Hydrotherapy Principles, Physiology, and Immersions at Quinn's Hot Springs Resort
with Brian Utting, LMP

Sunday, October 8, 2017 in Paradise, Montana

Hydrotherapy has been practiced as a healing art in many cultures since the beginning of recorded history. Like massage, hydrotherapy supports relaxation, cleansing, detoxification, and improved healing outcomes. Used together, massage and hydrotherapy are synergistic and more powerful than either modality used alone.

In this 1.5-day course, we will focus on how massage practitioners can strategically and effectively apply hydrotherapy in massage practice and in life as a health-building form of self-care. We will start with a review of the physiology of thermal homeostasis, and the effects hot and cold hydrotherapy have on the nervous, muscular, circulatory, integumentary, fascial, and digestive systems. You will learn about the properties of water, the physics of hot and cold, and the rules and principles for safe and effective hydrotherapy. Following a survey of different hydrotherapy applications, you will learn a form of ice massage that is particularly well-suited to deep tissue work. We will apply what we’ve learned by experiencing hydrotherapy at Quinn’s on both days.

Quinn’s Hot Springs is a naturally occurring mineral pool site located in Paradise, Montana. Facilities include 3 warm soaking pools, 2 swimming pools, and a 55-degree polar plunge, all located outdoors. The water is chemical-free, and contains many trace minerals which offer numerous health benefits. You will leave class feeling refreshed, cleansed, and detoxified.

Date, Time, and CE Hours:
Sunday 12:30-7:30pm, and Monday 10am-1pm.
Class is NCBTMB-approved for 8 continuing education hours (NCB provider #451040-09).

Tuition
$140 if registered by September 15, $160 thereafter.

Lodging and Meals
Contact Quinn’s Hot Springs Resort at (406) 826-3150 to reserve your room. When you register, please let the Quinn’s staff know that you are part of the Brian Utting class for a 10% discount. The resort is likely to fill up, so call soon to reserve your room.

Registration
To register by check or cash, send a $40 per class non-refundable deposit to Casey Sullivan, P.O. Box 4510, Whitefish, MT 59937. Please send the deposit only, and not the full amount. To register online, go to www.pnwschool.com.

Questions
Contact Casey Sullivan in Montana at (406) 249-8685, or at caseyjs@gmail.com. Contact Brian in Seattle at info@pnwschool.com.

Brian founded the Brian Utting School of Massage (Seattle, WA) where his 1000-hour COMTA-accredited school was considered one of the best massage schools in the country. With over 30 years of experience, Brian teaches with a rare blend of passion, anatomical precision, humor, common sense, and depth. He was awarded the AMTA’s Robert N. Calvert Award for Lifetime Achievement in 2009, and was inducted into the Massage Therapy Hall of Fame in 2014. Visit Brian’s website for more info: Pacific Northwest School of Massage www.pnwschool.com