

Visionary Continuing Education Courses

Also Known As Aviana Continuing Education

*Melding ancient healing technique
with the latest scientific perspective.*



Visionary

EDUCATIONAL/EXPERIENTIAL SEMINARS
Presented by Creator, Nancy E. Schmitt

**NCBTMB APPROVED PROVIDER FOR
CONTINUING EDUCATION**



AVIANA (LIFE) TOUCH THERAPY TRAINING (LT)

3 Day Training • 25 Contact Hours • Cost: \$375.00

Imagine providing a service about which your client says... “I felt like I was floating... totally relaxed... like the weight of the world had been lifted from my shoulders.”

Learn this exclusive blend of mindfulness meditation, energy bodywork, touch point therapy and massage, with influence by Native American, Hawaiian, Ayurvedic and other multi-culture healing concepts. This modality is designed to support medical procedures and treatment programs safely and effectively as well as serve as a prevention medicine tool.

In this workshop, you will learn:

- 3 in 1 stand alone therapies
- How to improve focus on client needs
- The strengthening of personal and client intuitive awareness
- The use of intention as a unifying concept in body/mind healing

Benefits for Therapist

- Meet the growing need for safe and effective service for the aging population
- Expand practice to include individuals who are often considered contra-indicated for traditional massage
- Add “flavor” to traditional massage
- Extend your “professional life” as there is little deep tissue work
- Upon completion of this three day course, most are able to immediately and safely use LT to improve the quality of life for all clients.

MINDFULNESS MEDITATION

1 Day Training • 7 Contact Hours • Cost: \$105.00

Incorporating mindfulness into your daily life provides tangible health and wealth benefits for you personally and professionally. Experience an increase in personal and client overall satisfaction.

In this workshop, you will learn:

- The formal practice of sitting meditation
- The use of mindfulness in informal settings
- How breathing habits reflect and affect your state of being
- Ways to avoid obstacles that interfere with regular practice
- Physical, emotional, mental and financial impact of a regular practice
- Ways to positively impact personal and professional relationships
- Transfer benefits to therapeutic massage skills



ENERGY BODYWORK TRAINING

1 or 2 Day Training • 10 Contact Hours • Cost: \$150.00

Forty nine (49) cultures around the world recognize energy and its intimate link with physical health and healing. Energy is consciousness and is contained within feelings, thoughts, inspirations, opinions, judgments, imaginations, dreams, aspirations, intentions, and pure creativity. Today, energy bodywork is used to address physical, emotional and mental disorders as well as promote high level wellness and peak performance. In this workshop Nancy, who has studied under some of the most widely respected leaders in the field of energy and is a rare teacher with extensive hands on experience, will provide:

- Detailed education and experience of energy as a healing tool
- Methods for detecting energy imbalance in self and others, including use of the pendulum
- A complete modality that allows for clearing energy blockages
- Strategies for strengthening client and personal energy
- Benefits and application in everyday life
- Methods to strengthen and enhance massage skills

FACE, SCALP AND EAR MASSAGE

1 Day Training • 7 Contact Hours • Cost: \$105.00

Face, Scalp and Ear Massage, a stand alone healing method within Aviana (Life) Touch Therapy, promotes physical and mental tools for relaxation.

This workshop will provide:

- Anatomy & physiology of face, scalp & ears
- Synergistic use of Ayurvedic marma point massage with sinus and tension touch points
- Overview of how attention with intention dramatically change the practitioner and client experience
- New skills to “flavor” for traditional massage techniques
- An effective stand alone thirty minute modality



AVIANA (LIFE) TOUCH THERAPY ADVANCED TRAINING GRADUATE CLASS

5 Day Training • 37 Contact Hours • Cost: \$555.00

In this five day advanced class, we will move far beyond the basic concepts of Aviana (Life) Touch Therapy to give you a much wider and deeper experience with the modality and the core principles upon which it is based. Detailed demonstrations, individualized table-side assistance with personal feedback, and generous practice segments will expand your knowledge, understanding and experience of this specific energy, touch point, and massage technique.

Mindfulness

- Experiential session — practice the Buddhist method of meditation
- Focus on the breath and its connection between the physical and non-physical realm, the mind and body, consciousness and unconsciousness
- Review and remember the benefits of mindfulness within the LT session

Intuition

- Continuation of the work started in the LT class — wake up, hone, and act on your intuition
- Guided (exercises/experiences) to take you away from the ordinary and allow you to listen with your whole body.

Energy

- Move beyond words and thought to experience energy
- Practice working with the energetic component of the body
- Remember, reflect, and condition yourself to experience this divine truth

Touch Point with Intention and Massage

- Review and expand understanding of touch points with specific intentions
- Learn the Visionary method of massaging both face and feet

To attend, you must be certified in Aviana (Life) Touch Therapy.

MISSION STATEMENT

The heart of Visionary is based on the philosophy that the power of touch with specific intention can have a profound impact on an individual's health and well-being. Founded in this principle, our mission is to impart knowledge and present techniques that can be applied easily, safely and immediately to improve the quality of life for all individuals in every stage of wellness, dis-ease, and disease, including cancer.

Experience the powerful possibilities of Visionary Continuing Education Courses.

Harmonize the invisible along with the physical to lift your practice to a new level. Visionary body work is a by-product of some of the world's oldest holistic health and healing systems practiced and studied by millions for thousands of years. Learn how Nancy has woven specifically selected concepts into a timely body of work to help you help clients improve quality of life.

Strengthen your energy foundation, build a healing presence, unleash your inner perfection and respond to clients as a whole person.

Through a combination of lecture, demonstration, and guided hands-on practice, Nancy E. Schmitt, author of Visionary therapies will share the deeply personal and exclusive tapestry of massage, touch therapy, mindful meditation and energy bodywork she created after her personal experience with cancer.

Her 'Turn No One Away' therapies provide a catalyst for natural healing.

- Enabling the client to go beyond physical relief to include deep emotional and mental healing
- Experiencing peacefulness... both practitioner and client
- Letting go of past and future concerns... fully participating in the moment
- Increasing client energy and strengthening immunity

Gratified by the overwhelmingly positive feedback from her graduates and clients alike, Nancy is excited to share her highly personal "Turn No One Away" bodywork modalities with you.

Feel personally invited and warmly welcomed to this highly inspiring and interactive class. Because Visionary therapy clients are given the option to remain fully clothed or to undress to their level of comfort, all practices will be done clothed.



NANCY E. SCHMITT INTERNATIONAL TEACHER

Nancy is the creator and exclusive teacher of the Visionary Continuing Education courses, beautifully choreographed and deeply healing body work that has become her trademark. Her teaching and seminars are fashioned by her life experience and education which include intense study and training with international healers, body workers, scientists and leaders in Mind-Body Medicine, Energy, Native American and Hawaiian Healing and more. Enjoy the opportunity to feel warmly welcomed and delightfully changed by her workshop experience.



Visionary, Nancy E. Schmitt
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*An approved provider of the National Certification Board of Therapeutic
Massage and Bodywork (NCBTMB) Provider #393827-00.*

*“Nancy is a wonderful, informative, energetic,
and loving teacher (entertaining too)! Very
powerful work – I love it.”*

—Marianne Gettman (Concord, NC class, 2006)

VisionaryBodyMind.com