



Holistic Healing Arts est 1991

Alvina Quatrano, Licensed Massage Therapist
3323 Olympic Drive #722 Naples, FL 34105 732-266-5276
Alvinaq@mac.com FL Lic # MA 50896 Provider # 50-9777

Upcoming Classes

SEVA Stress Release Protocol: This is a world gift designed by the teachers of Soul Lightening Acupressure especially for the relief of shock and stress in the world since September 11, 2001. Everyone can benefit from learning and using this protocol. Anyone can learn it. It is a wonderful tool that can be used by nurses, doctors, physical therapists, massage therapists, psychotherapists, parents, children, friends, neighbors. This 6 Hr Class will teach you : The Acupoints, How to use this on others, How to use this on yourself. **\$100. 6 CEU's**

DATE: January 26, 2009

Place: TBD

Register w/ Alvina

Clinical Acupressure 1: Basic Applications : Teaches bodyworkers how to use acupressure to balance and energize the whole body and specific parts. More than 35 key acupoints for the whole body. Chakra Tai Chi and Interface Touch from Zero Balancing is also learned. A Clinical Handbook and Study Guide with 40 specific acupressure formulas for points and conditions are given.

Developed by Dr. Aminah Raheem. Appropriate for Clinical Applications.

24 CEU's NCBMTB and FL State ***\$695 Discounts available*** if registered early.

4 Day class. To be held ***4 Tuesdays***

Date: May 19-June 9 2009

Place: TBD

Register with Soul Lightening International at www.soullightening.com. Call Alvina for information or questions.

Introduction To Reflexology: The ancient art and practice of Reflexology uses specific acupressure points on the feet and hands to enhance the natural healing abilities of the body's corresponding organs and glands. Join us to learn these simple, effective techniques for keeping the body in balance. Great for Couples, bodyworkers, caregivers and those who just want to treat themselves.

DATE: June 14th 2009

PLACE: TBD

5 CEU's available. \$100. Register with Alvina.

Introduction To Soul Lightening Acupressure: Developed by Aminah Raheem, Soul Lightening Acupressure is a method of combining bodywork (acupressure and Zero Balancing) with psychological processing (particularly Arnold Mindell's work) to further spiritual and psychological evolution. SLA works through the body's energy systems--meridians and chakras--to stimulate balance, well-being and expanded consciousness. It is particularly helpful in identifying and clearing psychological barriers, learning more about the human body and promoting personal and interpersonal growth. Suggested Reading: ***Soul Return*** by Dr. Aminah Raheem. Request bring two Hackey Sacks and a long sock. 2 Day Class.

16 CEU's \$250

DATE: June 15-16 2009

PLACE: TBD

Register with www.soullightening.com. Call Alvina w/ questions

Immune / Lymph Booster Protocol: Learn the background of acupressure and why it works. The touch method of Interface. 20 Acupoints. To address cold and flu symptoms, earache, drowsiness, bronchitis, lethargy, insomnia, and tension, lymph.

\$100. 6 CEU's

DATE: October 20, 2009

PLACE: TBD

Register with Alvina.

Watch For Alvina's The Art of Holistic Massage Class 6 Segments 30-60 CEU's