

**YOUR GUIDE IS
DONNA KRAFT- SMITH
(Licensed Massage Therapist)**

Donna Kraft-Smith is a licensed massage therapist for over 20 years. Donna instructs at the *Therapeutic Bodywork Learning Center* & has taught Body Mechanics: concepts for moving the body with more ease, particularly while performing a therapy session, to massage therapy students for over 10 years. Her style is a method that most anyone, at any age, fitness level, and bodywork style can participate in and be successful.

Donna is a certified Sport Yoga instructor, Nationally Certified in Massage & Bodywork, as well as a member of the *American Massage Therapy Association*. She recently taught this course, Cultivating Balance, at the 2006 Maine *AMTA* fall retreat & was well received. She has participated in numerous seminars over the years – teaching other therapists & educating the public on Holistic Healing. Her style of presenting is informative & fun.

**For more info:
Therapeutic Bodywork
Donna Kraft- Smith
947-7087 ext. 1
hasmith@midmaine.com**



Therapeutic Bodywork Learning Center
185 Harlow Street, Suite 8
Bangor, Maine 04401
Phone (207) 947-7087 ext.1

**DONNA KRAFT-SMITH, L.M.T.
PRESENTS**

A GUIDE FOR
BODYWORKERS ...

Cultivating Balance

*Using Yoga Concepts for
Better Working Posture &
Body Mechanics*

8 Continuing Education Credit Hours

*Saturday, Feb. 17
9 am- 5 pm*

*Bangor, Maine
947-7087 ext. 1*

Concepts from the Ancient Healing Wisdom of Yoga...

to improve Posture and Body Mechanics.

Like anyone who performs physical activities, a Bodyworker is at risk to injury. The goal of this program is to bring forth strategies & body cuing techniques from yoga for a healthier body, mind connection to avoid energy loss, injury & to assist in injury recovery. This class is appropriate for both “new” & “seasoned” practitioners.

My particular focus is to aid you in the understanding of efficient *Body Mechanics*: your posture while sitting, standing & performing tasks. You will examine better vertical postural alignment by learning to use the front of your body to support your back, gently strengthening your “CORE” muscles (abdominal/pelvic musculature,) & maintaining spinal integrity, particularly while performing a bodywork session.

Sat. Feb. 17 9 – 5 pm

COST: \$90.

Registration Required

In this fun, practical, and totally hands-on workshop we will explore:

- Concepts for developing more “Mindfulness” in your breath & body movements
- Learn techniques for both self & client, vertical postural assessment
- Gentle, safe & effective strengthening, stretching & healing techniques to support you while standing, sitting & moving through space. Useful for client education as well.
- Learn body cueing for healthier somatic memory. Useful for client education as well.
- A half hour gentle yoga sequence to open and refresh your energy

8 Continuing Education Credit Hours

LIMITED TO 10 STUDENTS

MANUALS, DVD'S, HOMESTUDY CEU'S
AVAILABLE FOR SALE AFTER THE
WORKSHOP

What to bring:

Wear loose comfortable clothes, & bring either a bathing suit, or shorts for postural assessment. Bring a large beach towel, your massage table, linens, lotion, drinking water, & a light lunch.

Directions to the workshop:

185 Harlow Street, Suite 8, Bangor

I 95 to Union Street/ Airport Exit 184

95 N right off exit- go 1 light.

95 S left off exit- go 2 lights.

*At the light (14th Street), go left.

*Go 1 block, through the light (across Ohio Street), around the bend by the cemetery, alongside the river, into town. (14th Street turns into Harlow Street).

*Go through the light by the post office.

My office is the first building on the left side of the street (the Old School House Building), before the Bangor Library.

(Note: Do not park in the parking lot in between my building & library- you will be towed! Anywhere else is fine)

* Enter building at 185 Commercial Entrance- (3rd door furthest to the left from the library) Go downstairs- 2nd suite to the left: #8

To Register: Send \$45.00

to: Donna Kraft- Smith

185 Harlow Str., Suite # 8

Bangor. ME 04401