



# 2022 Saturday Seminar Schedule

American Health Source

**Blue Heron Academy**

2040 Raybrook SE, Suite 104

Grand Rapids, MI. 49546

- 
- All seminars are worth **6 CE hours** unless otherwise noted.
  - All seminars run from **9:00am to 4:00pm** unless otherwise noted.
  - You must register **5 days** in advance of the seminar date.
  - All seminars will be held at the Blue Heron Academy in Grand Rapids unless otherwise noted.
  - Mask will be required
  - Seminars are subject to cancellation if minimum attendance requirements are not met by registration deadline.
  - **Refund Policy:** No refund will be given on seminars after purchase unless the seminar is cancelled due to low enrollment.

---

April 2<sup>nd</sup> 2022 (Saturday): Instructor – **Sahara Rose Russo, L.M.T.**

---

This course is NCBTMB Approved – **6 CE Hours**

[Massage Therapist Self Care and Stress Management](#)

Being a massage therapist can take a toll on the body, mind, and spirit of massage care givers. This class will cover how to take care of your hands, back, and body along with maintaining a healthy lifestyle.

**Please Bring: 2 sets of linen**

Members: \$150   Non-Members: \$250

## SCANDINAVIAN MOBILIZATION THERAPY - MASTERS COURSE

Women and Men's Abdominal and Pelvic Health Issues the Scandinavian Mobilization Therapy (SMT) program is the most advanced manual therapy program offered through the Blue Heron Academy and is perhaps one of the most advanced manual medicine programs offered in the world. Over 40 years of clinical experience have gone into the development of this training program.

---

May 21st, 2022 (Saturday): Instructors - **Gregory T. Lawton, D.N., D.C., D.Ac.** - **Chris Holmes, D.N., L.M.T., C.P.T.**

---

This course is NCBTMB Approved and meets the state 3-hour requirement for pain management – **6 CE Hours**

### Masters Course: Scandinavian Mobilization Therapy, Part 1 – Thoracic Respiratory Protocol

Post-COVID more people than ever are suffering from respiratory conditions, disorders, and diseases. American Health Source and the Blue Heron Academy of Healing Arts and Sciences offers the most advanced multidisciplinary approaches, techniques, and protocols for the treatment of the thoracic region and associated respiratory dysfunction and disease. The original techniques taught within the thoracic protocol were a part of early osteopathic medicine but were largely lost to the manual therapy communities. Dr. Gregory T. Lawton learned these techniques from a naprapath who himself learned them from an osteopath who practiced in the 1800's. This class will include the original manual therapy techniques, the use of castor oil packs, medicated oils, and liniments, as well as recommendations regarding diet and nutrition and herbal medicine for the treatment of respiratory conditions, disorders, and diseases. **Bring 2 complete sets of linens.**

Members: \$250 Non-Members: \$350

---

June 11<sup>th</sup>, 2022 (Saturday): Instructor - **Gregory T. Lawton, D.N., D.C., D.Ac.** - **Chris Holmes, D.N., L.M.T., C.P.T.**

---

This course is NCBTMB Approved and meets the state 3-hour requirement for pain management – **6 CE Hours**

### Masters Course: Scandinavian Mobilization Therapy, Part 2 - Abdominal and Pelvic Protocol

This presentation will cover gastritis, ulcers, colitis, irritable bowel syndrome with diarrhea or constipation, and other disorders of the gastrointestinal system along with pelvic conditions, disorders, and diseases including those associated with PMD, dysmenorrhea, PID, benign tumors and cysts of the ovaries and uterus, as well as endometriosis. The techniques and protocols taught by American Health Source and the Blue Heron Academy of Healing Arts and Sciences are unique and are unparalleled by any other school or organization. Learn effective clinical techniques, manual therapy, diet and nutritional plans, and effective herbal medicine for the treatment of women and men's eliminative and reproductive systems. **Bring 2 complete sets of linens.**

Members: \$250 Non-Members: \$350

---

June 25<sup>th</sup>, 2022 (Saturday) : Instructor - **Chris Holmes, D.N., L.M.T., C.P.T.**

---

This course is NCBTMB Approved – **NOTED: 3 CE Hours**  
[Adventure and Outdoor Fitness- Traveling at the Speed of Light](#)

This seminar is about your role as a personal trainer to lead an adventure fitness activity. Whether its trail riding or kayaking, hiking, or rock climbing, having the knowledge of how to plan and execute an activity is vital in designing a successful event that will keep people interested and safe. The day will consist of lecture in the morning and then a planned event at a park in the afternoon. **Please wear clothes suitable for hiking through the woods, water and a lunch and snacks.**

Members: \$150 Non-Members: \$250

---

July 16<sup>th</sup>, 2022 (Saturday) : Instructor - **Carol Jo Baggerly, D.N., L.M.T.**

---

This course is NCBTMB Approved and meets the state 3-hour requirement for pain management – **6 CE Hours**  
[Back to Basics- Medical Massage Refresher Course](#)

Have you forgotten table stretches for lateral rotators of the femur? How about properly fold the neck and shoulder girdle for the SCM? If so, now is the time to get back to the basics with this excellent seminar to refresh basic techniques and protocols, modality usage, and stretching. This seminar offers you the opportunity to ask the questions you need answered and to practice what you learn. **Please bring two sets of linens.**

Members: \$150 Non-Members: \$250

---

July 30<sup>th</sup>, 2022 (Saturday): Instructor – **Sahara Rose Russo, L.M.T.**

---

This course is NCBTMB Approved – **6 CE Hours**  
[Chinese Yoga and Tai Chi for Practitioners Self Maintenance](#)

Practice yoga techniques that can help keep your body healthy and for mental clarity. Learn ways to preserve yourself and strive for good self-maintenance. **Please bring your own yoga mat, 2 blocks any other props you typically use in your personal practice such as a strap or a bolster.**

Members: \$150 Non-Members: \$250

---

August 27<sup>th</sup>, 2022 (Saturday) : Instructor - **Carol Jo Baggerly, D.N., L.M.T.**

---

This course is NCBTMB Approved and meets the state 3-hour requirement for pain management – **6 CE Hours**  
[Treating Temporomandibular Disorders \(TMJ/TMD\) in Medical Massage Therapy](#)

Lecture and hands-on treatment techniques for a very common and complex problem, TMJ or issues related to the mouth, jaw, and head. TMJ can be related to stress, whiplash, head injury and/or dental trauma. Learn how to effectively treat TMJ in your practice and the secondary disorders like jaw pain and chronic headaches commonly seen with TMJ. **Please Bring: 2 sets of linens.**

Members: \$150 Non-Members: \$250

---

September 17<sup>th</sup>, 2022 (Saturday) : Instructor – **Sahara Rose Russo, L.M.T.**

---

This course is NCBTMB Approved – **6 CE Hours**  
[Therapeutic Massage and Hot Stones - Common Medical Spa Procedures](#)

In this seminar you will learn Swedish, Therapeutic and other general massage techniques, and treatment protocols such as hot rocks along with a review of the methods and procedures approved for licensed Michigan massage therapists. **Please bring 2 sets of linens.**

Members: \$175 Non-Members: \$275

---

September 24<sup>th</sup>, 2022 (Saturday) : Instructor - **Chris Holmes, D.N., L.M.T., C.P.T.**

---

This course is NCBTMB Approved and meets the state 3-hour requirement for pain management – **6 CE Hours**  
**This course is an American Manual Medicine Association Masters Course**  
[Treating Spinal Scoliosis and Other Spinal Pathologies – Cerebellum Resting Tone & Spinal Curves](#)

The Blue Heron Academy is recognized as having one of the most advanced and effective treatment programs for scoliosis treatment in the US. This advanced seminar reviews the anatomy and physiology of vertebral column, spinal curvature assessment and evaluation and covers pathological conditions of the spine such as spinal scoliosis, kyphosis, and lordosis. You will learn how to assess and treat abnormal spinal curvature conditions. **Please bring two sets of linens.**

Members: \$225 Non-Members: \$325

---

October 8<sup>th</sup>, 2022 (Saturday): Instructor - **Chris Holmes, D.N., L.M.T., C.P.T.**

---

This course is NCBTMB Approved – **6 CE Hours**  
[Sports Massage, Kinesio, and Dynamic Taping](#)

In this seminar you will learn Swedish, Therapeutic and Sports Massage techniques, and treatment protocols along with the latest methods of therapeutic and clinical taping. **Please bring two sets of linens.**

Members: \$175   Non-Members: \$275

---

October 22<sup>nd</sup>, 2022 (Saturday): Instructor - **Carol Jo Baggerly, D.N., L.M.T.**

---

This course is NCBTMB Approved – **6 CE Hours**  
[General Rehabilitation for an Aging Population - Geriatric Massage](#)

With the continual “greying” and aging of the American population medical massage therapists need to be well trained in geriatric massage technique, procedures, and protocols. This seminar will cover the pathologies and conditions presented by an aging population. **Please bring two sets of linens.**

Members: \$175   Non-Members: \$275

American Health Source  
2040 Raybrook SE  
Grand Rapids, MI. 49546

Jacqueline Stolz, AHS Advisor [info@americanhealthsource.org](mailto:info@americanhealthsource.org)