**AOHMassage Program 2023-5**

***AOHMassage* Foundation Program includes**

**[F1: Subtle Body](https://aohmassage.com/project/art-holistic-massage-aohm-foundation-1/) includes FREE 1 CE Ethics *Values & 5-Elements* Class, [F2: Touch](https://aohmassage.com/project/art-holistic-massage-aohm-foundation-2/),**

**[F3: Reflexology](https://aohmassage.com/project/art-holistic-massage-aohm-foundation-3/)**

**All available either in-person or online anytime CE Broker (FL)**

**All Classes approved by FL Board of Health and NCBTMB**

**All Foundation Classes are prerequisites for the**

**Hands-On In-Person Classes**  **which** **include Signature *AOHMassage* Organic Oil**

**[AOHMassage 1: Front of the Body](https://aohmassage.com/project/art-holistic-massage-aohmassage-1/)  & [AOHMassage 2: Back of the Body](https://aohmassage.com/project/art-holistic-massage-aohmassage-2/)**

**[AOHMassage Hands-On Week-Long Intensive](https://aohmassage.com/project/art-holistic-massage-aohm-week-long-intensive-webinar/) includes all of the above classes In-Person. 34 CE’s SPECIAL PRICING**

**F1,F2,F3 may be completed online, webinar, in-person or an**

**[Overview of AOHMassage](https://aohmassage.com/project/overview-aohmassage/) may be completed before the Hands-On Class.**

**\*\*A Massage with Alvina or approved therapist is recommended.**

**Also available 2 CE [Ethical Wisdom](https://aohmassage.com/project/aohm-ethics-with-the-masters/) Class in-person, webinar or anytime.**

**[AOHMassage Weekend](https://aohmassage.com/project/the-art-of-holistic-massagemeridian-massage-class/) includes**

**a review [(Overview)](https://aohmassage.com/project/overview-aohmassage/) of F1, F2,F3 Classes, optional *Ethical Wisdom* Class, and 2-days of *AOHMassage Practicum* SPECIAL PRICING**

**Please join long-time Massage Teacher Alvina Quatrano for the**

***AOHMassage* Hands-On Massage Classes!!! Check Links for Dates!!!**



Alvina Quatrano, Licensed Massage Therapist  
 MA50896 FL Provider 50-9777, NCBTMB Provider 451544-11

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**Google Forms Survey** (Include with email)

to determine preferred pricing, locations & times of year and ask if willing to sponsor classes in other locations.

**Gifts** (To send with email staggered through year)

Makko-Ho Stretches Self-Care Videos

Self-Massage Video

Meridian Massage for Self-Care Video