

APRIL

HUSTLE FOR THE MUSCLE

Official Newsletter of Elite Massage School



UPCOMING CLASSES

Sat, April 2nd @ 10AM

Fusion Hot/Cold Stone
Therapy (Himalayan,
Basalt, Jade, Marble, and
More)

Hosted by: Elite Massage & Fitness
Location: Elite Massage Edu.Center

Sun, April 10th @ 9 AM

Reiki II Training and
Certification

Hosted by: PNW HEALING ARTS
EDUCATION

Location: Elite Massage Edu.Center

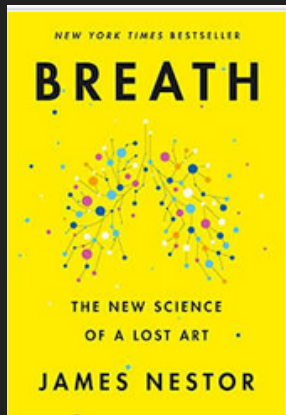
TAKE TIME FOR YOURSELF?

Our passion to care for others can make it easy to put ourselves last, which can lead to burn out and injury. It's important that we find a healthy balance so we are pouring from a full cup.

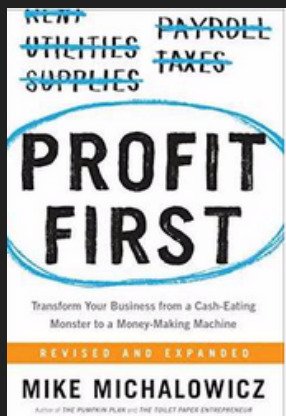
This doesn't look the same for everyone. Take time to think about what calms you or what you need more of in your life. Try to create a self care ritual with these ideas. It could be as small as 5 minutes of breathing between clients or a walk/stretch at the end of your day. Whatever it is, dedicate that time to yourself!

ELITE MASSAGE SCHOOL'S BOOK CHOICES!

As a mobile massage therapist, I am listening to quite a few audiobooks. I am in the first year of my business and life hasn't slowed down. My books this year have been directed more toward personal and business growth. Maybe you will enjoy these like I have.



Somewhere along the line, we lost track of the importance of breathing and the healing properties it can possess. This was a very informative book that started me down my own journey of healing through breath work.



This was recommended to me by my business coach. I fought the process the entire way. Once I forced myself out of old habits, I learned that this was an amazing system to easily see where my money was going and how I could run most efficiently!

Sat, April 16th @ 9AM

TCM Cupping/Gua Sha Workshop

Hosted by: MERIDIAN ENERGY MASSAGE PLLC

Location: Elite Massage Edu. Center

Sat, April 23rd @ 10AM

4 Hr Professional Ethics, Covid, & Communication CE Course

Hosted by: Elite Massage & Fitness
Location: Elite Massage Edu.Center

Tues April 26th @ 10AM

Fusion Hot/Cold Stone Therapy (Himalayan, Basalt, Jade, Marble, and More)

Hosted by: Elite Massage & Fitness
Location: Elite Massage Edu.Center

Sat, April 30th @ 10AM

BLS CPR Certification/Recertification

Hosted by: Elite Massage School
Location: Elite Massage Edu. Center

Sat, May 7th @ 10AM

Fusion Hot/Cold Stone Therapy (Himalayan, Basalt, Jade, Marble, and 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

