

FEBRUARY

HUSTLE FOR THE MUSCLE

Official Newsletter of Elite Massage School



UPCOMING CLASSES

Wed, Feb 9th @ 6 PM

Intro to Massage Workshop

Hosted by: [Elite Massage School](#)

Location: Elite Massage Education
Center

Sun, Feb 13th @ 9 AM

Reiki Level II Training and Certification

Hosted by: [PNW HEALING ARTS
EDUCATION](#)

Location: Elite Massage Education
Center

MONTHLY SELF-CARE TIP

Grounding Yourself With Breathwork...

Do you ever get somewhere and feel rushed?

Do you feel anxiety and pressured against time?

Do you feel stressed and muscles aching?

Is there too much going on in your mind to focus?

Then you need some grounding. To clear your mind and focus on the task at hand, to alleviate those stresses upon your mind and body.

1. Take 5 long, deep breaths through your nose, and exhale through puckered lips.
2. Place both feet flat on the floor. Wiggle your toes. Curl and uncurl your toes several times.
3. Reach your hands over your head like you're trying to reach the sky. Stretch like this for 5 seconds.
4. Take 5 more deep breaths and notice the feeling of calm in your body.

Sun, Feb 20th @ 1 PM

Intro to Massage Workshop

Hosted by: [Elite Massage School](#)
Location: Elite Massage Education
Center

Sun. Feb 27th @ 10 AM

American Red Cross BLS & First Aid (CPR for Healthcare Workers)

Hosted by: [Elite Massage School](#)
Location: Elite Massage Education
Center

THANK YOU FOR JOINING US!

WRITTEN BY: CIONNE BUTCHER
COMMUNITY & OUTREACH DIRECTOR

Welcome to the Elite Massage Community! We are so excited to share everything that we have been working on.

In this Newsletter you will find health tips, CE's, workshops, things going on in the community, and so much more!

Massage Therapy is our passion and we want to be apart of your journey!

Over the years we have been growing our continuing education center ([Elite Massage Education Center](#)) with more classes, new instructors, and more workshops.

Now we want to inspire new Massage Therapists as well.

We will be opening [Elite Massage School \(EMS\)](#) on March 21, 2022. This will be a school focused on Medical Massage.



FOR MORE INFORMATION ON CLASSES
& OUR NEW SCHOOL VISIT:

ELITE MESSAGE EDUCATION CENTER

ELITE-MASSAGE-SCHOOL.COM

ADMIN@ELITE-MASSAGE-SCHOOL.COM

