

Dynamic Equilibrium Newsletter

June 2013



DYNAMIC EQUILIBRIUM Fall Course Schedule Courses with Nancy Toner Weinberger -from the coast to the mountains-



Hello and welcome!

You are receiving this newsletter because you have taken a class with me, or because you signed up to receive email about my classes.

You can always see my teaching schedule on my website, www.DynamicEquilibrium.com. Use the menu item "Calendar" on the home page to easily view all my classes. You can also click on "Professional Classes" and see a list of classes offered for massage therapists and bodyworkers OR click "Personal Growth Classes" to see a list of classes that are for everyone.

Scroll down this newsletter to see what's up for the upcoming Fall season!

I've also got some special offers down at the bottom of the list- take a look.....

Regards,

Nancy Toner Weinberger

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Therapeutic Massage Offices & Education Center...

The new classroom in North Raleigh will be ready by August 1st and our first class there is Lymphatic Enhancement Therapy with Leslie Clement-Bonner. I actually had a chance to try this therapy while I was suffering from a sinus inflammation and Leslie was in the Raleigh area, and it was both effective and relaxing. By the next day I had a lot of relief, and that relief stayed with me.

To see a list of classes at the TMO Education Center, visit www.TMOEducationCenter.com.

Of course I will be still be teaching at my favorite massage schools!

Therapeutic Massage Offices
6330 Falls of Neuse Road, Suite 102
Raleigh, NC 27615

The classroom can also be rented for your class if you teach.



FREEDOM BODYWORK®

The material in these 2 3-day courses will give you a foundation in the bodywork that I have joyously done in my practice for over 28 years. Based on my understanding and interpretation of the Trager® Approach as taught by Dr. Milton Trager, who I had the pleasure of studying with. Dr. Trager was a physiotherapist and then an MD. Combined with his experience of transcendental meditation, he came to an understanding of how the mind influences body; he believed that every restrictive condition in the body was a reflection of a restrictive condition in the mind, and worked in a manner that allowed him to reach the mind with profound effects on the body. As Milton said, the development of the work is in each of us, and so now I share with those who care to learn, how this work how developed with me, as well as how it has developed me as a person.

Come learn a new way to work. Read more by clicking on the title link above.

Each course:
Friday through Sunday, 9:30am-6pm each day
21 CE Hours; Tuition: \$375

Level 1 Front of the Body

August 9, 10, 11, 2013

NC Massage School, Cornelius, NC (near Charlotte)

Class Confirmation Date: July 26, 2013

PLEASE REGISTER DIRECTLY WITH NC MASSAGE SCHOOL FOR THIS CLASS.

admin@ncmassageschool.com

704-896-2636

Level 1 Back of the Body

October 4, 5, 6, 2013

Miller Motte College, Cary, NC

Class Confirmation Date: September 26, 2013

PLEASE REGISTER DIRECTLY WITH MILLER MOTTE COLLEGE FOR THIS CLASS.

nancy.harrell@miller-motte.edu

919-900-2132

BINDEGEWEBSMASSAGE (GERMAN CONNECTIVE TISSUE 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 constructed of 4 modules which are 4 hours each. For the Basic Bindegewebsmassage course each student is required to receive one Basic sequence session (approximately 1/2 hour) from a classmate or professional between the first and second weekend of the class. Courses are only open to health professionals. Sixteen CE hours are awarded to massage therapists and body workers for each completed course.

Click on the title link for lots more information about this powerful modality.

Fall Schedule of Classes in Raleigh, NC

Important note regarding taking these classes! Students must participate fully in the class in order to receive credit for the class. Therefore they must RECEIVE the work as well as give it in class. A brief health history is required when you enroll in the class. If you have contraindications for receiving Bindegewebsmassage, you will not be able to take the class at this time. This includes pregnancy. The health history is also taken so the instructor can be informed about health conditions students might have, and monitor how much work students receive so they will not be overworked in the classroom setting.

Bindegewebsmassage: Basic

Saturday afternoon 2:30PM-6:30PM September 21

Sunday morning 9:30AM-1:30PM September 22

Saturday afternoon 2:30PM-6:30PM September 28

Sunday morning 9:30AM-1:30PM September 29

16 CE hrs; Tuition \$275 plus \$20 Materials Fee to be paid at first class by check or cash; Medical Arts School, Raleigh, NC

Register with Medical Arts School: 919-872-6386.

Bindegewebsmassage: Upper Extremity & Torso (prerequisite- Bindegewebsmassage Basic)

TMO Education Center, Raleigh, NC

This is a two-day class for 16CE. Tuition \$275

Tuesday, October 15, 2013; 9:30AM-6:45PM

Tuesday, October 22, 2013; 9:30AM-6:45PM

For facility and travel information, [click here](#).

Register with Dynamic Equilibrium ([click here](#)) or call 919-562-1548

Bindegewebsmassage: Lower Extremity & Face (prerequisite- Bindegewebsmassage Basic)

TMO Education Center, Raleigh, NC

This is a two-day class for 16CE. Tuition \$275

Tuesday, November 12, 2013; 9:30AM-6:45PM

Tuesday, November 19, 2013; 9:30AM-6:45PM

For facility and travel information, [click here](#).

Register with Dynamic Equilibrium ([click here](#)) or call 919-562-1548

RECOMMENDED FOR HELP WITH SELF-CARE FOR THIS TYPE OF MASSAGE WORK:

Trager® Mentastics® for Self-Care

Spend a morning learning simple movements that can restore and refresh your body after and during working. Ease low-back pain, release shoulder strain, open the wrist, and much more. Tuition: \$65

Friday, September 20, 2013

9:30AM-1:30PM (4 CEs awarded)

The Healing Arts and Massage School

Cameron Village, Raleigh, NC

To register: 919-821-1444

The Trager® Approach is a pleasurable, gentle and effective approach to movement education and mind/body integration. The Trager Approach helps release deep-seated physical and mental patterns and facilitates deep relaxation, increased physical mobility, and mental clarity.

DYNAMIC ENERGY BALANCING®

DYNAMIC ENERGY BALANCING® FOUNDATIONS COURSE WITH ETHICAL CONSIDERATIONS FOR ENERGY WORKERS (24 CE Hours in one three day weekend)

[Click here for the full description.](#)

Location: Health Touch, Durham, NC (Fri-Sun)

Dates: October 18-20, 2013

Times: 9:30AM-6:30PM each day

[Click for location and travel information.](#)

Prerequisite: The ability to give an energy work session and at least one prior class in energy work, or permission of the the Instructor.

Certification: 24 NCBTMB-approved contact hours for Massage Therapists, including 3 hours of Ethics. The class is open to all energy workers; license in massage is not required. Dynamic Energy Balancing provides 21 CE hrs. Ethical Considerations for Energy Workers provides 3 CE hrs in Ethics. This Ethics class is only offered in association with the Dynamic Energy Balancing course and is a required part of the course.

Tuition: \$375 for the full 3 days. Register with Dynamic Equilibrium ([click here](#)) or call 919-562-1548

Class Confrimation date: 9/30/2013

Course Description: (Please read more about this course and about Dynamic Energy Balancing by clicking on the title of the course above.)

Take your energy work to the next level- Immerse yourself in a powerful energetic transformative experience; Gain confidence in your energy work and enhance your professionalism. The class includes:

- Lecture - Stimulate your intellect with an exciting new energy map for understanding the dynamics of the body, emotions, mind, and spirit.
- Meditation - Gain skills and get support through guided visualizations
- Supervised Practice - Energy work demonstrations and trades with students in the class

Course Learning Outcomes:

At the conclusion of the course the successful student will:

- Perceive the human energy field at more than one level.
- Effectively integrate Dynamic Energy Balancing principles into a standard energy work session.
- Describe the relationship of color and imagery to the healing process and how to use color and imagery in an energy work session.
- Appropriately choose, describe and use at least 4 standard treatment approaches in an energy work session.
- Demonstrate a basic understanding of the energetic interrelationship of spirit, mind, emotion, and body in regard to health by describing the assessment and treatment process on a human body in terms of the principles of Dynamic Energy Balancing.
- Through an exploration of ethical considerations for energy workers, redefine ethical boundaries, thus gaining clarity, confidence, and enhanced professionalism, in your energetic interactions with clients.

INTRODUCTION TO DYNAMIC ENERGY BALANCING®

Location: TMO Education Center, North Raleigh, NC

Dates: August 3, 2013

Times: 9:45AM-4:00PM

[Click for location and travel information.](#)

Certification: 5 NCBTMB-approved contact hours for Massage Therapists

Class Confirmation date: 7/26/2013

Tuition \$75 Register with Dynamic Equilibrium ([click here](#)) or call 919-562-1548

Course Description: The class includes lecture/presentation/slide show, as well as a series of experiential exercises designed to help you sense the energy field. Topics include: history of energy work concepts; overview and bibliography of major energy work protocols; chakras and what they mean; direction of energy flow; levels of the energy field and what they mean; ways to sense the energy field.

Students will remain dressed in street clothes. We do not need massage tables.

ETHICS

Ethics: Giving and Receiving Feedback from Clients and Colleagues

Feedback is the precious gift we can use to make our massage better and better. We need it to build our practice and become successful. We will discuss the value of feedback, as well as how to obtain honest feedback, from our clients and colleagues. We will practice giving and receiving honest feedback.

Learning Objectives:

At the conclusion of the class, participants will be able to:

- Define feedback, criticism, and correction, and describe how feedback, criticism and correction interface with the massage therapist's professional role with both clients and colleagues.
- Begin to develop strategies that will help the massage therapist gracefully obtain and skillfully use feedback from clients and colleagues to enhance their professional practice.

Class Schedule:

Rutherfordton , NC

October 9, 2013 Monday 9:30AM-1:30PM

\$55 (3 CE hrs)

PLEASE REGISTER DIRECTLY WITH THERA-SSAGE.

828-288-3727

Wilmington , NC

October 12, 2013 Saturday 9:30aM-12:30PM

\$55 (3 CE hrs)

Register with Dynamic Equilibrium ([click here](#)) or call 919-562-1548

Class is guaranteed to be held.

Class Location: Miller-Motte College, 5000 Market Street, Wilmington , NC 28405

Cary , NC (Raleigh area)

October 26 Saturday 9:30aM-12:30PM

\$55 (3 CE hrs)

Class is guaranteed to be held.

PLEASE REGISTER DIRECTLY WITH MILLER-MOTTE COLLEGE FOR THIS CLASS.

nancy.harrell@miller-motte.edu or 919-900-2132

TEACHING & PRESENTATION SKILLS

Teaching Skills for the Workshop Leader

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 delve into the principles of adult learning:

- Learn how to write and effectively use a syllabus, lesson plans and learning outcomes
- Choose and use teaching strategies that engage your students' interest
- Hone your presentation skills to bring in rave reviews
- Develop a step-by-step plan for obtaining the certification that's right for your course
- Come prepared to absolutely have fun and to also be satisfyingly serious.



If you are not currently teaching, but want to begin, the following is recommended:

- Minimum 4 years utilizing the modality to be taught in a full-time practice.
- Advanced certifications in the modality or approach to be taught and/or in related approaches, including certification to teach if that is customary in the modality.
- Clear cut ideas for a course to the point that parts of your ideas are already in writing and perhaps parts of it have been preliminarily taught informally.

Instructor's Note: This is a true workshop. Yes, you will get lots of information. But you will also put what you learn to use right in this workshop. Come prepared to write syllabi, learning objectives and lesson plans for your class, actually try out part of your presentation with your classmates, prepare a written plan for implementation of your marketing strategy, decide what level of certification is right for you, and if it is National Certification, actually begin to fill out the NCBTMB application in class.

[Click here for the full course description.](#)

Tuition: \$495.00

Certification: 24 NCBTMB Approved Provider Continuing Education Contact Hours

Enrollment: Limited to 16 participants

What to bring: All materials and notes you have prepared for your course so far.

Instructor: [Nancy Toner Weinberger, BS, LMBT](#)

ASHEVILLE, North Carolina- Thursday-Sunday, September 12-15, 2013

Times: 9:30AM to 6:00PM on Thursday -Saturday. 9:30AM to 12:30PM on Sunday. Additional optional non-credit hours on Sunday 1:30PM-3:30PM

Registration confirmation date: August 21, 2013(Please register by this date)

Location: Asheville School of Massage & Yoga, 77 Walnut St., Asheville, NC 28801

Register with the Asheville School of Massage & Yoga. 828-252-7377

Hotel & Travel Information available from the school.

ATLANTA , Georgia - Friday-Monday, August 23-26, 2013

Times: 9:30AM to 6:00PM on Friday -Sunday. 9:30AM to 12:30PM on Monday. Additional optional non-credit hours on Monday 1:30PM-3:30PM

Registration confirmation date: August 1, 2013(Please register by this date)

Location: Marriott Residence Inn Buckhead, Atlanta, GA

Register with Dynamic Equilibrium ([click here](#)) or call 919-562-1548

[Click here for Hotel & Travel Information.](#) Very nice hotel with a great price.

Teaching! Getting Started.

Teaching is a calling that often comes when mastery is attained. But making the transition from doing to teaching can be a perilous leap. This workshop is an





opportunity to learn how to make that leap gracefully, elegantly, with planning, understanding, and a commitment that is true to self.

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. You will have an opportunity to get clear on how and where you want to get started teaching, and begin to create a personal timeline for achieving your goals.

[Click here for the full course description.](#)

August 16 & 17, 2013: Wilmington, NC

Friday & Saturday, 9:30-6:00 each day, with 1 1/2 hour lunch.

For 14 NCBTMB approved CE contact hours. Tuition \$275.

Register with Dynamic Equilibrium ([click here](#)) or call 919-562-1548

Class Confirmation date: August 1st.



Take the 12-hour special series:

[Accessing the Power of Traditional Bodywork Systems](#) 7CE- \$145 An excellent Swedish massage can be the bread & butter of your practice. These are the clients that come every week. In this class you will learn to understand the power of bodywork systems, and stop muddying the waters with too many special techniques at once. Achieve balance and consistency- that's what it takes to have a successful practice.

[Ethics: Giving and Receiving Feedback from Clients and Colleagues](#) 3CE- \$55

[Word Crafting](#) 2CE (Marketing)- \$35 - Revisit your passion for your work!

\$225 for all three classes. (Classes also available individually.)

Take 12 hours on-line to complete your 24 hours.

Series available in 2013:

Rutherfordton- September 8-9 at Thera-ssage: Register with Thera-ssage 828-288-3727

Wilmington- October 11-12 at Miller Motte College: register with Dynamic Equilibrium ([click here](#)) or call 919-562-1548

Cary- October 26-27 at Miller Motte College: Register with Miller Motte College 919-900-2132



Wilmington special for 24 renewal hours:

Sign up for [Teaching! Getting Started](#). at Miller Motte Wilmington in August for 2 days and 14CE. Tuition \$250
 Then come back in October for [Accessing the Power of Traditional Bodywork Systems](#) 7CE- (Individual price: \$145)
[Ethics: Giving and Receiving Feedback from Clients and Colleagues](#) 3CE- (Individual Price: \$55)
 and pay a reduced tuition of only \$100, for a total tuition of \$350 for all your credits.

MORE!!!!!!

Prosperity Consciousness

Open up your thinking and let go of belief patterns that block you from achieving prosperity. Gain an understanding of the processes of the levels of mind, and how those very processes which normally help us, can turn to our disadvantage when we are unaware of how they work. Come to an understanding of what prosperity is to you, and what you can do to ensure that prosperity is part of your life. The class includes lecture and experiential exercises. (3 CE hrs in Marketing)

Special Price: Donation

Location: TMO Education Center, Raleigh, NC

Date: Tuesday, August 6, 2013

Time: 9:30AM-12:30PM

Register with Dynamic Equilibrium ([click here](#)) or call 919-562-1548

[Click for location and travel information.](#)



Class Confirmation date: 8/2/2013

MORE!!!!!!

Personal Growth Classes

Please visit www.TMOEducationCenter.com to view a selection of personal growth classes I teach

in Raleigh, including Metaphysics and Tranistions Breathwork.

The new classroom can also be rented for YOUR class!





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