

aohmessage

art of holistic massage

AOHMessage Program

[AOHMessage Foundation 1: Subtle Body](#) 6 Hrs—4 Modules

[What is Holistic?](#)

[Chakra Meditation & Chakra Tai Chi](#)

[Meridian Massage Self-Care](#)

[5-Element Theory & Type Quiz](#)

Each Module of this class is available as a stand alone anytime class approved for continuing education CE's by CE Broker and NCBTMB available as Webinar, Live or Online Anytime...See Below

[AOHMessage Foundation 2: Touch](#) 7 Hrs Covers.....

Meaningful Touch, Spectrum of Touch, Calibrations of Touch Interface, Leg Pull, Neck Release, Review Swedish, & Self-Massage

[AOHMessage 3: Reflexology](#) 6 Hrs or 2 ce's online Includes...History

Ritual, Diagrams, Procedures & Techniques

[AOHMessage 1: Front of the Body Protocol](#) 7 hrs

Putting It All Together...

AOHMessage Manual & Illustrated Sequence Manual & Video

Biological and Energetic Anatomy Manual

TableTop Sequence

Himalayan Stone Massage discussion & practice

[AOHMessage 2: Back of the Body Protocol](#) 7 hrs

Anytime Classes Online with CE Broker:

[Reflexology](#) 2 CE's #20-852387

[Dr. Aminah Raheem's Chakra Tai Chi](#) 2 CE's #20-841651

[Ethical Wisdom: Drawing from Masters of Human Interaction](#) 2 CE's #20-848200

[Values & 5-Elements](#) 1 CE Ethics #20-883522

[Jet Lag and Insomnia Acupressure](#) 1 CE #20-911754

[Intro to AOHMessage & What is Holistic?](#) 1 CE #20-921019

[AOHMessage Meridian Massage Self-Care:](#) 3 CE 20-852377

[AOHMessage Foundation 1: Subtle Body](#) 1 CE #20-909806

[AOHMessage Foundation 2: Touch](#) 2 CE's #20-918703

[AOHMessage Meaningful Touch](#) 3 CE #20-923695

coming... [5-Elements Module AOHMessage F1](#) 3 CE's #20-

www.AOHMessage.com to sign on for *AOHMessage Newsletter*

aohmessage.com

Alvina Quatrano, Licensed Massage Therapist

MA50896 FL Provider 50-9777, NCBTMB Provider 451544-11

732-266-5276 | alvinaq@aohmessage.com | 3323 Olympic Drive #721, Naples, FL 34105