

Marching in to Spring

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dede dancing, LMT

There's marching going on in much of our world right now, and regardless of where we stand on issues, our hearts can open with compassion to those who feel so strongly about their freedoms and livelihoods they must take it to the streets. I hope as spring moves in with her promise of abundance and warmth we will see those who are unaccustomed to communication and compromise open to one another—reflecting that warmth and generosity.

Since I know many of our readers are bodyworkers, I wanted to talk here a bit about a very exciting project I've been working on. You who are not bodyworkers are invited as well :)

Massage Therapists and other health care professionals must spend a certain amount of time every year updating our skills and education in order to maintain our credentials. Three years ago I attended a "Seminar at Sea" organized by James Waslaski, an excellent manual therapist, teacher and author. He and Aaron Mattes—founder of the Active isolated Stretching (AIS) form of bodywork—taught me (and others) excellent skills, on a cruise ship in the Caribbean. I came home a much better therapist.

One year from now—March 10th, 2012—will see nearly 2 years of dreams and efforts become reality as I set sail on a seven night cruise in the Eastern Caribbean with fellow bodyworkers, friends, and some of the best teachers of manual therapies in the world. I'm organizing this one, and hoping many of my colleagues here in the Midwest will join me—leaving our winter blues behind.

Up to 21 Continuing Education Units (CEUs) will be available for massage therapists. Other manual therapists and nurses should be able to fulfill some of their requirements too. Two teachers have committed to this project so far:

Ben Benjamin, PhD—founder of the Muscular Therapy institute in Cambridge, MA—has agreed to teach a 3 day series for us. In sports medicine and muscular therapy since 1963, Dr. Benjamin studied with the man widely recognized as the "Father of Orthopedic Medicine"—James Cyriax M.D. You can read more about Dr. Benjamin at benbenjamin.com.

Kate Potter—Designer of the Namaste Yoga Series on Fit TV and internationally respected teacher/bodyworker—will teach 3 days of "yoga massage" as well as offering a morning workout for all our group who want to join us (people registered for CEUs and those who aren't).

Another year of anticipation and hard work, culminating in a week in the Caribbean at the end of winter. Fun. Hope you'll join us! Get more information from Becky at the office or <http://dededancing.com/cruise.shtml>