

SBBTI STUDENT MASSAGE

\$30-\$40/one hour

(805) 966-5802



MASSAGE SCHEDULE

Swedish Massage

Classic full body oil-based massage focused on relieving stress, relaxing muscle tension and rejuvenating through a succession of flowing, kneading, wringing, drumming and static pressure techniques, ranging from gentle to deep contact.

(On-going clinics)

Afternoons	Evenings
Mon- Sat 2:00 or 3:30	Mon-Thurs 6:00 or 7:30

Advanced Modality Clinics

These include various bodywork styles that focus on a therapeutic result in specific body systems. Modalities range from deep tissue to energy work. Some are also specific to certain populations: pregnant women, athletes, etc. Clinics offered vary from month to month. Schedule is subject to change, please refer to <http://www.sbbti.com/calendar-of-events.html> for current dates (As of 2/14/2014)

SUPPORT YOUR SPORT BY SUPPORTING YOUR HEALTH



516 N. Quarantina St
Santa Barbara CA 93103
(805) 966-5802
www.sbbti.com
info@sbbti.com

Enter a massage training program that enhances your health and skills as an athlete. SBBTI offers a multitude of courses with flexible schedules & low cost tuition.

"Studying at BTI is the best thing I could have done for myself. BTI has given me a valuable purpose: to be able to practice massage and teach. The freedom I have is a total gift. Can it get any better?"



-Sonia Ross, LMT
550 Graduate,
Level I Instructor,
Multinational
Champion and
Race Across
America winner



"SBBTI has been one of my first "hands on" learning environments and I can honestly say with full confidence that I learned more in the first week than I ever have in any desk/ classroom setting. The instructors all teach in such an intuitive way. They give you a strong foundation of tools and

knowledge and then encourage you to personalize what you learn, and create your massage to be unique. Through that process alone you have already become an asset in the professional world. That in itself is priceless"
-Mike La Rocca, Massage Therapist, UCSB Graduate, UCSB Track and Field

"Learning massage and Access Energy has taught me to listen to what my body needs nutrient-wise. I've been able to run harder and longer. In receiving bodywork twice each week in class I've relaxed my muscles. The most profound thing that's happened to me from receiving and giving bodywork is that I no longer have lower abdomen pain. I'm now able to go the distance and run harder and longer without the pain."



-Rebecca Kurta, CMT, 550 Graduate, Santa Barbara Marathoner

View our Massage Introductory Courses

See Website for Details
www.sbbti.com

or call (805) 966-5802

Massage Practitioner Certification Program 250-Hr

Day Format Massage Practitioner Program:

Swedish Classroom (120 hrs)

Swedish (100 hrs)

Weekend Retreat (18 hrs)

Bodywork Exam (2 hrs) by appointment

Bodywork Modules (40 hrs) see below, student's choice

Ethics (10 hrs)

Practicum (80 hrs)

Clinics (66 hrs - 22 clinics) ongoing (Mon-Thu) 5:45pm-8:45pm

(Mon-Sat) 1:45pm-4:45pm

Community Service (8 hrs) ongoing

Receiving Bodywork (6 hrs- 1 Swedish clinic, 3 Bodywork clinics)

Visit us online: <http://www.sbbti.com/>



John Harris, teaching Trigger Point Therapy

"By incorporating the Trigger Point therapy protocols learned from John Harris into my Deep Tissue work, I have been able to provide significant pain relief for many of my clients."

-Erick Hudson, 1000 hr graduate, Deep Tissue Instructor