

Bodywork Autonomics Continuing Education Retreat Launched By Costa Rica School of Massage Therapy

August 20, 2018

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Costa Rica School of Massage Therapy (CRSMT), based in Playa Samara, Costa Rica, is proud to announce that they are launching a new continuing education course for massage therapists. This course will be provided at a very relaxed pace, which will enable participants to also have plenty of time to explore the surrounding beach and jungle outside of class time. Those interested can now indicate their intent to join the bodywork autonomics continuing education retreat at https://crsmt.com/bodywork-autonomics-continuing-education-course/.

Matthew Howe from the CRSMT says: "This is an amazing opportunity to treat yourself while you dive into a 5-day program of self discovery, learning, treating, and being treated. Each day's lecture and hands-on builds on the day before. The last class will be spent in the warm embrace of the Pacific Ocean as we engage the fluid dynamic."

The course will also include a lot of opportunities for participants to converse with each other and learn from each other, while focusing on the tissues of the body. The focus of the course is the Touch Education philosophy and students will be introduced to a number of its axioms and learn how to apply the philosophies

in their work. Matthew Howe continues: "The course will blend advanced theory and hands-on techniques in therapeutic deep tissue massage and CranioSacral therapy that have been developed by Matthew through his organization Touch Education over the last 15 years. Classroom sessions will be 5 hours a day, allowing time in the tropical ecosystem in and out of class each day."

As the retreat will last for a full five days, CRSMT would be able to include a wide variety of topics within the course. These include the first and second axioms of Touch Education, specifically: Tools for Effective Deep Tissue and an Introduction to Sacrology. The course will also include fascial techniques, the symphony of awareness, listening skills and how to therapeutically apply the CranioSacral rhythm, focusing on both mid and long tides.

Matthew Howe continues: "I am personally also very excited about the third axiom, which includes important skills to calm the nervous system. But the most exciting part has to be the fluid dynamic, where we will treat and support each other while being in the ocean."

Costa Rica School of Massage Therapy points out that the course will be of tremendous benefit to new and experienced therapists alike. They will learn more about the connections between content and application, and they can use this in a range of everyday issues, including PTSD and trauma work, sports massage, deep tissue massage, and bodywork. The course will include 25 hours of NCBTMB and CE broker-approved continuing education credits. Participants have to be qualified massage therapists, yoga therapists, or other bodywork professionals.

The course will be delivered by Matthew Howe, who specializes in Touch Education, as shown on https://www.toucheducation.com/. He graduated from the Central Florida School of Massage Therapy in 2000 and has been an active member of the bodywork and massage field since then. Indeed, he has now logged in an excess of 20,000 hours of massage in private practices, chiropractic clinics, and spas.

Touch Education is based on an axiomatic approach, which Howe has been able to break down so as to better explain the different complexities. In his course, he will demonstrate to participants how they can facilitate change in physiology and pathology, leading to wellness. To achieve this, he uses both dynamic and mechanical CranioSacral Therapy, an increasingly popular form of massage therapy.

Matthew Howe is a very popular massage professional who loves to connect with others and share his knowledge. As a Cincinnati native who now lives in Orlando, he is highly familiar with the human need to be diverse and flexible. Together with his wife and children, he aims to follow the saying of Aristotle: "Those who know, do. Those that understand, teach."

"I know that no single approach or modality is the right one for every client," explains Matthew himself. "That

is why my practice and classes are engineered to be integrative in nature. Each client and student has a story to tell and the ability to reach the goals they set. My job is to foster an ecosystem that promotes change."

The course is now open for booking. Places are limited so people are encouraged to book as soon as possible.

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For more information about Costa Rica School Of Massage Therapy, contact the company here:Costa Rica School Of Massage TherapyTammy McGee1-800-770-9893 ext 1info@crsmt.comCostado norte de la plaza de deportesSamara, Nicoya 50205, GTECosta Rica

Costa Rica School Of Massage Therapy

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Website: http://www.crsmt.com

Email: info@crsmt.com

Phone: 1-800-770-9893 ext 1

