



The Wellington School of Massage Therapy

has been providing courses in Massage and other modalities since 1995 with a modular programme that provides training mainly outside of normal working hours. With an extensive selection of training options students travel from all over NZ to train at WSMT at our central Wellington location.

We offer a wide range of different training options, most of which have recognition and registration in their own right with both National and International Professional bodies, and all of which can work really successfully alongside Massage approaches.

If you're really interested in providing the absolute best treatment strategies for your clients in ways that are more likely to help completely resolve their pain & dysfunction issues – then come and join us in learning some of the most powerful systems of natural Healing you'll ever encounter, including:

Certificate in Clinical NeuroMuscular Therapy

If you want to take your Massage skills to a whole new level, then the inspiration, excitement, clinical reasoning, and above all, incredibly comprehensive Treatment approaches for the entire body you'll get in this training will have you clamouring for more. With Internationally Certified & renowned NMT tutor Leon Botello. See our separate advertorial for details.

Touch for Health Kinesiology

In the Treatment Massage approach there is an understanding of the concept of "long & tight" muscles and "short & tight" muscles. Many Myofascial pain syndromes occur in the "long & tight" muscles – and while these need to be addressed, the competent Treatment Massage Practitioner should also spend time releasing the short & tight muscles – this is postural correction work.

Using some incredibly simple yet powerful Kinesiology reflexes, you can actually correct most long & tight muscles i.e. reconnect them neurologically so they are no longer long & tight, but now have a normal muscle tonus. Frequently this in itself will correct many Myofascial pain symptoms as well as correcting the short & tight muscles. This is what you'll learn in **Touch for Health Kinesiology** – along with a whole lot more information on supportive food/nutrition, and powerful emotional balances – this technology comes from an elite group of Chiropractors who developed Applied Kinesiology. It'll simply blow your mind!

Ortho-Bionomy®

Is a system of bodywork characterised by its often profound results with remarkably little effort. Perfect for clients who just can't handle Deep Tissue work; and especially as a useful

complement for any Massage Practitioner who would like to have more confidence and competence in treating skeletal (synovial) joints. Training in this system will develop your tissue intelligence and sensitivity to extraordinary levels, dramatically enhancing your Massage Treatment skills. You'll learn techniques for releasing musculo-skeletal pain in ways that Massage work just cannot do; and with such simplicity you'll be annoyed with yourself for not learning earlier. The tutor is Bruce Stark, Int'l Certified Adv. Practitioner and Adv. Instructor, with over 20 years experience. Bruce brings a relaxed and sensitive teaching style that reflects the profound philosophies underlying this remarkable system. The training is available in 2 day modules.

The Bowen Therapeutic Technique (Bowtech)

Is a system of gentle soft tissue activations that signal the body to initiate its own Healing response. The Bowen Technique taught at WSMT is the Original Bowen as taught internationally by Ossie & Elaine Wrench – approved by Mr Tom Bowen personally. The same Bowen Technique that is now an Australian Government Approved Cert IV and Diploma Training – eligible for Health Insurance reimbursement in Australia. The system creates an internal oasis of healing for an unbelievably wide range of health issues – taught over 12 days over several months – with opportunities for more advanced training to a Diploma of Proficiency level (Internationally recognised).

Kinergetics

Is a Kinesiology Muscle Monitoring system of Healing that can dramatically balance many deep health issues – Structural, Emotional, & Biochemical. Witness a gluteus maximus muscle in a client who was rehabbing from a cracked acetabulum (hip Joint) that just would not stretch – it literally felt jammed in the joint. Doctors & Physios all agreed "it's the joint – it'll have calcium deposits, the femur wont ever go in that direction". 1 x 5 minute Jammed Muscle Magnesium Correction completely freed the movement up! If you want to completely expand the type of work you do to help people heal – from incredible Structural corrections like "jammed muscles", Sphenoid, TMJ, & other corrections – to more Biochemical issues like correcting heavy metals toxicity (e.g. mercury), major candida issues – both of which are frequently at the heart of Chronic Fatigue/Fibromyalgia syndromes; and much more – taught in self contained 2 day units.

If you are interested in what WSMT has to offer check out our full programme on our web site, or email us with your questions, or phone to talk to us.

Best wishes

Jane Brenan & Richard P. Rust

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