

MARCH

HUSTLE FOR THE MUSCLE

Official Newsletter of Elite Massage School



UPCOMING CLASSES

Sat, March 19th @ 10 AM

**A-Z Cupping! Intro to
Cupping/Self Care
Cupping/Advance
Treatment**

Hosted by: Elite Massage
Education Center

Location: Elite Massage
Education Center

Sun. March 27th @ 9AM

**Reiki Art/Master
Training & Certification**

Hosted by: PNW HEALING ARTS
EDUCATION

Location: Elite Massage
Education Center

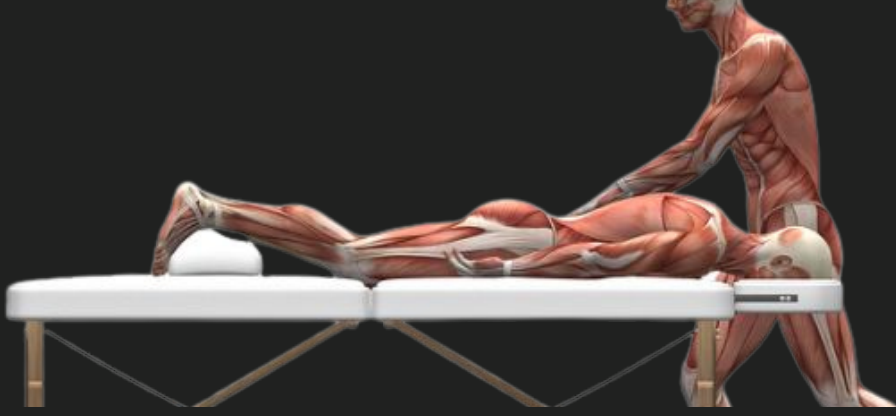
MONTHLY SELF-CARE TIP

WRITTEN BY CIONNE BUTCHER

It's easy to get caught up in the idea that we have to be constantly moving. Our body needs rest and a good night sleep to function.

Many biological processes happen during sleep:

- The brain stores new information and gets rid of toxic waste.
- Nerve cells communicate and reorganize, which supports healthy brain function.
- The body repairs cells, restores energy, and releases molecules like hormones and proteins.



WE WANT TO BE A PART 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 April 11, 2022. This will be a school focused on Medical Massage.

COME CHECK OUT ONE OF OUR WORKSHOPS FOR ELITE MASSAGE SCHOOL!

March 8th: 6-8pm

March 16th: 6-8pm

March 20th: 1-3pm

April 2nd: 4-6pm

April 13th: 6-8pm

April 24th 1-3pm

CONTACT US TO RESERVE A SPOT

Sat, April 7th @ 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

Sat, April 16th @ 9AM
TCM Cupping/Gua Sha Workshop

Hosted by: MERIDIAN ENERGY MASSAGE PLLC
Location: Elite Massage Edu. Center

Tues. April 26th @ 10AM
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

