



Synergy Healing Arts Center and Massage School, Inc.

Instructor: Shoshanna Di Betta CMT

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Hot Stone Massage

Hot Stone Training is designed to educate licensed body workers in the procedure of using stones effectively with massage therapy and energy work. This technique can be easily incorporated into one's own practice with benefit to both therapist and clients. The topics covered will provide you with a detailed introduction to the use of Stones in your massage practice.

- Stone Thermotherapy
- Indications and Contraindications
- Benefits and Physiological Responses
- Full –Body Stone Placements and Sequence
- Contrast Therapy: Hot and Cold Stones
- Supplies and Set-up
- Care of Your Stones



Saturday & Sunday September 18, 19, 2010 from 9-6 pm at
Synergy Healing Arts Center and Massage School, Inc.

13593 Monterey Lane, Blue Ridge Summit, PA

For directions please visit our web site at www.synergymassage.edu

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