



Dynamic Equilibrium News and Updates



January 3, 2013

Greetings Colleagues!

New Office in North Raleigh

I have a new office conveniently located at 6330 Falls of the Neuse Road in North Raleigh. The location is just north of Spring Forest Road on Falls of the Neuse across from the Fresh Market shopping center. I am currently sharing the office with 3 other therapists and there is another treatment room available for rent, in case you or someone you know is interested in a space to work.

In celebration of my new space, I am offering a special discount to anyone who has had a class with me of 15% off any session of your choice during 2013. Please do keep in mind that during heavy teaching months it might not be possible to get an appointment– don't wait till the last moment to schedule. In fact January and February are great months to come in and get my full attention.

I will be available on Mondays, some Sundays, and if time permits, Wednesdays as well. When booking mention offer **StudentDiscount** to receive the discount. Cannot be combined with other special offers.

Email me (weinberger@mindspring.com) or call 919-562-1548.

Visit my website or call me for information about my private practice, and prices.

Iceland

August 2012: Two weeks in Iceland!– this was a combination trip. I taught a 2-day Trager® Introductory Workshop at the Icelandic School of Massage, attended a seminar with one of my spiritual teachers (Lazaris), and enjoyed sightseeing with my husband, Mike. To see my Iceland photos either email for a link or you can view them on Facebook if you are friends with Nancy Toner Weinberger.



Nancy Toner Weinberger
Dynamic Equilibrium www.DynamicEquilibrium.com
919-562-1548

2013 Learning Information

I am offering a **new one-day class**. The title is **Accessing the Power of Traditional Bodywork Systems**. The class is about how a system of bodywork moves magnifies the results of what you do. Swedish will be our focus for this class. We will look at how the original Swedish Massage was defined, and then compare that set of guidelines to what we are doing/calling Swedish Massage right now in our individual practices. Then, based on the defined results to be expected from a Swedish Massage, we will evaluate whether or not our massage still falls within the traditional system.

The reason I developed this class was that I myself have found it pretty much impossible to get a genuine Swedish massage- most therapists think it's silly or that Swedish just means a couple of light effleurage strokes with a bunch of whatever else they have learned thrown in. And it's not just me- since my practice is mostly Trager and I don't do Swedish anymore, I get asked often- do I know any therapists who will do a Swedish Massage without poking and fixing and testing and throwing in energy work or cranial while they work.

The value in Swedish massage to your practice is this- clients who want preventive health and longevity will book a Swedish Massage every week. This can be the bread and butter of your practice IF you can give a true Swedish Massage- and not just any Swedish Massage but an excellent Swedish Massage. And it's easy- What can you do to develop your Swedish Massage so it is the best? I will give you understanding, tips and direction. Read more online at www.DynamicEquilibrium.com

The class is offered with a follow up on the next day of **Word Crafting** for 2 hours in Marketing and **Ethics** for 3 hours with the topic of **Giving and Receiving Feedback from Clients and Colleagues** (both verbal and non-verbal). *Word Crafting* is an experiential session in refining your "talk" around what you do and why. The focus is verbal and written. It is important to re-visit this exercise periodically in your career because your goals change, and who you are and how you think about your work changes as well. Boring uninspired words that have been repeated by rote hundreds of times just don't get you the appointments. Get inspired! Come to this class.

The 12-hour setup for 2013 in North Carolina is:

January 26-27, Medical Arts School, Raleigh, NC

September 7-8, Thera-ssage, Rutherfordton, NC

October 11-12, Miller Motte College, Wilmington, NC

October 25-26, Miller Motte College, Cary, NC

**Take all 3 classes in the set for 12 CE, tuition \$225. Or take the classes individually:
Body Work Systems \$145; Word Crafting \$35; Ethics \$55**

2013 Learning Information

Bindegewebsmassage

Level 2: Bindegewebsmassage: Upper Extremity & Torso (prerequisite- Bindegewebsmassage Basic) 2 consecutive Sundays 2/25/2013 & 3/4/2013 at the Medical Arts School, Raleigh, NC.

Review Basic buildup; Add in special strokes for the back; Upper Extremity (arm) strokes; Torso- front (Ribcage and belly); Wrist & Hand strokes.

Please do not wait until the last minute to sign up for this class. I do not need a big group, but I do need at least 6, so let me know asap if you are interested.

Bindegewebsmassage: Basic- Treat medical conditions you never thought you could treat with massage!

A reflexive therapy of the connective tissue, this structured medical massage protocol was developed by a German Physiotherapist and enjoys widespread use in Europe. The technique is particularly useful for difficult to treat conditions, including most inflammatory conditions, adhesions, breathing problems, menstrual problems, frozen shoulder, blood pressure, migraines, sinus conditions, to name a few. Treatments engage the reflexes of the connective tissue and the autonomic nervous system to bring on powerful healing responses in the body.

All treatments begin at the sacrum, activating the parasympathetic portion of the autonomic nervous system. Treatments are generally given to the client in a seated position; the client wears underwear and a hospital gown.

Each course is 4 classes, 4 hours each. Practice session required in between class 2 & 3 (approximately 1/2 hour).

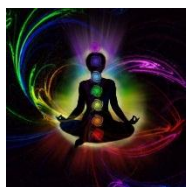
Monroe (near Charlotte, NC) April --OR-- Raleigh, NC September

Recommended for all Bindegewebsmassage students- **Trager® Mentastics® for Self Care**. A 4-hour class that will help you to prevent stress and injury to your wrist and body. September Raleigh.



Freedom Bodywork

This is the modality I use in my private practice. It's how I love to work. And it's amazing to experience. Clients love it. It's effective. It's the ultimate mind-body approach to hands-on work. It develops you as you develop it. Based on my 25+ years as a Trager® Practitioner. 3 days of class for the front of the body and 3 days for the back of the body. Offered once in 2013
Front of the Body: Cornelius, NC (near Charlotte) April
Back of the Body: Cary, NC (near Raleigh) October



Dynamic Energy Balancing with Ethical Considerations for Energy Workers. Offered once in 2013: Health Touch in Durham, NC October
Earn all 24 hours in 3 days while learning a new energy work map and how to apply energy work to all kinds of medical conditions. Some experience with energy work is required to take the class.



2013 Learning Information *Teaching & Presentation Skills*

I offer 3 different teaching courses. If you are feeling called to teaching, you may wish to take one of these courses. Teaching has its own set of skills and knowledge, which are quite different from the skills and knowledge you need to be a good massage therapist or bodyworker. You wouldn't think much of someone who started into massage without the proper education. If you want to teach, learn about teaching!



Teaching Skills for the Workshop Leader ***Preparation for becoming an approved CE Instructor.***

My most popular teaching skills class! In this 4-day hands-on course, those who aspire to teach at the professional continuing education level will prepare for the application process and apply the principles of adult learning as they write syllabi, learning objectives and lesson plans for their course, actually try out part of their presentation, prepare a written plan for implementation of marketing strategy, decide what level of certification is right for them, and if it is National Certification, actually begin to fill out the NCBTMB application in class.

March in Raleigh, NC at the Marriott Courtyard Hotel.

September downtown Asheville at the Asheville School of Massage & Yoga.



Teacher Training Intensive

The intensive is primarily intended to enhance the skills of teachers in massage schools. Participants can expect to explore principles of adult learning theory, become more comfortable with the essential paperwork required of a massage school teacher, and improve their presentation and classroom management skills. Licensed massage therapists with at least two years experience who wish to teach in massage therapy training programs may also enroll in the intensive. This course is offered once per year open enrollment- April 2013 in Raleigh, NC. It is also offered on-site for massage school faculties by arrangement.




Teaching! Getting Started.




If you feel the calling to teach, but don't have a clear picture of what you want or how to go about it, get started with this class. No class preparation required. We will discuss the many opportunities to get started teaching, including one-on-one, informal small groups, and more formal settings, such as schools. You will gain some basic knowledge of generally accepted teaching methods, and have an opportunity to give a short talk, if you would like to. You will make some concrete plans for what you are going to do to get started. August 2013 in Wilmington at Miler Motte College.

Visit www.DynamicEquilibrium.com for details on these classes.

2013 Class Schedule by Location

North Carolina: Asheville, Cary, Cornelius (near Charlotte), Durham, Greensboro, Monroe (near Charlotte), Rutherfordton, Raleigh, Wilmington. All classes in October are guaranteed to be held.

Course Name	Facility	Location	Class Dates	Structure	Confirmation Date	CEs	Tuition	Register with:
NORTH CAROLINA (TRIAD & WEST/SOUTH)								
Bindegewebsmassage: Basic	Monroe Aquatics & Fitness Center	Monroe, NC	4/7, 4/8, 4/12, 4/13	4 4-hour classes	3/21/3013	16	\$275 plus \$20 Materials Fee	MassageAtWork 704-221-5872
Freedom Bodywork-Manifest Mind (Front of Body)	NC Massage School	Cornelius, NC	4/26-4/28/2013	3-day class	4/4/2013	21	\$395	NC Massage School 704-896-2636
Accessing the Power of Traditional Bodywork Systems	Thera-ssage	Rutherfordton, NC	9/8/2013	1-day class	8/31/2013	7	\$145	Thera-ssage 828-288-3727
ETHICS: Giving & Receiving Feedback from Clients & Colleagues	Thera-ssage	Rutherfordton, NC	9/9/2013	3-hour class	8/31/2013	3	\$55	Thera-ssage 828-288-3727
Word Crafting	Thera-ssage	Rutherfordton, NC	9/9/2013	2-hour class	8/31/2013	2	\$35	Thera-ssage 828-288-3727
 Teaching Skills for the Workshop Leader	Asheville School of Massage & Yoga	Asheville, NC	9/12-9/15	4 days	8/21/2013	24	\$495	Asheville School of Massage & Yoga- 828-252-7377
NORTH CAROLINA (TRIANGLE AREA)								
Accessing the Power of Traditional Bodywork Systems	Medical Arts School	Raleigh, NC	1/26/2013	1-day class	1/19/2013	7	\$145	Medical Arts School 919-872-6386
ETHICS: Giving & Receiving Feedback from Clients & Colleagues	Medical Arts School	Raleigh, NC	1/27/2013	3-hour class	1/19/2013	3	\$55	Medical Arts School 919-872-6386
Word Crafting	Medical Arts School	Raleigh, NC	1/27/2013	2-hour class	1/19/2013	2	\$35	Medical Arts School 919-872-6386
The Choice to Feel- For High Sensitives, Intuitives & Empaths	Health Touch	Durham, NC	2/9-2/10	2-day class	1/25/2012	14	\$250	Dynamic Equilibrium 919-562-1548
Bindegewebsmassage: Upper Extremity & Torso (prerequisite- Bindege- websmassage Basic)	Medical Arts School	Raleigh, NC	2/25 & 3/4	2-day class	2/14/2012	16	\$275	Medical Arts School 919-872-6386 <i>Continued on other side...</i>

 Teaching Skills for the Workshop Leader	Marriott Courtyard Hotel	Raleigh-Durham, NC	3/22-3/25/2013	4 days	3/1/2013	24	\$495	Dynamic Equilibrium 919-562-1548
 Teacher Training Intensive	Medical Arts School	Raleigh, NC	4/19-4/21/2013	3-day class	3/28/2013	21	\$400	Medical Arts School 919-872-6386
Trager® Mentastics for Self-Care	The Healing Arts & Massage School	Cameron Village, Raleigh, NC	9/20	4-hour class	9/11/2013	4	\$65	The Healing Arts & Massage School-919-821-1444
Bindewebsmassage: Basic	Medical Arts School	Raleigh, NC	9/21, 9/22, 9/28, 9/29/2013	4 4-hour classes	9/26/2012	16	\$275 plus \$20 Materials Fee	Medical Arts School 919-872-6386
ETHICS: Giving & Receiving Feedback from Clients & Colleagues	Medical Arts School	Raleigh, NC	9/29	1 3-hour class	9/17/2012	3	\$55	Medical Arts School 919-872-6386
Freedom Bodywork- Manifest Mind (Back of Body)	Miller Motte College	Cary, NC	10/4-10/6	3-day class	9/13/2012	21	\$395	Miller Motte College 919-900-2132
Dynamic Energy Balancing & Ethics	Health Touch	Durham, NC	10/18-10/20				\$375	Dynamic Equilibrium 919-562-1548
Accessing the Power of Traditional Bodywork Systems	Miller Motte College	Cary, NC	10/25	1-day class	1/19/2013	7	\$145	Miller Motte College 919-900-2132
ETHICS: Giving & Receiving Feedback from Clients & Colleagues	Miller Motte College	Cary, NC	10/26	3-hour class	1/19/2013	3	\$55	Miller Motte College 919-900-2132
Word Crafting	Miller Motte College	Cary, NC	10/26	2-hour class	1/19/2013	2	\$35	Miller Motte College 919-900-2132
NORTH CAROLINA (WILMINGTON)								
 Teaching! Getting Started.	Miller Motte College	Wilmington, NC	8/16-8/17/2013	2-day class	8/1/2013	14	\$250	Dynamic Equilibrium 919-562-1548
Accessing the Power of Traditional Bodywork Systems	Miller Motte College	Wilmington, NC	10/11	1-day class	1/19/2013	7	\$145	Dynamic Equilibrium 919-562-1548
ETHICS: Giving & Receiving Feedback from Clients & Colleagues	Miller Motte College	Wilmington, NC	10/12	3-hour class	1/19/2013	3	\$55	Dynamic Equilibrium 919-562-1548
Word Crafting	Miller Motte College	Wilmington, NC	10/12	2-hour class	1/19/2013	2	\$35	Dynamic Equilibrium 919-562-1548