



## Hot Stone Massage Certification

The Stone Massage Company's in-class Hot Stone Certification Course is available in Winnipeg. This course will be taught by our Winnipeg teacher, Stefanie Suschenko, this course is approved in Manitoba by the MTAM for 30 primary CEU's and up to 15 ccp credits from the NHPC.

This is a one day class that will be held at The Massage Therapy College of Manitoba from 9:30 am-4:30 pm. Our up-coming 2017 course dates are as follows:

Sunday Oct 22

Sun Nov 19

Sun January 28

Please email [stefs@hotmail.ca](mailto:stefs@hotmail.ca) or call 204-229-1305 to register early as classes fill quickly.

Private classes and small group trainings onsite are available please inquire if interested

Sign up through me or online at <https://squareup.com/store/stefanie-suschenko>

Course material includes a 100 page fully illustrated manual complete with a DVD.

Topics Include:

- History of hot stone therapy
- Naturally formed stones versus mechanically tumbled stones
- Properties of basalt stone and other types of stones
- Effects of heat and cold on the body
- Benefits of hot and cold stone therapy
- Contraindications of hot stone therapy
- How to heat and care for your stones
- How to cleanse and re-energize your stones
- Hot stone massage techniques
- Massage oils and lotions
- How to perform a hot stone massage full body routine
- How to incorporate aromatherapy into hot stone therapy
- Integrating chakra work into hot stone therapy
- Setting up your therapy room and getting started as a hot stone therapy

Stefanie has completed her massage therapy program from The Massage Therapy College of Manitoba. She also brings with her a background in reiki and crystal healing. She is currently a Certified Yoga Teacher and incorporates stones into her Hot Stone Restorative Workshops. For more information please check out her Facebook page Stefanie Dawn Yoga and Massage and The Stone Massage Company's website.

<http://www.thestonemassage.com/default.asp>