

HeartMind Shiatsu

bodywork training for your entire being

with Matthew Sweigart, CI

at Body Balance of Northern California
151 Mill Street, Grass Valley, California



- Effortless floor-based Asian bodywork techniques and principles
- HeartMind integration of body mind spirit into movement and touch contact
 - Tai Chi/Qigong to maintain core vitality and increase longevity
- Wisdom Tradition Teachings and Classical Chinese Meridian Theory

Join Matthew Sweigart, CI, Shih Fu Eileen Wheeler and selected faculty for this exciting training in floor-based Asian bodywork therapy. Come learn the art of effortless movement and healing touch from your core, while working with your client fully clothed on the floor. **HeartMind Bodywork** will help you cultivate your own healthy, holistic lifestyle with Tai Chi, Qigong, Yoga, Meditation, Taoist, Buddhist and Nature based spiritual philosophy. And it will give you the powerful tool of HeartMind Shiatsu healing touch therapy to help others do the same.

2008-2009 Training Schedule

Fall 2008: ***HeartMind, Beginner's Mind
Bodywork Experience***

- 5 weeks: Oct 7 thru Nov 6, 2008
Tuesday/Thursday 9am-2pm
Registration Deadline: 9/30, 2008

- 2 weeks: Dec 1 -12, 2008
Monday through Friday, 9am to 2pm
Registration Deadline: 11/17, 2008

Winter 2009: ***HeartMind Shiatsu
280 hour Training***

Jan 19 through Mar 27, 2009

Monday through Friday, 9am to 2pm

Wednesdays, 3:00-5:30pm

Application Deadline: December 15th

• **HeartMind, Beginner's Mind** is a lively 51 hour introduction to the movement, meditation and healing touch practices of HeartMind Bodywork perfect for those new to the world of Asian bodywork, or those simply seeking a refresh-er. It is appropriate for professionals and lay people alike, to get a flavor of HeartMind Shiatsu and the classical Chinese meridian system. All interested persons are encouraged to enroll, with registration on a first-come first serve basis.

• **HeartMind Shiatsu, 280 hour Training** satisfies national standards for modality training in Asian Bodywork Therapy as set forth by the American Organization for Bodywork Therapies of Asia (AOBTA). Successful completion of the program grants the student a nationally recognized Certificate in HeartMind Shiatsu, building the foundation for a career in Asian Bodywork Therapy. The training is appropriate for entry-level practitioners, as well as therapists and bodyworkers who wish to diversify their practice and add leading edge floor-based bodywork to their practice.

HeartMind Bodywork is a private post-secondary vocational program in the State of California, nationally certified through the American Organization for Bodywork Therapies of Asia. For further information and a complete course catalog, please inquire.

HeartMind Bodywork

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