



Since 2001, **Stone Waters Massage Education** has been training therapists in the field of stone therapy. People interested in learning our protocols belong primarily to two walks of life: the massage therapy/energy work field and the esthetics/spa industry. Our graduates include hundreds of professionals from all over the world. Our students come from different professional backgrounds: registered massage therapists, sport massage therapists, acupuncturists, yoga teachers and practitioners, reflexologists, Reiki, aroma and shiatsu therapists, Thai practitioners, estheticians, spa owners and spa attendants, hair dressers, nurses, and people who take classes simply for the purpose of their own self-development.

Regardless of the professional backgrounds or motives to pursue the study our goal has always been to ensure the highest quality education combined with dynamic style of instructions. We believe we have created an uplifting and supportive learning environment in which every individual will be both respected for who she or he is and also integrated into the larger tapestry of the therapeutic massage network.



Slaven Trinaistic, RMT

Eliana Trinaistic, BA, Shiatsu Therapist

"Take a look at those two open hands of yours. They are tools with which to serve, make friends, and reach out for the best in life. Open hands open the way to achievement. Put them to work today." Wilifred A.Peterson

Hot Stone Therapy is a system that includes a number of techniques and protocols that utilize both hot and cold stones for bodywork and relaxation purposes in spas, healing centres, massage and physiotherapy clinics.

Hot Stone Therapy integrates:

- breathing techniques (pranayama) with Swedish strokes
- shiatsu treatment and the theory behind Meridians with decongestive lymphatic drainage
- therapeutic cold and hot applications (hydrotherapy) with elements of aromatherapy

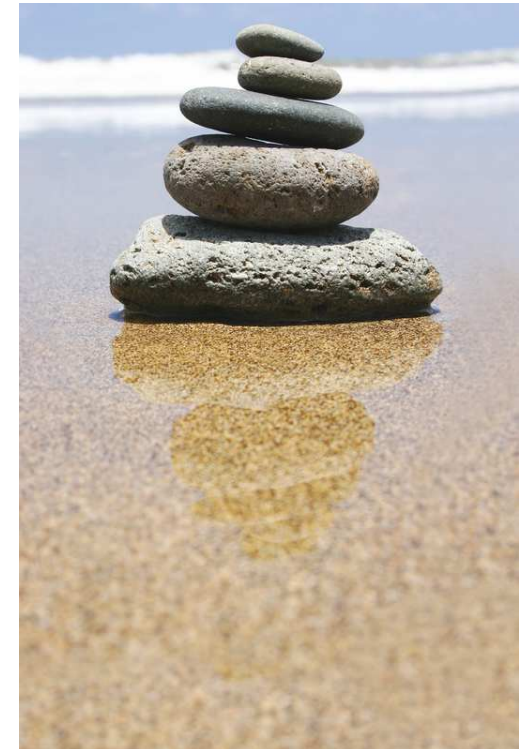
An eastern view of the human body, especially an emphasis on the constant movement of vital energy called *Qi*, will be one of the determining factors in deciding how and when to apply the stones. An unobstructed flow of *Qi* may prevent illnesses and promote an optimal level of mental, emotional and physical health.

Our stone therapy courses incorporate both Eastern and Western approaches, allowing you to experience the benefits of both heat applications and cold applications. Our practical/hands-on methodology is also eclectic, combining both Eastern and Western types of body work.

**To find out more about us
please call 416-878-5392, visit our website
www.stone-waters.com
or our maternity health related website
www.truebluetherapy.com**

HOT (STONE) THERAPIES

**Workshops, Supply, Therapy
& Holidays**



**www.stone-waters.com
416-878-5392**

**@ Optimum Health Centre
1246 Yonge Street, Suite 303, Toronto
Yonge & Summerhill**



Optimum Health Centre

is located at

**1246 Yonge Street, Suite 303,
Toronto, Yonge & Summerhill**

(inside Summerhill Gardens building)

By Subway: Exit at **Summerhill subway station**, walk one block North

By Car: paid parking is available on surrounding streets.

Appointments & Special Visits

Evening appointments and couple massages are available with 48 hours notice on Thursdays, Fridays and Saturdays mornings only .

Gift Certificates & Packages

Available in person and on-line at www.stone-waters.com or by calling

416-878-5392

Price List: Courses

Hot Stone Therapy Intro Level (10 CEU's)

This one-day intensive (as described above) is created to fulfill needs of busy professionals who are keen on getting a core insight into protocols & applications of heated stones. **249.00**

- **w/a set of Stones 408.00**
- **Home Study 129.00**

Hot Stone Therapy Advanced Level (20 CEU's)

This two-days advanced study, which includes the Intro Level , is designed for professionals and therapists who need a thorough insight into **hot and cold** stone therapies, facial massages, therapeutic oils & alternation protocols. **459.00**

- **w/a set of Stones 585.75**
- **Home Study 239.00**

Cultivating a Flow of Chi for Western

Therapist (10 CEU's) One day intensive based on working with Chi in healing and therapy. **249.00**

Shiatsu for Expectant Couples

Shiatsu for Expecting Couples emphasizes the father or partner's involvement during the pregnancy and labour. It has been designed for pregnancies in the second and third trimesters. It may complement a childbirth class but it is not a childbirth class itself. **85.00 per couple (3 hrs)**

Water Birth Info Nights (free) Please call to find about dates and registration or visit www.truebluetherapy.com

Yoga Holidays - September/ 07 !!

A retreat on the Adriatic Sea, featuring a unique combination of hot Yoga and Eastern therapies coursework, for beginners & professionals.

Learn and travel. 20 CEU's cat. A.

To find out more, please visit our web-site www.stone-waters.com .

Price List: Treatments

Registered Massage Therapy

1 hour	75.00
3/4 hour	60.00
1/2 hour	45.00
1 1/4 hour	95.00
1 1/2hour	110.00

Hot Stone Therapy

1 hour	85.00
1 1/2 hour.	119.00

Shiatsu Therapy

1 hour	70.00
3/4 hour	55.00
1/2 hour	40.00

Couple Massages available with 48 hours notice.

RETAIL

Professional Set of Stones

20-22 lbs., around 50 natural black basalt lava stones from Peru. Discounts on stones when purchasing courses. **169.00**

Student Set (1/2 set)

85.00

