

# Shiatsu Weekend

**Adding Shiatsu to your regular ongoing practice  
for the benefit of everyone.**

**Greater health and well-being will positively affect you  
and all your therapeutic relationships.**

**12 Ceu's available for  
Massage Therapists**

Richard White: MT7188, MI2575, CE1538

*(Visit our website for an ongoing schedule of upcoming CEU classes)*

## **Tools to expand and super charge your practice**

*Techniques to achieve higher states of  
energy and well-being and the ability to  
transfer it to your clientele.*

**Saturday Class:** Focusing on the  
energy systems within the body.  
Breakdown of a simple Shiatsu routine  
that anyone can add to their regular  
massage.

**Sunday Class:** Standing Qigong form  
for the clearing and cultivation of energy.  
9 Breath Method to accelerate the  
overall energetic experience, saturating  
the body with energy and oxygen, and  
methods for its practical application.



**MAY 19 & 20  
9:00AM - 4:30PM**

**6 CEU's SAT. / 6 CEU's SUN.**

**\$75.00 FOR 1 DAY  
\$125.00 FOR BOTH DAYS**

**(CLASS LIMITED TO 30 STUDENTS)**

Classes are held at the Highest Intentions Studio  
located in the River Hills Mall (next to JC Penney's).

**For more information or to pre-register**

**Pre-Register  
online or  
by phone**

**Highest Intentions  
Diane & Richard White**

**895-5577**

**All Major  
Credit Cards  
Accepted**

**[www.highestintentions.com](http://www.highestintentions.com)**