

**Practical Lymphatic Drainage
2010 Certification Programs**

**Spring begins April 9 - 11 Fall begins July 9 - 11
Winter begins October 8-12**

608 S. Washington St., Suite 311, Naperville, IL 60540

PRACTICAL LYMPHATIC DRAINAGE is a gentle, subtle, low-impact hands-on technique used to reduce swelling, decongest tissues and joints, improve lymphatic circulation and speed healing. It may be used for detoxification, sinus pain & discomfort, improved sleep & relaxation, to speed healing post-surgery or injury, for sports recovery and performance, to reduce menstrual discomfort, for chronic lymph edema and more! Course instructor is Allison Ishman, who has practiced lymphatic drainage care for over 15 years, & has taught this work since 1995.

The **INTRODUCTORY COURSE** enables therapists to safely incorporate lymphatic drainage into sessions that include other forms of therapy. It includes an overview of the lymphatic system & introduction of hand-on techniques for overall lymphatic flow. (5 CE's)

The **FULL COURSE** topics include anatomy, physiology & pathology of the lymphatic system, techniques of manual lymphatic drainage (MLD), indications & contraindications, post-op & cancer care guidelines, sports applications, special areas of edema, and sinus congestion. Following the full course, therapists may offer 60-minute treatments specifically for lymphatic drainage. Includes Friday from 1-6 pm and Saturday and Sunday from 9 am - 6 pm (19 CE's)

The **LYMPH DRAINAGE PRACTICUM** Students who have completed our Lymphatic Drainage Full Course can attend this practicum to expand and refine their hands-on skills. This is a good chance to refine a new technique, and to correct subtleties in the application of the work. Students must arrive with notes on at least 4 lymphatic drainage sessions they have performed since the Full Course, and be prepared to discuss them as a "lab session". (8 CE's)

The **LYMPH DRAINAGE PRACTICUM TWO** Students who have completed our Lymphatic Drainage Full Course may also attend this second practicum to expand and refine their skills, as well as to learn the relationship between the meridian and lymphatic systems. We will learn and practice the application of techniques to address the meridian and lymphatic systems together. (8 CE's)

PRACTICAL LYMPHATIC DRAINAGE CERTIFICATION available following completion of the Full Course and both Practicum courses. It includes a written exam and a review of hands-on skills. Certification fee is \$75.



Allison Ishman, Instructor

Fax this form to (888) 467-5984, or register online at www.ibodycare.com/enrollment.htm
Space is limited to 20 students. Early registration rate applies 30 days before class start date.



608 S. Washington Street,
Suite 311
Naperville, IL 60540
www.ibodycare.com

Phone: (630) 355-5125
Fax: (888) 467-5984

Name _____

Address _____

Email (used for confirmation) _____

Phone _____

Method of Payment

Check

Visa

MasterCard

American Express

Discover

Credit Card # _____

Signature _____

Exp. date _____

2010 Courses

Enrollment Form

	Time	Price
<input type="checkbox"/> Intro to Lymphatic Drainage	April 9	\$79
<input type="checkbox"/> Entire Lymph Track <small>Save \$100</small>	SUMMER	\$799
<input type="checkbox"/> Full Lymphatic Drainage	April 9-11	\$499/\$549
<input type="checkbox"/> Lymph Drainage Practicum	May 6	\$199
<input type="checkbox"/> Lymph Drainage Practicum 2	June 10	\$199
<input type="checkbox"/> Intro to Lymphatic Drainage	July 9	\$79
<input type="checkbox"/> Entire Lymph Track <small>Save \$100</small>	FALL	\$799
<input type="checkbox"/> Full Lymphatic Drainage	July 9-11	\$499/\$549
<input type="checkbox"/> Lymph Drainage Practicum	Aug. 12	\$199
<input type="checkbox"/> Lymph Drainage Practicum 2	Sep. 9	\$199
<input type="checkbox"/> Intro to Lymphatic Drainage	Oct. 8	\$79
<input type="checkbox"/> Entire Lymph Track <small>Save \$100</small>	WINTER	\$799
<input type="checkbox"/> Full Lymphatic Drainage	Oct. 8-10	\$499/\$549
<input type="checkbox"/> Lymph Drainage Practicum	Nov. 11	\$199
<input type="checkbox"/> Lymph Drainage Practicum 2	Dec. 9	\$199
Total:		_____



2010 Education Schedule

Join us for a wellness certificate in
Practical Lymphatic Drainage!

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Naperville, IL 60540
www.ibodycare.com

5 CE's for \$79, 19 CE's for \$499, or save with the Complete Certification Track for \$799!

Practical Lymphatic Drainage

Introductory Courses: April 9, July 9, and October 8, 2010 1-6 pm

Full Courses: April 9 - 11, July 9 - 11, and October 8—12, 2010

Location: 608 S. Washington Street, Suite 311, Naperville, IL 60540

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Upcoming 2010 Professional Education Classes *early registration is 30 days prior to class	
Join us for Manual Lymphatic Drainage Wellness Certification Programs!	Offered this Spring/Summer, Fall and Winter
Practical Lymphatic Drainage Introduction 5 CE's Instructor: Allison Ishman Naperville, IL Location	Spring:April 9, Fall:July 9 or Winter:Oct. 8, 1-6 pm \$79 Anytime Rate 5 CE's
Practical Lymphatic Drainage Full Course 19 CE's Instructor: Allison Ishman Naperville, IL Location	Friday - Sunday Spring:April 9-11 Fall:July 9-11 Winter:Oct. 8-10 \$499 early*/ \$549 regular 19 CE's
Lymphatic Drainage Practicum 8 CE's Instructor: Allison Ishman Naperville, IL Location	Spring:May 6, Fall:Aug. 12, Winter:Nov. 11, \$199 Anytime Rate 8 CE's
Lymphatic Drainage Practicum Two 8 CE's Instructor: Allison Ishman Naperville, IL	Spring:May 10, Fall:Sep. 9 or Winter:Dec. 9 \$199 Anytime Rate 8 CE's