**BodySaver Method:**

If you take no other continuing education in your massage career, this is the course to enroll in. The BodySaver Method™ is the foundation for a successful massage practice. It will extend the life of your career, allow you to serve more clients, protect you from strain and injury, and enhance every other modality that you practice.

As a massage therapist, you are your most precious resource. The BodySaver Method™ allows you to care for, extend, and maximize that resource, making you the best practitioner you can possibly be.

In this course, you’ll learn to apply the Principles of Longevity—the philosophy and practices that will keep you delivering your best massages longer, seeing more clients, and ultimately allowing you to remain in the career you love without burnout or injuries. These Principles include important concepts such as postures that will allow you to remain seated while giving a massage, and movements that utilize your body weight and momentum to their full potential.

You’ll also learn to protect the areas of your body that were not designed to take repeated pressure—such as your thumbs, palms, and lower back—by using your Power Tools, such as the forearms, knuckles, fists, and knees. It’s about using the tools of your body the way they were designed to be used. When you apply the BodySaver Method™, you’re adapting your massage practice to work with you, and support you.

After taking this course, you’ll be able to offer a one hour massage, at any pressure, without using your thumbs. You’ll know how to apply the Principles of Longevity to build a successful, lasting career. You’ll also know how to combine the BodySaver Method™ with your other modalities, making them safer, more effective, and more fun!

The BodySaver Method™ course is also a great way to meet your continuing education requirements. The course is certified for CEUs with the following organizations:

- National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) 16 CEUs
- College of Massage Therapists of Ontario (CMTO) 8 CEUs
- Florida State Massage Therapy Association (FSMTA) 16 CEUs

**Cost:** $299 with a workbook fee of $35.00 (to be paid to instructor in class)

**CE’s:** 16