



Winter/Spring 2013 Red Pines Calendar

January

6	Pelvic floor Pain and Menstrual Dysfunction; The Connective Tissue Approach	Dale Perry, LMT
12	Shiatsu Elemental Intensive: Earth	Dagny Alexander, LMT & Mary Crinnin, LMT
19	Holistic Fascial Integration Level 1	Paul Jensen, Jr, MS, LMT
19	Introduction to Pediatric Myofascial Release	Amy Furlong, PT
25-27	**Fascial Cranium and Thorax 1	Mary Sloan, LMT, LCSW, RYT
27	Medical/Functional Massage: Upper Extremities	Dale Perry, LMT
27	Energy Mastery for Massage Therapists	Joy Adler & Linda Thompson, BS, LMT

February

2	Shiatsu Elemental Intensive-Metal	Dagny Alexander, LMT & Mary Crinnin, LMT
2-3	Lymphatic Facilitation Massage for Lower Extremities	Dale Perry, LMT
9	Aromatherapy for Massage Therapists Part 1	Andree Fucci & Kathleen Ethier, LMT
10	Aromatherapy for Massage Therapists Part 2	Andree Fucci & Kathleen Ethier, LMT
10	Medical/Functional Massage: Assessment/Ethics	Dale Perry, LMT

March

1	Pathology II Extensions: Self Care & Disease Prevention	Kerstin Maile MD, PhD, LMT
2	Lymphatic Facilitation for Head, Neck and Face	Dale Perry, LMT
3	Body Mechanics	Dale Perry, LMT
8-10	** A Symposium on the Fascial Pelvis	Lisa Satalino, PT
12	Mastery in Healing, Psychology of the Body Apprenticeship Training Class #1	Joy Adler & Laura Iacovone, LMT
16	Foot Reflexology Training Level 1: The Science, Art and Heart Class #1	Holly Papa, LMT & Barbara DeLuca, LMT
23	Shiatsu Elemental Intensive – WATER	Dagny Alexander, LMT & Mary Crinnin, LMT

April

6	Shiatsu Elemental Intensive Cupping Techniques	Dagny Alexander, LMT & Mary Crinnin, LMT
6	Aromatherapy Pain Management for Massage Therapists Part 1- Back, Neck and Shoulders	Andree Fucci & Kathleen Ethier, LMT
7	Aromatherapy Pain Management for Massage Therapists Part 2- Arms, Limbs & Feet	Andree Fucci & Kathleen Ethier, LMT
13	Chakras & Human Electromagnetic Field- The Real You	Marjanii McCline, LMT
21	Aromatherapy and Massage for Athletes	Vickie Nichols & Rebecca Nichols, LMT
27	Aromatherapy and Massage for Elder Care and Hospice	Vickie Nichols & Cindy Moorcroft, LMT
28	“Frozen” Shoulder; A Connective Tissue Perspective	Dale Perry, LMT

A word about Continuing Education Hours

The Red Pines Training Center is the continuing education branch of The Center for Natural Wellness School of Massage Therapy (CNWSMT). New York State now requires all Licensed Massage Therapists to receive 36 hours of continuing education every three years. Please visit the NYS Office of Professions website for further information on these regulations. <http://www.op.nysed.gov/>

The Center for Natural Wellness School of Massage Therapy is recognized by the New York State Education Department as a sponsor of continuing education for massage therapists. Unless otherwise noted, all of our current Continuing Education classes satisfy CE Hours for New York State Licensed LMT's.

The Center for Natural Wellness School of Massage Therapy is recognized as an approved continuing education provider for Physical Therapists and Physical Therapy Assistants by the New York State Education Department Office of Professions. Unless otherwise noted, all of our current Continuing Education classes satisfy CE Hours for PT's.

The Center for Natural Wellness School of Massage Therapy is also recognized by the Board of Certification, Inc. to offer continuing education for BOC Certified Athletic Trainers. Classes approved by BOC are noted in the course description.

The Center for Natural Wellness School of Massage Therapy is also an Approved Provider with the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). Unless otherwise noted, all of our current Continuing Education classes satisfy CE Hours for LMT's with National Licensure.

Red Pines Workshops

January

Pelvic floor Pain and Menstrual Dysfunction; The Connective Tissue Approach

Date: Sunday January 6th, 2013 - Sunday January 6th, 2013

Time: 9:00 am – 6:00 pm

Cost: Fee:\$200
Fee After 12/28/12:\$220

CE: 8 Hours

Registration Deadline: 12/28/2012

Course Description:

This class consists of lecture and clinical practicum. We will review nervous system A&P, Connective tissue mechanics and assessment/evaluation for determining appropriate application of this technique.

The practicum is focused on learning the basic protocol and application for several pathologies including PMS, menstrual dysfunction, Pelvic floor pain and Low back pain. The student will have a complete understanding of the technique and basic protocols and be able to use connective tissue massage (bindegewebsmassage) after the end of the class.

Instructor Bio:

Dale Perry, LMT graduated from Brenneke School of Massage in Seattle WA in 1990. He has taught massage for the past 22 years including Swedish, medical, lymphatic, sports, and myofascial release. He owns Dale Perry Seminars and presents workshops worldwide on lymphatic facilitation and micro fascial facilitation for sports, injury rehabilitation, wellness, and breast health. Dale also teaches at the Center for Natural Wellness School of Massage Therapy and practices at Spectrum Massage in Albany, NY.

Shiatsu Elemental Intensive: Earth

Date: Saturday January 12th, 2013 - Saturday January 12th, 2013

Time: 9:00 am – 5:00 pm

Cost: Fee:\$135
Fee After 1/4/13:\$155

CE: 7 Hours

Registration Deadline: 1/4/2013

Course Description:

This course is open to anyone with a basic understanding of the 12 meridians and their locations. Students will learn the deeper aspects of the Earth element including assessment using Color, Sound, Odor, and Emotion, the psychological and psychospiritual symptoms of Elemental imbalance, the location and the use of the Five Element Earth points as well as advanced shiatsu techniques. Students will need to bring two flat sheets and a pillow and wear loose comfortable clothing.

Instructor Bio:

Mary Crinnin and Dagny Alexander have been practicing Shiatsu for 14 years and have been teaching the Shiatsu course at CNWSMT since 2001.

Holistic Fascial Integration Level 1

Date: Saturday January 19th, 2013 - Saturday January 19th, 2013

Time: 9:30 am – 6:00 pm

Cost: Fee:\$129
Fee After 01/11/13:\$149

CE: 8 hours

Registration Deadline: 01/11/2013

Course Description:

Holistic Fascial Integration Level 1 is designed for massage therapists, physical therapists, chiropractors and physicians. Shaping a person's fascia is a unique methodology that quickly reshapes fascia for improved function and elimination of pain. Level 1 provides the basics of shaping fascia with your hands; balancing a client's or patient's cranium, cervical spine, temporomandibular joints, thoracic & lumbar spine, pelvis and extremities is also covered. Compensations from pain, discomfort and skin irritations will be shown and discussed. Techniques to eliminate compensations when appropriate will be demonstrated. The process of improving strength and stability will be explored regarding the fascia's ability to improve chronic instability. The course will help each practitioner combine their approach with facial shaping techniques. Please bring water, shorts and t-shirt. Everyone attending will receive individualized instruction. This class is a prerequisite for Holistic Fascial Integration Level 2 and Level 3, which will be offered in 2013.

Instructor Bio:

Paul Jensen, Jr. is a Holistic Health Practitioner. He has over 17-years experience in helping over 1,500 people eliminate pain, improve their health and sports performance. Paul has developed several unique methods to help individuals make permanent positive changes to their lives. Paul is a NYS licensed massage therapist with an AAS. In Massage Therapy from Columbia-Greene Community College. He has a MS. Exercise Science from Canisius College, and a BS. In Fitness Management from Lock Haven University of PA.

Introduction to Pediatric Myofascial Release

Date: Saturday January 19th, 2013 - Saturday January 19th, 2013

Time: 9:00 am – 3:30 pm

Cost: Fee:\$90
Fee After 01/11/13:\$110

CE: 6 Hours

Registration Deadline: 01/11/2013

Course Description:

Instruction in how MFR can become a valuable tool for the therapist working to improve a child's posture, movement patterns and/or balance. Participants should have a basic understanding of myofascial release. Focus is on the importance of muscle/fascia elongation in early motor development. A demonstration with a child who has motor delays is planned, followed by discussion and practice of some techniques used. Course is appropriate for MTs, OTs and PTs. Clothing that allows body work is necessary.

Instructor Bio:

Amy Furlong, PT is an honors graduate of Nassau Community College's physical therapy assisting program and Russell Sage College's physical therapy program. She has worked with children for over 25 years in a variety of settings; specializing in providing services for the 0-5 year-old population. Amy is certified in Neurodevelopmental Treatment (NDT) and has assisted Suzanne Davis, international NDT instructor, with her Baby & Young Child Courses. She uses an eclectic approach to therapy that is grounded in the understanding of typical development and how motion becomes function. Myofascial release is an invaluable part of her approach since it is so well suited to the treatment of children. Amy's teachers and mentors with regard to myofascial release include John Barnes, PT, Lisa Satalino, PT and Laura Jones, LMT

****Fascial Cranium and Thorax 1**

Date: Friday January 25th, 2013 - Sunday January 27th, 2013

Time: 9:00 am – 4:00 pm

Cost: Fee:\$495
Fee After 01/18/13:\$515

CE: 18 Hours

Registration Deadline: 01/18/2013

Course Description:

The intent of this course is to explore the dural tube, the craniosacral system, and the osseous structures of the thorax and neck in relation to the fascial system throughout the body. This important workshop will help you "unlock" difficult to treat neck, throat, and back pain, headaches, postural asymmetries, and respiratory indications resulting from thoracic imbalances.

Myofascial release, Craniosacral therapy, and muscle energy techniques will be used in this “hands-on” workshop.

Prerequisite: ~ An Introduction To Myofascial Release Techniques and Principles.

Instructor Bio:

Mary Sloan, LMT, LCSW, RYT, is a New York State licensed and nationally certified massage therapist and a 2004 Graduate of the Center for Natural Wellness School of Massage Therapy. Her passion for myofascial and cranio-sacral work has led her to study with John Barnes, the Upledger Institute and Lisa Satalino, P.T. She completed the Red Pines Certification Program in Myofascial Release Techniques and Principles in June 2011. Mary maintains a massage practice in Albany, New York, specializing in myofascial release and cranio-sacral therapy. She is also a certified yoga instructor and yoga therapist with more than 18 years teaching experience.

Course Created by Lisa M. Satalino, PT a 1986 graduate of Russell Sage College. She received her BS with a certificate in Physical Therapy in 1986 and has since specialized in the area of Myofascial Release and Craniosacral Therapy.

She has taken all of John F. Barnes’ courses, has passed Barnes’ Proficiency Assessment, and has worked as an assistant instructor and coordinator for John F. Barnes’ seminars nationally.

Lisa has created the MFR curriculum for the CNWSMT and has developed a 118 hour Certification program in MFR for the Red Pines Training Center.

Her clinical experience includes working in home care, early intervention, the school setting, rehabilitation, private practice, and with equine athletes. She is a NYS certified early intervention provider.

After 25 years practicing physical therapy as a manual therapist Lisa has retired from her private practice "the Center for Myofascial Wellness" to act as the Executive Director of the Center for Natural Wellness School of Massage Therapy.

Medical/Functional Massage: Upper Extremities

Date: Sunday January 27th, 2013 - Sunday January 27th, 2013

Time: 9:00 am – 5:00 pm

Cost: Fee:\$135
Fee After 01/18/13:\$155

CE: 7 Hours

Registration Deadline: 01/18/2013

Course Description:

Anatomy of the upper back/shoulder will be reviewed. Various massage modalities will be explored for the muscles most involved in the body area. If you have clients with upper back/shoulder pain, and we all do, then be as effective as you can be.

Instructor Bio:

Dale Perry graduated from Brenneke School of Massage in Seattle WA in 1990. He has taught massage for the past 22 years including Swedish, medical, lymphatic, sports, and myofascial

release. He owns Dale Perry Seminars and presents workshops worldwide on lymphatic facilitation and micro fascial facilitation for sports, injury rehabilitation, wellness, and breast health. Dale also teaches at the Center for Natural Wellness School of Massage Therapy and practices at Spectrum Massage in Albany, NY.

Energy Mastery for Massage Therapists

Date: Sunday January 27th, 2013 - Sunday January 27th, 2013

Time: 9:00 am - 6:00 pm

Cost: Fee:\$140
Fee After 01/18/13:\$160

CE: 7 Hours

Registration Deadline: 1/18/2013

Course Description:

Learn energy mastery techniques that save your hands! You'll be taught skills that help you to balance, clear, re-center, and recharge yourself, your immune system; then that of a clients. Discover how energy blockages held in the body from trauma, accidents, or adverse experiences eventually result in physical illness. Study the anatomy and physiology of the energy field and chakra system, and how it relates to the physical body. Experimentals to heighten and develop your intuitive awareness of energy. This class provides great information for massage therapists and others in the helping professions, to better understand the emotional, spiritual and mental connection to pain, stress or the dis-ease process of the body. It is also a wonderful prerequisite class for the 6-week Psychology of the Body Course. Wear loose, comfortable clothing.

Instructor Bios:

Joy Adler received her Certification as a Counselor and Hypnotherapist in 1993/94 and has been a holistic healer and counselor in her private practice, Alternative Healing Arts, since 1993. She is dedicated to treating the body, mind and soul as one, and has offices in Albany and Manhattan. Joy has a degree in Mass Media Communications from Sage Colleges, and is a graduate and former faculty member of the 4-year Barbara Brennan School of Healing. Additionally, she completed their 2-year teacher training program in 2000 and attended an Early Childhood Psychology program through The Center for Intentional Living, from 1998 to 2000.

Joy also studied shamanism for 4 years, with Chief Whirlwind of the Lakota in New Mexico, and Jane Night Eagle of the Mic Mac nation. She has trained with and assisted Patricia White Buffalo in Workshops emphasizing soul retrieval, and in co-creating musical healing events, studied Swedish Massage in NJ, 1994/95 and, truly believes in the transformative power of bodywork and energy. Joy has been enrolled in The NY Open Center in NYC for advanced training in utilizing sound, music and counseling techniques for working with trauma survivors. Currently, she enjoys teaching Wellness and Emotional Growth at CNWSMT in Albany, NY, as well as being their student advisor. She continues to be a workshop leader for The Barbara Brennan School of Healing, and recently completed her studies in Ayurveda in NYC, and is a Certified Ayurvedic Nutritional Counselor. www.joyadler.com/healing

Linda Thompson, BS, LMT, has a BS in Medical Technology from Union University and is a 1999

graduate of CNWSMT. She is a NY State licensed and Nationally Certified Massage Therapist, a Biodynamic Craniosacral Therapist and a Usui and Karuna Reiki Master/Teacher. She has taught Reiki at Red Pines and numerous other locations and has served as a teaching assistant for Introduction to Craniosacral Therapy and with Joy Adler. An intuitive Sound Healer, her CD Soul Songs was created to assist others in their healing process and to achieve a deep meditative state.

February

Shiatsu Elemental Intensive-Metal

Date: Saturday February 2nd, 2013 - Saturday February 2nd, 2013

Time: 9:00 am – 5:00 pm

Cost: Fee:\$135
Fee After 1/25/13:\$155

CE: 7 Hours

Registration Deadline: 1/25/2013

Course Description:

This course is open to anyone with a basic understanding of the 12 meridians and their locations. Students will learn the deeper aspects of the Metal element including assessment using Color, Sound, Odor, and Emotion, the psychological and psychospiritual symptoms of Elemental imbalance, the location and the use of the Five Element Metal points as well as advanced shiatsu techniques. Students will need to bring two flat sheets and a pillow and wear loose comfortable clothing.

Instructor Bios:

Mary Crinnin and Dagny Alexander have been practicing Shiatsu for 14 years and have been teaching the Shiatsu course at CNWSMT since 2001.

Lymphatic Facilitation Massage for Lower Extremities

Date: Saturday February 2nd, 2013 - Sunday February 3rd, 2013

Time: 9:00 am – 5:00 pm

Cost: Fee:\$325
Fee After 1/25/13:\$345

CE: 14 Hours

Registration Deadline: 1/25/2013

Course Description:

This class is not intended for use to treat Lymphedema. The techniques presented in this class were developed combining both European (Vodder) and Australian (Casley-Smith) to enable the practitioner to effectively apply LF at the end of the class.

The lecture portion of the class will explore the anatomy and physiology of the lymph system and its relationship to the connective tissue, nervous and cardiovascular systems. The clinical practicum focus is on application of LF for the lower extremities and torso. We will also use for general application post surgical/traumas and protocols that are appropriate for addressing many pathologies where edema and inflammation are present such as hip and knee replacement, lumbar spinal surgeries and many others. This class is a must for those therapists desiring to develop a “medical massage” practice.

Instructor Bio:

Dale Perry graduated from Brenneke School of Massage in Seattle WA in 1990. He has taught massage for the past 22 years including Swedish, medical, lymphatic, sports, and myofascial release. He owns Dale Perry Seminars and presents workshops worldwide on lymphatic facilitation and micro fascial facilitation for sports, injury rehabilitation, wellness, and breast health. Dale also teaches at the Center for Natural Wellness School of Massage Therapy and practices at Spectrum Massage in Albany, NY.

Aromatherapy for Massage Therapists Part 1

Date: Saturday February 9th, 2013 - Saturday February 9th, 2013

Time: 9:00 am – 5:00 pm

Cost: Fee:\$130
Fee After 2/1/13:\$150

CE: 7 Hours

Registration Deadline: 2/01/2013

Course Description:

Aromatherapy used in tandem with Massage techniques creates a powerful, highly balanced synergy of healing modalities. Learn how using pure essential oils enhance and deepen sessions. We will learn treatment strategies using Essential oils that are highly successful in alleviating a broad range of conditions. Achieve immediate therapeutic results and maximize long-term healing for acute and chronic conditions like anxiety, fibromyalgia, insomnia, migraines, muscle spasms, tendonitis, etc. We'll experience calming and energizing scents that penetrate deeply into the skin and muscles to provide highly effective and fragrantly relaxing relief. This class is “Essential” for Practitioners who truly want exceptional results for their clientele.

Instructor Bios:

Andree Fucci is an internationally Certified Holistic Aromatherapist. She graduated from The Aromatherapy Centre in Sydney, Australia in 1991. She continued post-graduate training with Dr. Daniel Pénöel in Aromatic Medicine in Sydney, Australia. She studied with Kurt Schnaubelt, PhD. from the Pacific Institute of Aromatherapy, San Rafael, California in 1993. She continued training

with The Centre for Aromatic Medicine in Melbourne, Australia from 1998 – 2000. She graduated with Diplomas of Remedial and Swedish Massage from the NSW School of Massage Therapy, Sydney Australia in 1990. Since 1992, Andrée has taught Aromatherapy and Natural Health workshops internationally.

Kathleen Ethier is a 1987 graduate of The Bancroft School of Massage Therapy. She's been in Private practice for 25 years. Her continuing education has included a Sports Massage Intensive with Aaron Mattes, Upledger Cranial Sacral 1, obtained a Florida State License in Massage in 1992, becoming NYS Licensed in Esthetics in 1994, and most recently several Red Pines workshops including Aromatherapy for Massage Therapists. One highlight of my career occurred in 2005, when asked to Travel with an equestrian athlete to the pre-olympic trials to be their Massage Therapist. In the past two years I have been studying and incorporating the art of aromatherapy into my massage practice. Recently I attended an Aromatherapy Workshop for Massage Therapists and will continue to pursue this path. I also network with several chiropractors and other health professionals to obtain for my clients the most holistic and balanced approach for optimal health. My specialties are Rehabilitation massage, which incorporates hot stones, deep tissue, aromatherapy, and a deep sense of caring for someone's wellbeing.

Aromatherapy for Massage Therapists Part 2

Date: Sunday February 10th, 2013 - Sunday February 10th, 2013

Time: 9:00 am – 5:00 pm

Cost: Fee:\$130
Fee After 2/1/13:\$150

CE: 7 Hours

Registration Deadline: 2/1/2013

Course Description:

Aromatherapy with Massage techniques creates a powerful, highly balanced synergy of healing modalities. Learn treatment strategies using Essential oils that are highly successful in alleviating a broad range of conditions. Achieve immediate therapeutic results, and maximize long-term healing for acute and chronic conditions like arthritis, colds and influenza, fibromyalgia, PMS and sciatica, etc. Part 2 covers Advanced Techniques, Aromatic Diffusers, Case Histories, Custom Blending and Specific Treatment Protocols. We'll experience energizing and uplifting scents that penetrate deeply into the skin and muscles to provide highly effective and fragrantly relaxing relief. This class is "Essential" for Practitioners who truly want exceptional results for their clientele.

Instructor Bios:

Andree Fucci is an internationally Certified Holistic Aromatherapist. She graduated from The Aromatherapy Centre in Sydney, Australia in 1991. She continued post-graduate training with Dr. Daniel Pénœl in Aromatic Medicine in Sydney, Australia. She studied with Kurt Schnaubelt, PhD. from the Pacific Institute of Aromatherapy, San Rafael, California in 1993. She continued training with The Centre for Aromatic Medicine in Melbourne, Australia from 1998 – 2000. She graduated with Diplomas of Remedial and Swedish Massage from the NSW School of Massage Therapy, Sydney Australia in 1990. Since 1992, Andrée has taught Aromatherapy and Natural Health

workshops internationally.

Kathleen Ethier is a 1987 graduate of The Bancroft School of Massage Therapy. She's been in Private practice for 25 years. Her continuing education has included a Sports Massage Intensive with Aaron Mattes, Upledger Cranial Sacral 1, obtained a Florida State License in Massage in 1992, becoming NYS Licensed in Esthetics in 1994, and most recently several Red Pines workshops including Aromatherapy for Massage Therapists. One highlight of my career occurred in 2005, when asked to Travel with an equestrian athlete to the pre-olympic trials to be their Massage Therapist. In the past two years I have been studying and incorporating the art of aromatherapy into my massage practice. Recently I attended an Aromatherapy Workshop for Massage Therapists and will continue to pursue this path. I also network with several chiropractors and other health professionals to obtain for my clients the most holistic and balanced approach for optimal health. My specialties are Rehabilitation massage, which incorporates hot stones, deep tissue, aromatherapy, and a deep sense of caring for someone's wellbeing.

Medical/Functional Massage: Assessment/Ethics

Date: Sunday February 10th, 2013 - Sunday February 10th, 2013

Time: 9:00 am – 5:00 pm

Cost: Fee:\$135
Fee After 02/01/13:\$155

CE: 7 Hours

Registration Deadline: 02/01/2013

Course Description:

Assessment-This class focuses on assessment of a client for the purpose of developing a massage strategy to restoring balance to the body. We will look at the entire process from medical history intake, SOAP, ROM/functional testing, Special tests, Postural analysis and development of a treatment plan based on functional limitations. (1 Hour)

Ethics-This class qualifies for the NCBTMB ethics requirement. We review ethical relationship with clients, other healthcare providers and insurance companies. In addition we will cover simple billing and communication techniques that allow you to expand your practice to include no-fault and workers compensation claims. (6 hours)

Instructor Bio:

Dale Perry, LMT graduated from Brenneke School of Massage in Seattle WA in 1990. He has taught massage for the past 22 years including Swedish, medical, lymphatic, sports, and myofascial release. He owns Dale Perry Seminars and presents workshops worldwide on lymphatic facilitation and micro fascial facilitation for sports, injury rehabilitation, wellness, and breast health. Dale also teaches at the Center for Natural Wellness School of Massage Therapy and practices at Spectrum Massage in Albany, NY.

March

Pathology II Extensions: Self Care & Disease Prevention

Date: Friday March 1st, 2013 - Friday March 1st, 2013

Time: 5:30 pm – 9:00 pm

Cost: Fee:\$75
Fee After 02/22/13:\$95

CE: 3 Hours

Registration Deadline: 02/22/2013

Course Description:

This course has two sections focusing on specific topics of interest:

Part I: Achieving Dental Health. This course section presents how to prevent and treat diseases of the teeth , like inflammation of the gums, cavities, etc., and to employ a lymph draining method.

Part II: Introduction to Alternative Cancer Treatment. This course section explores the Warburg Hypothesis how cancer develops and describes in a practical way some available alternative prevention and treatment solutions.

This course will consist of engaged presentations and demonstrations. This course is especially interesting for ,but not limited to , Students and Graduates of CNWSMT that have completed Pathology II with Kerstin

Instructor Bio:

Kerstin Maile MD, PhD (Germany), LMT started her career in healthcare in Germany as an MD. Moving away from the exclusively Western way of seeing illness, she developed a deep interest in alternative medicine. She also studied Bioenergetic Therapy in Massachusettes, Massage and Shiatsu in Boulder College in Colorado and Energy Healing at the Barbara Brennan School of Healing. Kerstin has taught Pathology at the Center for Natural Wellness School of Massage Therapy in Albany since 2005.

Lymphatic Facilitation for Head, Neck and Face

Date: Saturday March 2nd, 2013 - Saturday March 2nd, 2013

Time: 9:00 am – 6:00 pm

Cost: Fee:\$200
Fee After 02/22/13:\$220

CE: 8 Hours

Registration Deadline: 02/22/2013

Course Description:

This class is not intended for use to treat Lymphedema. The techniques presented in this class were developed combining both European (Vodder) and Australian (Casley-Smith) to enable the practitioner to effectively apply LF at the end of the class.

The lecture portion of the class will explore the anatomy and physiology of the lymph system and its relationship to the connective tissue, nervous and cardiovascular systems. The clinical practicum focus is on application of LF for the head, neck and face. and learn application of techniques that are appropriate for addressing many pathologies, these include post surgical (including dental and reconstructive), Headaches, and other pathologies where edema and inflammation are present. This class is a must for those therapists desiring to develop a “medical massage” practice.

Instructor Bio:

Dale Perry, LMT graduated from Brenneke School of Massage in Seattle WA in 1990. He has taught massage for the past 22 years including Swedish, medical, lymphatic, sports, and myofascial release. He owns Dale Perry Seminars and presents workshops worldwide on lymphatic facilitation and micro fascial facilitation for sports, injury rehabilitation, wellness, and breast health. Dale also teaches at the Center for Natural Wellness School of Massage Therapy and practices at Spectrum Massage in Albany, NY.

Body Mechanics

Date: Sunday March 3rd, 2013 - Sunday March 3rd, 2013

Time: 9:00 am – 4:00 pm

Cost: Fee:\$105
Fee After 2/22/13:\$125

CE: 6 Hours

Registration Deadline: 2/22/2013

Course Description:

Do you have discomfort in your thumbs, wrists, knees back???? If you do then this is the class for you!!!!

The lecture portion of the class will explore the mechanics and basic tenets of proper body mechanics and the concepts of balance and movement as relate to massage therapists to provide deep tissue massage The clinical practicum focus is on application of body mechanics and stroke usage as developed by Dale Perry for the restoring balance to your movement and for pain reduction. Each student will receive one on one instruction to restore correct mechanics to your massage. This class is a must for those therapists desiring to develop a long lasting pain free

practice while providing the deep tissue experience your clients are requesting.

Instructor Bio:

Dale Perry, LMT graduated from Brenneke School of Massage in Seattle WA in 1990. He has taught massage for the past 22 years including Swedish, medical, lymphatic, sports, and myofascial release. He owns Dale Perry Seminars and presents workshops worldwide on lymphatic facilitation and micro fascial facilitation for sports, injury rehabilitation, wellness, and breast health. Dale also teaches at the Center for Natural Wellness School of Massage Therapy and practices at Spectrum Massage in Albany, NY.

**** A Symposium on the Fascial Pelvis**

Date: Friday March 8th, 2013 - Sunday March 10th, 2013

Time: 9:00am - 4:00pm all days

Cost: Fee: \$495
Fee after 3/01/2013: \$515

CE: 18 Hours

****Red Pines Certification Program****

Course Description:

The intent of this course is to learn strategies to evaluate and treat the pelvis using a Myofascial perspective. This "hands-on" workshop will provide an opportunity to develop palpation and manual evaluation tools to determine pelvic symmetry and mobility, and explore this relationship within the fascial body.

Please bring sheets, a pillow, and comfortable clothing to class!

Instructor Bio:

Lisa M. Satalino, PT is a 1986 graduate of Russell Sage College. She received her BS with a certificate in Physical Therapy in 1986 and has since specialized in the area of Myofascial Release and Craniosacral Therapy.

She has taken all of John F. Barnes' courses, has passed Barnes' Proficiency Assessment, and has worked as an assistant instructor and coordinator for John F. Barnes' seminars nationally.

Lisa has created the MFR curriculum for the CNWSMT and has developed a 118 hour Certification program in MFR for the Red Pines Training Center.

Her clinical experience includes working in home care, early intervention, the school setting, rehabilitation, private practice, and with equine athletes. She is a NYS certified early intervention provider.

After 25 years practicing physical therapy as a manual therapist Lisa has retired from her private practice "the Center for Myofascial Wellness" to act as the Executive Director of the Center for Natural Wellness School of Massage Therapy.

Mastery in Healing, Psychology of the Body Apprenticeship Training Class #1

Date: Tuesday March 12th, 2013 - Tuesday March 12th, 2013

Time: 5:30 pm - 9:00 pm

Cost: Fee:\$550
Fee After 3/5/13:\$570

CE: 21 classroom, Plus 2 hours one on one supervision from Joy Adler at the Center for Natural Wellness scheduled prior to completion of 6 sessions

Registration Deadline: 3/5/2013

Course Description:

In-Depth Training of the 5 Childhood Wounds & Characterology for Massage Therapists, energy healers, clinicians, coaches and educators.

All registrants are required to attend all 6 sessions plus schedule a 2 hour one on one support meeting with Joy Adler, held at CNW School of Massage. Classes are held: Class #1- 3/12/13, Class #2- 3/26/13 Class #3-4/9/13, Class #4- 4/23/13, Class #5 - 5/7/13, Class #6- 5/21/13.

Please wear, loose, comfortable clothing, bring water, snacks, tape recorder, journal, and our required text: Psychology of the Body, by Elliot Greene & Barbara Goodrich-Dunn (available in CNWSMT Bookstore).

-Discover the ages that the wounding occurred, & where it is held in the body and how to perceive where they are located in the body.

-Discover how they eventually manifest pain, chronic negative images and patterns of behavior or dis-ease.-Create healing responses to the wounding that bring healing and transformation through advanced energy techniques and holds, as well as counseling skills that are not out of scope for LMT's.

-Open doorways into deep states of healing and transformation.

-Enhance therapeutic relationships between client & therapist, as well is in relationships in life.

-Gain insights into physical, psychological, spiritual and emotional dimensions in life.

-Learn healing response skills to integrate in therapy or as an agent of change for dealing with people with strong defensive reactions, and integrate into your own therapy, work and life.

-Results in impact to reduce stress, depression, anxiety, negative patterns of behavior, and induce relaxation.

Instructor Bios:

Joy Adler received her Certification as a Counselor and Hypnotherapist in 1993/94 and has been a holistic healer and counselor in her private practice, "Alternative Healing Arts" since 1993. She is dedicated to treating the body, mind and soul as one, and has offices in Albany and Manhattan. Joy has a degree in Mass Media Communications from Sage Colleges, and is a graduate and former faculty member of the 4-year Barbara Brennan School of Healing. Additionally, she completed their 2-year teacher training program in 2000 and attended an Early Childhood Psychology program through The Center for Intentional Living, from 1998 to 2000.

Joy also studied shamanism for 4 years, with Chief Whirlwind of the Lakota in New Mexico, and Jane Night Eagle of the Mic Mac nation. She has trained with and assisted Patricia White Buffalo in Workshops emphasizing soul retrieval, and in co-creating musical healing events. She studied Swedish Massage in NJ, 1994/95 and, truly believes in the transformative power of bodywork and energy. Joy has been enrolled in The NY Open Center in NYC for advanced training in utilizing sound, music and counseling techniques for working with trauma survivors. Currently, she enjoys teaching Wellness and Emotional Growth at CNWSMT in Albany, NY, as well as being their student advisor. She continues to be a workshop leader for The Barbara Brennan School of Healing, and recently completed her studies in Ayurveda in NYC, and is a Certified Ayurvedic Nutritional Counselor. www.joyadler.com/healing

Laura Iacovone, LMT holds a Bachelor of Science degree in Animal Studies from Cornell University. She was trained as an animal nurse when she lived in London, England and managed Fultonville Animal Hospital for two years when she came back to New York State. Laura then worked for several years as a farm products commodities inspector with both the NYS and US Dept of Agriculture. She is a graduate of the New York Institute of Massage in Buffalo, NY, class of 1997. Laura is the Dean of Students, and has been working with student support services at CNW since Jan, 2000. For the last three years, she has assisted Joy Adler in full time student Wellness Classes and has taken continuing education classes in energy healing. She has also assisted Joy in several continuing education classes, including the Psychology of the Body Apprenticeship (2010). Laura is constantly striving to expand and deepen her understanding of human nature and is grateful to be able to help others in their own evolutionary processes.

Foot Reflexology Training Level 1: The Science, Art and Heart Class #1

Date: Saturday March 16th, 2013 - Saturday March 16th, 2013

Time: 03/16, 03/17, 04/27
8:30am - 8:00pm
04/28
10:00am-5:00pm

Cost: Fee: \$650.00
Fee After 03/08/2013: \$670.00

CE: 36 Hours

Registration Deadline: 03/08/13

Registrants must attend all 4 class days: 3/16, 3/17, 4/27, & 4/28/13

Course Description:

For massage therapist, healing art practitioners, nurses, physical therapists, aestheticians, athletic trainers. Learn how to give a complete 60-90 minute foot reflexology session that stimulate the points that correspond to all parts of the body. Transport others into a deep state of relaxation helping the recipient achieve balance, health and healing. Learn the history of this ancient healing modality and discover why the feet are considered a microcosm of the body. This 36 hour beginners course will teach you all the basics needed to give a complete reflexology session. Level 1 is the first of a 3 level training. Upon completion of all levels (200 hours)one can apply for certification with the American Reflexology Certification Board (ARCB)

PLEASE BRING: 1 king size and 1 bed size pillow, 3 bath towels, colored pens or markers, wear comfortable clothes, have nails filed short and be prepared to learn and have fun. Please note, this course has extended evening hours with long days of training. Please plan accordingly.

Instructor Bios:

Holly Papa LMT, is a certified wholistic health educator, aesthetician, and developer of the Science, Art & Heart of Foot. She has been in private practice since 1981 and spent five years as senior instructor at Laura Norman Center for Foot Reflexology. Holly incorporates reflexology, swedish massage, la stone therapy, aromatherapy, trager, reiki, energy balancing, bach flower remedies, color, music and love to achieve that deep state of relaxation that fosters the body's innate healing ability

Barbara DeLuca, LMT, will be assisting in the Foot Reflexology training. Barbara has been practicing since 1990 in New York, New Mexico and Hawaii. She has worked with individuals in private practice as well as in medical, hospital and chiropractic settings, fitness centers, rehabilitation centers and spas. Her healing modalities include Swedish massage, Paul St. John neuromuscular therapy (deep tissue), AMMA Therapy (Asian technique), Aromatherapy, Reiki, LaStone Therapy, Ear Coning and, of course, Foot Reflexology. Join us on a soleful journey!

Shiatsu Elemental Intensive - WATER

Date: Saturday March 23rd, 2013 - Saturday March 23rd, 2013

Time: 9:00am - 5:00pm

Cost: Fee: \$135.00
Fee After 03/15/2013: \$155.00

CE: 7 Hours

Course Description:

This course is open to anyone with a basic understanding of the 12 meridians and their locations. Students will learn the deeper aspects of the Water element including assessment using color, sound, odor and emotion. Students will aslo learn the psychological and psychospiritual symptoms of Elemental imbalance, the location and use of the five element water points as well as advacned

shiatsu techniques.

BRING: 2 flat sheets and a pillow, wear loose comfortable clothing

Instructor Bios:

Mary Crinnin, LMT and Dagny Alexander, LMT have been practicing Shiatsu for 14 years and have been teaching shiatsu with the Center for Natural Wellness School of Massage Therapy since 2001.

April

Shiatsu Elemental Intensive Cupping Techniques

Date: Saturday April 6th, 2013 - Saturday April 6th, 2013

Time: 9:00 am – 5:00 pm

Cost: Fee:\$135
Fee After 3/29/13:\$155

CE: 7 Hours

Registration Deadline: 3/29/2013

Course Description:

This course is open to anyone with a basic understanding of the 12 meridians and their locations. Students will learn cupping techniques they can use in their Shiatsu and Massage practice. Specific cupping treatments for a variety of conditions will be demonstrated and practiced. Students will need to bring cupping sets if possible, two flat sheets and a pillow and wear loose comfortable clothing.

Instructor Bios:

Mary Crinnin and Dagny Alexander have been practicing Shiatsu for 14 years and have been teaching the Shiatsu course at CNWSMT since 2001.

Aromatherapy Pain Management for Massage Therapists Part 1- Back, Neck and Shoulders

Date: Saturday April 6th, 2013 - Saturday April 6th, 2013

Time: 9:00 am – 5:00 pm

Cost: Fee:\$130
Fee After 3/29/13:\$150

CE: 7 Hours

Registration Deadline: 3/29/2013

Course Description:

We will explore Pain Management strategies using Essential oils that are highly successful in alleviating a broad range of musculoskeletal conditions. Achieve immediate therapeutic results, and maximize long-term healing for acute and chronic conditions like Fibromyalgia, Lumbago, Sciatica and Shoulder problems, etc. Class includes - Safety & Contraindications, Methods of Application, Blending basics, Dosages and Recipes, Specific Treatment Strategies. We'll experience Analgesic, Anti-spasmodic and warming essential oils that penetrate deeply into the skin and muscles to provide highly effective and fragrantly relaxing relief. This class is "Essential" for Practitioners who truly want exceptional results for their clientele.

Instructor Bios:

Andree Fucci is an internationally Certified Holistic Aromatherapist. She graduated from The Aromatherapy Centre in Sydney, Australia in 1991. She continued post-graduate training with Dr. Daniel Pénœl in Aromatic Medicine in Sydney, Australia. She studied with Kurt Schnaubelt, PhD. from the Pacific Institute of Aromatherapy, San Rafael, California in 1993. She continued training with The Centre for Aromatic Medicine in Melbourne, Australia from 1998 – 2000. She graduated with Diplomas of Remedial and Swedish Massage from the NSW School of Massage Therapy, Sydney Australia in 1990. Since 1992, Andrée has taught Aromatherapy and Natural Health workshops internationally.

Kathleen Ethier is a 1987 graduate of The Bancroft School of Massage Therapy. She's been in Private practice for 25 years. Her continuing education has included a Sports Massage Intensive with Aaron Mattes, Upledger Cranial Sacral 1, obtained a Florida State License in Massage in 1992, becoming NYS Licensed in Esthetics in 1994, and most recently several Red Pines workshops including Aromatherapy for Massage Therapists. One highlight of my career occurred in 2005, when asked to Travel with an equestrian athlete to the pre-olympic trials to be their Massage Therapist. In the past two years I have been studying and incorporating the art of aromatherapy into my massage practice. Recently I attended an Aromatherapy Workshop for Massage Therapists and will continue to pursue this path. I also network with several chiropractors and other health professionals to obtain for my clients the most holistic and balanced approach for optimal health. My specialties are Rehabilitation massage, which incorporates hot stones, deep tissue, aromatherapy, and a deep sense of caring for someone's wellbeing.

Aromatherapy Pain Management for Massage Therapists Part 2-Arms, Limbs and Feet

Date: Sunday April 7th, 2013 - Sunday April 7th, 2013

Time: 9:00 am – 5:00 pm

Cost: Fee:\$130
Fee After 3/29/13:\$150

CE: 7 Hours

Registration Deadline: 3/29/2013

Course Description:

We will explore Pain Management strategies using Essential oils that are highly successful in alleviating a broad range of musculoskeletal conditions. Achieve immediate therapeutic results, and maximize long-term healing for acute and chronic conditions like Arthritis, Bursitis, Carpal Tunnel, RSI, etc. Class includes - Aromatherapy Applications and Techniques, Safety & Contraindications, Case Histories, Custom Blending, Formulations and Specific Treatment Protocols. We'll experience Anti-inflammatory, calming and soothing scents that penetrate deeply into the skin and muscles to provide highly effective and fragrantly relaxing relief. This class is "Essential" for Practitioners who truly want exceptional results for their clientele.

Instructor Bios:

Andree Fucci is an internationally Certified Holistic Aromatherapist. She graduated from The Aromatherapy Centre in Sydney, Australia in 1991. She continued post-graduate training with Dr. Daniel Pénœl in Aromatic Medicine in Sydney, Australia. She studied with Kurt Schnaubelt, PhD. from the Pacific Institute of Aromatherapy, San Rafael, California in 1993. She continued training with The Centre for Aromatic Medicine in Melbourne, Australia from 1998 – 2000. She graduated with Diplomas of Remedial and Swedish Massage from the NSW School of Massage Therapy, Sydney Australia in 1990. Since 1992, Andrée has taught Aromatherapy and Natural Health workshops internationally.

Kathleen Ethier is a 1987 graduate of The Bancroft School of Massage Therapy. She's been in Private practice for 25 years. Her continuing education has included a Sports Massage Intensive with Aaron Mattes, Upledger Cranial Sacral 1, obtained a Florida State License in Massage in 1992, becoming NYS Licensed in Esthetics in 1994, and most recently several Red Pines workshops including Aromatherapy for Massage Therapists. One highlight of my career occurred in 2005, when asked to Travel with an equestrian athlete to the pre-olympic trials to be their Massage Therapist. In the past two years I have been studying and incorporating the art of aromatherapy into my massage practice. Recently I attended an Aromatherapy Workshop for Massage Therapists and will continue to pursue this path. I also network with several chiropractors and other health professionals to obtain for my clients the most holistic and balanced approach for optimal health. My specialties are Rehabilitation massage, which incorporates hot stones, deep tissue, aromatherapy, and a deep sense of caring for someone's wellbeing.

Chakras & Human Electromagnetic Field- The Real You

Date: Saturday April 13th, 2013 - Saturday April 13th, 2013

Time: 10:00 am – 5:00 pm

Cost: Fee:\$145
Fee After 4/05/13:\$165

CE: 6 Hours

Registration Deadline: 4/05/2013

Course Description:

This course is for anyone who wants to know more about the energy body. We will discuss the form, function and locations of the 7 major chakras and their attributes. We will talk about what happens when the chakras are closed/under active and open /over active. We will look at the 7 levels of the H.E.F and how they function with the chakra system. We will look into research and

scientific experiments proving the existence of the human energy field. We will look at the cultural thread throughout history that speaks of the knowledge of the field. We will see a film by Anondea Judith. We will learn Radiesthesia, the practice of using dowsing rods to detect the boundaries of the field. Finally we will review and learn new Polarity techniques to balance the chakras and the field. The class will receive handouts and a power point presentation will be given. Please wear comfortable clothing and bring sheets for the table work portion of the class

Instructor Bio:

Marjanii McCline, LMT and Reiki Master/Teacher has been working in the field of Massage Therapy and Energy work for twenty years. She is an assistant Polarity Instructor at The Center for Natural Wellness School of Massage Therapy and an alumni of CNWSMT, Part Time Evening Fall 2007. She is the owner of La Petite Retreat Therapeutic Massage in Johnsonville, NY where the education of her clients is just as important as the treatment she provides.

Aromatherapy and Massage for Athletes

Date: Sunday April 21st, 2013 - Sunday April 21st, 2013

Time: 9:00 am – 5:00 pm

Cost: Fee:\$140
Fee After 4/12/13:\$160

CE: 7 Hours

Registration Deadline: 4/12/2013

Course Description:

Athletes often subject their bodies to extreme levels of use and abuse. Using aromatherapy combined with massage, in both preparation for and recovery from athletic events and workouts, can make a marked difference in the way your body responds to those levels. Whether you work on elite athletes or weekend warriors, this course can help you address their needs. We will cover some aromatherapy basics, essential oils that are beneficial to this type of work, and massage techniques that aid athletes in maintenance as well as event preparation and recovery. You will have the opportunity to create a massage blend and practice the techniques demonstrated in class. Dress comfortably and bring sheets.

Instructor Bio:

Vickie Gardner Nichols earned a Diploma in holistic aromatherapy and massage from the London School of Aromatherapy, London, England, and a certification in aromatherapy from The Phyto-Aromatherapy Institute, Phoenix, AZ. She also has a Diploma in Bach Flower Essences from Westbrook University, Aztec, NM. and a master's degree in counseling psychology from SUNY Albany, NY. She developed the curriculum and has been teaching the aromatherapy course at the Center for Natural Wellness School of Massage Therapy, Albany, NY since 1999. Vickie also teaches other classes and workshops in the Albany, NY area and has been making true aromatherapy products for her business, Victoria's Essentials since 1994.

Rebecca Nichols, LMT is a graduate of the first class of the Center for Natural Wellness School of Massage Therapy. She has been practicing massage therapy since she graduated in 1999. Over the

last 13 years, she has worked at several businesses in Albany and New York City, as well as doing freelance work. Rebecca enjoys combining aromatherapy with massage techniques for optimal results, especially while working with athletes. Over the years, she has worked with boxers, football players, body builders, and NYC marathoners

Aromatherapy and Massage for Elder Care and Hospice

Date: Saturday April 27th, 2013 - Saturday April 27th, 2013

Time: 10:00 am – 5:00 pm

Cost: Fee:\$130
Fee After 4/19/13:\$150

CE: 6 Hours

Registration Deadline: 4/19/2013

Course Description:

The elderly and those in hospice care have special needs. Aromatherapy and gentle massage can help during the aging process as well as during end-of-life care. This class will focus on essential oils, hydrosols, and massage techniques that will be especially beneficial for those individuals and situations. Basic aromatherapy information as well as specifics related to the elderly and those who are gravely ill will be emphasized. You will have the opportunity to create a gentle massage blend and have a chance to practice the gentle massage techniques demonstrated in class.

Instructor Bio:

Vickie Gardner Nichols earned a Diploma in holistic aromatherapy and massage from the London School of Aromatherapy, London, England, and a certification in aromatherapy from The Phyto-Aromatherapy Institute, Phoenix, AZ. She also has a Diploma in Bach Flower Essences from Westbrook University, Aztec, NM. and a master's degree in counseling psychology from SUNY Albany, NY. She developed the curriculum and has been teaching the aromatherapy course at the Center for Natural Wellness School of Massage Therapy, Albany, NY since 1999. Vickie also teaches other classes and workshops in the Albany, NY area and has been making true aromatherapy products for her business, Victoria's Essentials since 1994.

Cindy Moorcroft, LMT has been a NYS licensed massage therapist for 20 years, and an instructor of myology at CNWSMT for the past 14 years. Her massage practice has focused on clients with serious or life threatening illness, who have taught her much about compassion, love and grace. Cindy looks forward to sharing stories, self care practices and gentle massage techniques during this course.

"Frozen" Shoulder; A Connective Tissue Perspective

Date: Sunday April 28th, 2013 - Sunday April 28th, 2013

Time: 9:00 am – 6:00 pm
Cost: Fee:\$200
Fee After 4/19/13:\$220
CE: 8 Hours

Registration Deadline: 4/19/2013

Course Description:

This class consists of lecture and clinical practicum. We will review nervous system A&P, Connective tissue mechanics and assessment/evaluation for determining appropriate application of this technique. The practicum is focused on learning the basic protocol and application for frozen shoulder but will also look at biceps tendonitis and tension headaches. The student will have a complete understanding of the technique and basic protocols and be able to use connective tissue (bindegewebsmassage) after the end of the class.

Instructor Bio:

Dale Perry, LMT graduated from Brenneke School of Massage in Seattle WA in 1990. He has taught massage for the past 22 years including Swedish, medical, lymphatic, sports, and myofascial release. He owns Dale Perry Seminars and presents workshops worldwide on lymphatic facilitation and micro fascila facilitation for sports, injury rehabilitation, wellness, and breast health. Dale also teaches at the Center for Natural Wellness School of Massage Therapy and practices at Spectrum Massage in Albany, NY.

Online Registration:

All Red Pines Registrations will now take place online, at a [safe and secure website](http://cnwsmt.com/redpines.php). To register for Red Pines Classes, please go to <http://cnwsmt.com/redpines.php>. When you register online, you must pay by Credit Card. Class tuition must be paid in full during registration. We do not accept deposits or partial payments. Online, you will be able to create an account that will store your contact information, so when you come back to register in the future your information will be saved. You also have the ability to log in to your account to view your registration history and make any necessary changes to your account.

Registration Deadlines, Close Dates, Cancellation Policies

Registration Deadline/Late Fee:

Please pay close attention to the Registration Deadlines for each class. If you register after the Deadline, we implement a \$20 late registration fee to cover the expenses related to late registrations. Registration deadlines are needed so that we have ample time to advise the instructor of the number of participants. It allows for certificates to be made, materials to be copied, invoices to be prepared, and other necessary paperwork to be completed.

Cancellation Policy:

Red Pines Instructors have the right to cancel a class at their discretion. One reason for a class cancellation might be if there is a low number of registrants in the class at the time of the Registration Deadline. Another reason might be if the instructor is not feeling well or has a personal matter to tend to. In any of these cases, the registered students will be notified with a phone call ASAP, and will receive a FULL REFUND (minus any late fees if applicable).

Should you need to cancel your registration and withdraw from the class, our policy is that if you notify us prior to the Registration Deadline you will receive a FULL REFUND minus a \$20 processing fee.

If you notify us that you will not be attending a class after the Registration deadline and up to 72 hours before the class you will be refunded 50% minus any late fee registration if applicable.

If you give less than 72 hours notice or don't show up to the class at all, you will receive NO REFUND.

Weather/Illness:

If the weather is so bad that you can not make it to the class, please call the school and leave a message letting us know ASAP. We will use our best judgment to determine a refund for you (no guarantee).

If you are sick and can not make it to the class or think it would be in the class's best interest for you not to attend the class, please call the school and leave a message letting us know ASAP. We will use our best judgment to determine a refund for you (no guarantee).

Discounts:

We currently offer three discounts:

1. Multiple Class Discount: When you sign up for two or more Red Pines multi-day workshops you can receive a 10% discount on each class you pay for at the time of registration.
2. Student Discount: If you are a current student you can receive a 10% discount on any Red Pines multi-day workshop.
3. If you are a first time Red Pines registrant you can receive a one time 20% discount off on any one Red Pines multi-day workshop. (If you have ever taken a continuing education class with us in the past, you will not qualify for this discount).

****Discounts do not apply to one day workshops.**

****Discounts do not apply to Late Registrations completed after the registration deadline.**

****You must notify us if you would like to take advantage of any of the above discounts. Discounts are not automatic and in order to receive any of the above discounts you must register by calling (518) 489-4026.**

For more information regarding online registration, policies and/or procedures please visit <http://cnwsmt.com/redpines.php>.

If you have any questions, comments, or concerns, please do not hesitate to contact Grayce Ray at:
(518) 489-4026 or RedPines@cnwsmt.com.

Online Registration Powered by Active.com

