

JANUARY

# HUSTLE FOR THE MUSCLE

Official Newsletter of Elite Massage School



## UPCOMING CLASSES

Sun, Jan 9th @ 9 AM

Reiki Level II Training  
and Certification

Hosted by:

**CANCELLED**

PNW Elite Massage  
Education Center

Sun. Jan 16th @ 9AM

Reiki Level I Training  
and Certification

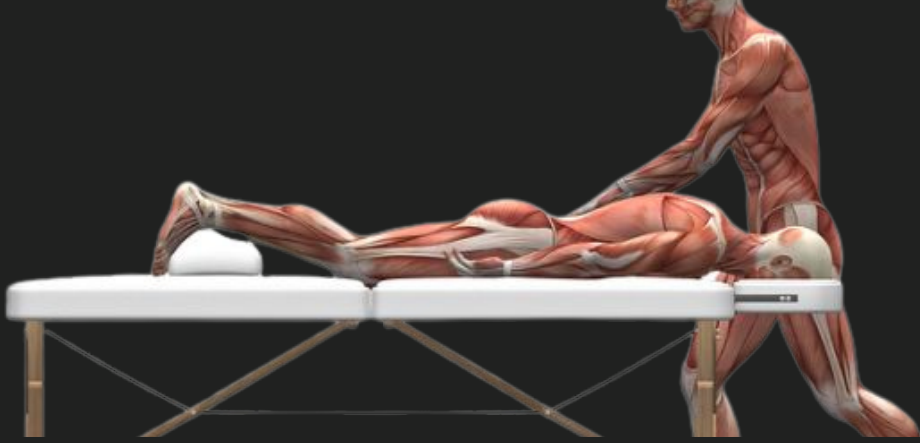
Hosted by: PNW HEALING ARTS  
EDUCATION

Location: Crescent Moon Gifts

## MONTHLY SELF-CARE TIP

Stretch your muscles in your mind and your body! Stand up from your seated workstation every 50 to 60 minutes to activate the synovial fluid in your joints to move more freely throughout your body and to avoid muscle cramping.

Standing up promotes increased blood flow and increasing the flow of oxygen to your brain, and enabling you to stay sharp and focused. The mental clarity you gain can make you more effective in dealing with the tasks at hand.



## 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.

Fri, Jan. 21st @ 10AM

### 3 Hr Full Body Chair Massage CE Course

Hosted by: [Elite Massage & Fitness](#)  
Location: [Elite Massage Edu.Center](#)

Fri, Jan 21st @ 3:30

### 4 Hr Professional Ethics, Covid & Communication CE Course

Hosted by: [Elite Massage & Fitness](#)  
Location: [Elite Massage Edu. Center](#)

Sat, Jan. 22nd @ 9AM

### TCM Cupping/Gua Sha Workshop

Hosted by: [MERIDIAN ENERGY MASSAGE PLLC](#)  
Location: [Elite Massage Edu. Center](#)

Sun, Jan. 23rd @ 10AM

### Clinical Kinesiology: Test & Treat Shoulders, Hips, & Knees

Hosted by: [Elite Massage & Fitness](#)  
Location: [Elite Massage Edu. Center](#)

Sun, Jan. 30th @ 9AM

### Fusion Hot & Cold Stone Therapy (Himalayan, Basalt, Jade, Marble, & More)

Hosted by: [Elite Massage & Fitness](#)  
Location: [Elite Massage Edu. Center](#)

FOR MORE INFORMATION ON CLASSES  
& OUR NEW SCHOOL VISIT:



[ELITE MASSAGE EDUCATION CENTER](#)

[ELITE-MASSAGE-SCHOOL.COM](#)

[ADMIN@ELITE-MASSAGE-SCHOOL.COM](mailto:ADMIN@ELITE-MASSAGE-SCHOOL.COM)

