read the story of the body.

Investment: \$210 Dates: Feb 3, 10, 17, 24, Mar 3 (5 night course)

EW102 Energy Anatomy & Healing Basics 7 CEU

Discover how to prepare for Energy Healing. Determine energy flow, and how to correct that flow if needed. Learn how to perform Chakra balancing. This hands-on training is great for individuals wanting to begin the exciting path of energy work.

Investment: \$105 Dates: Apr 2

EW103 Color as Vibrational Healing 2 CEU

Learn how colors impact our physical and energetic bodies, where color comes from, and the vibration of colors. Experience how color can be used within treatment sessions, or as a stand-alone session to bring greater healing to clients.

Investment: \$30 Dates: In conjunction with SC104 on Jan 21 or Apr 1

EW104 Reiki I 7 CEU

Students receive First Degree attunements and learn to use energy healing with a tremendous ability to balance the chakras, remove negative energy, relieve stress, and heal the body in general. Build skills to use Reiki as an integrative therapy.

Investment: \$125 Dates: Jan 28, Mar 25

EW105 Reiki II 7 CEU

First degree Reiki energy is enhanced and amplified. Reiki II builds on Reiki I as a safe, gentle healing practice that provides rapid stress reduction and a sense of well-being to recipients. Additional information, attunements, and symbols are imparted.

Investment: \$125 Dates: Jan 29, Mar 26

EW106 Reiki III/Master

7 CEU

Participants receive two attunements and the sacred Usui master symbol associated with the spiritual body. Connect with the Divine. Integrate all Reiki symbols to further intensify the healing process. Gain confidence to realize the full power of Reiki.

Investment: \$150 Dates: Feb 26, Apr 30

EW107 Reiki Teacher

7 CEU

Open to Reiki Masters who have a desire to share Reiki and teach to others. LRMT abide by high standards to provide quality Reiki training that supports the philosophy and purpose of Beyond Today Co. Must be available to co-teach.

Investment: \$150 Dates: May 20

HEALTH CARE MASSAGE

HC101 Infant Massage

8 CEU

Touch is one of the most important gifts you can give a new tiny human. In this class, learn how to effectively give an infant massage, as well as how to share with parents the benefits and techniques for them to use on their child at home.

Investment: \$120 Dates: Apr 3

My Wish List: _____

THERAPEUTIC MASSAGE

TM101 East Indian Head Massage

4 CEU

Learn how to release the buildup of tension in the energy centers of the head and neck. Utilize East Indian techniques and specially formulated oils. Release blockages with firm, specific pressure points and gentle rhythmic movements.

Investment: \$60 Dates: Feb 19, Mar 30, May 18

TM102 Neck Release

4 CEU

Integrating modalities and techniques to add into therapy sessions, creating additional movement for clients. Learn how specific trigger points, stretches, and positional movements help to release and relax the neck muscles in this hands-on bodywork class.

Investment: \$60 Dates: Jan 25, Feb 22, Mar 16 , May 23, Jun 25

TM103 Myo: Back and Neck

16 CEU

Use a variety of techniques to aid in decreasing the pain and tension caused by daily activities. Use myotherapy and trigger point referral zones to identify and work stressed areas of the body, in this two-day, hands-on bodywork class.

Investment: \$240 Dates: Feb 6 & 7, Jun 3 & 10 (2 day course)

TM104 Myo: Shoulder

8 CEU

Incorporate a variety of techniques to aid in decreasing shoulder pain and tension caused by daily activities. Identify specific muscles in the shoulder girdle. Use myotherapy and trigger point to create better range of motion. Hands-on bodywork class.

Investment: \$120 Dates: Mar 13, Apr 17 AND 24 (2 nights), Jun 26