

# aohmassage

art of holistic massage



## ***AOHMassage Program***

[AOHMassage 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

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

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

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

Ritual, Diagrams, Procedures & Techniques

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

Putting It All Together...

AOHMassage Manual & Illustrated Sequence Manual & Video

Biological and Energetic Anatomy Manual

TableTop Sequence

Himalayan Stone Massage discussion & practice

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

[AOHMassage OVERVIEW](#) 3 hrs Review AOHMassage F1, F2,F3 Prior to AOHMassage 1 & 2

[AOHMassage Weekend](#)

[AOHMassage Weeklong](#)

## **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 AOHMassage & What is Holistic?](#) 1 CE #20-921019

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

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

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

[AOHMassage Meaningful Touch](#) 3 CE #20-923695, [20-1214100](#) Principles, [20-1214096](#) Self

[SEVA Stress Release Self-Care](#) 1.5 CE #20-953044

[Immune Lymph Booster Acupressure](#) 2 CE #20-954254

[Couples Massage](#) 3 CE's # 20-926272

[www.AOHMassage.com to sign on for AOHMassage Newsletter](#)



aohmassage.com

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