

Costa Rica School Of Massage Therapy Offers Massage Ceu Course

March 25, 2019

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The Costa Rica School of Massage Therapy held their first deep massage course in November of 2018, taught by guest teacher and expert massage therapist David Lauterstein. The course was attended by current massage therapy students as well as alumni, and was a huge success. Due to the amount of positive feedback the massage therapy school received regarding the course, they are excited to announce that Lauterstein will be returning to Costa Rica to teach the same course on May 19-24, 2019.

This particular program is a great opportunity for massage therapists of any age or skill level, as it offers those who are in attendance the continuing education credits that they need in order to renew their massage therapy license. Those who finish the course will receive 30 National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) approved education credits.

One of the most important aspects of this week long course offered by the Costa Rica School of Massage Therapy is the man who teaches it. David Lauterstein, an expert in deep massage therapy, has traveled all over the United States and England since 1982, teaching both massage therapy students and currently practicing massage therapists. A highly respected educator in massage therapy, Lauterstein earned a place

in the Massage Therapy Hall of Fame in 2011 and was awarded Teacher of the Year by both the American Massage Therapy Association in 2013 as well as the Alliance for Massage Therapy Education the following year. What makes the courses he teaches so desirable isn?t the amount of awards he has received over the course of his career, however. It?s the methodology that he shares with his students.

The Lauterstein Method is Lauterstein?s specialty. Developed at the Chicago School of Massage Therapy in 1983 by David Lauterstein himself, the method quickly became wildly popular, and he has been travelling to educate massage therapists around the world about it since its initial development. The Lauterstein Method is so beloved in the massage therapy world because it draws techniques from other, very successful, massage approaches. With roots in techniques such as Rolfing, Myofasical Release, Cranio-sacral therapy, and Zero Balancing, the Lauterstein Method allows clients to achieve full body wellness, as well as benefit from this type of massage almost instantly. Those interested may visit https://youtu.be/YdjPmNKBRvs to learn more about the Lauterstein Method.

Students who take Lauterstein?s week long course will benefit from learning about the 25 powerful soft tissue points in the back, shoulders, neck, cranium, pelvis, legs, front torso, and arms to relieve pain, tightness, and tension. Along with the Lauterstein Method?s many fulcrum points all around the body, students will also go in depth into the basic theories and skills of deep massage.

An integral part of understanding Lauterstein?s method is taking part in the demonstrations and in-depth discussions that he hosts with his students. These discussions and demonstrations help students fully understand deep massage therapy as well as other related topics and techniques such as Zero Balancing, the integrated structure-energy model, how to create soft tissue fulcrums, the working signs of mind and body healing, and the skeletal and energetic side of the musculoskeletal system.

Although students will have to pay for the cost of the class, as well as their own travel fare, the Costa Rica School of Massage Therapy will provide accommodations for those who attend the deep massage course with Lauterstein. The bungalows provided by the school are located in Playa Samara, conveniently situated near the school?s campus, as well as the famous Costa Rican beach. With options of either two or three bedrooms, a full kitchen, bathroom, living room, a private swimming pool, and WiFi, the students who attend Lauterstein?s workshop will be able to greatly expand their knowledge of deep massage methods, meet a pioneer in massage therapy, and enjoy all the beauty that Costa Rica has to offer.

Those who wish to learn more about the itinerary of the week long course offered by the Costa Rica School of Massage Therapy may visit their main website at https://crsmt.com/deep-massage-lauterstein-method/. The massage school, which is based in Playa Samara, offers many retreats. It hosts education courses for practicing massage therapists who need to renew their license as well as short-term courses for massage therapy students and alumni looking to expand their skills.

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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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