

Introduction to Visceral and Abdominal Massage

with Brian Utting, LMT of the Pacific Northwest School of Massage

Monday June 3rd, 2019 in Yakima, Washington



Class is NCBTMB-approved for Continuing Education credit (NCB provider # 451040-09)

Introduction to Visceral and Abdominal Massage

Monday, June 3rd, 10am-7pm at the Day Spa Academy in Yakima; 8 CE hours

The viscera are at the very core of our body, and are, along with our nervous system, a primary source of life. They are at the center of our structure, our emotions, our biochemistry, and our life energy. There are over 500 million neurons in the belly (about 5 times more than in the spinal cord), and our enteric nervous system is a primary source of our intuition and “gut” feelings.

When we are anxious or distressed, our natural instinct is to protect our soft underbelly and “stuff” emotions there, causing multilayered problems throughout the body. The smooth muscles of the gut contract, pulling on the surrounding mesentery and fascia, causing not only gut pain, but back pain. In addition, surgery can create adhesions and multi-directional disruptions in the abdominal fascia and musculature. It is ironic that this vital healing area is often overlooked in massage.

The sensitivity and vulnerability of the belly is precisely why it is so receptive to safe, calming, and nourishing touch. We can soothe the enteric nervous system and the soft underbelly, sending waves of deep relaxation throughout the entire body. We can relax the smooth muscles of the intestines, which reduces pain, improves digestive function, and eases the fascial pull in the back and other areas of the body. We can sometimes separate post-surgical adhesions, creating balance and increased ease of movement at the very core of the body.

In this class you will learn simple and effective abdominal massage techniques that are easy to integrate into your massage practice. You will learn the basic layout of some of the area's major anatomical structures and how to identify, palpate, and treat them. This class will make your abdominal work more comforting, intelligent, and effective. You will be able to help your clients achieve deeper states of relaxation, relieve pain, improve digestive function, and help free up deep structural imbalances.

“I was expecting a belly massage class and walked away with a deep understanding of the abdomen. This class was incredible.” — KC Johnston, LMT and Doula

Tuition

\$175 if registered with a non-refundable \$75 deposit by May 20th; \$200 thereafter.

Registration

Register with the Day Spa Academy by sending a \$75 check to :

Day Spa Academy, 30 North 3rd St, Yakima, WA 98901, or by contacting Teresa Cook at 509-574-8492.

To register online, go to www.pnwschool.com.

Questions

Contact Teresa at the Day Spa Academy: teresa.cook@live.com, or at 509-574-8492

Contact Brian Utting at: 206-784-1778 or brianuttinglmp@gmail.com



Brian founded the Brian Utting School of Massage (Seattle, WA) where his 1000-hour COMTA-accredited school was considered one of the best massage schools in the country. With over 30 years of experience, Brian teaches with a rare blend of passion, anatomical precision, humor, common sense, and depth. He was awarded the AMTA's Robert N. Calvert Award for Lifetime Achievement in 2009, and was inducted into the Massage Therapy Hall of Fame in 2014. Visit Brian's website for more info: Pacific Northwest School of Massage www.pnwschool.com