



# Cayce/Reilly® School of Massotherapy

## Continuing Education Workshop

*The Cayce/Reilly® School of Massotherapy Presents*

# Cayce/Reilly® 3-Day Introduction to Massage

*Interested in learning the Cayce/Reilly technique?*

This workshop is for both the novice and the massage therapist interested in learning the Cayce/Reilly® technique.

During this 3-Day workshop, you will:

- receive a thorough introduction to the Cayce/Reilly massage technique
- learn the difference between Cayce/Reilly and Swedish Massage
- be instructed on proper body mechanics and proper draping
- practice the basic massage strokes
- Learn about centering with the client at the start of massage and grounding with the client at the end of the session
- learn and practice the Cayce/Reilly full-body massage routine, by both giving and receiving massage.



**Date:** December 28 - 30, 2011

**Time:** Wednesday – Friday, 9 am – 3 pm

**NON-Continuing Education Hours:** 15

**Cost:** \$150\*  
\$ 15 Materials Fee

**No Prerequisites**

**To Register:**  
757-457-7134

[workshops@caycereilly.edu](mailto:workshops@caycereilly.edu)  
[www.EdgarCayce.org/massageschool/CE](http://www.EdgarCayce.org/massageschool/CE)

*\*Workshop tuition will be fully applied to the 700-hour diploma program if the student enrolls in the Cayce/Reilly massage certification program as a full-time student within one year of taking this course. Cayce/Reilly® is a registered trademark, and only those who graduate from our school are considered Cayce/Reilly® practitioners and can advertise as such.*

### **About the Instructor:**



**Elaine Hruska, CMT**, is a graduate of and an instructor with the Cayce/Reilly School of Massotherapy. She has been a student of the Edgar Cayce readings for over thirty years. Born in Houston, Texas, Elaine attended the University of St. Thomas in Houston, where she received a B.A. in secondary education. She also received a master's degree in transpersonal studies from Atlantic University in Virginia Beach, Va. In 1997 she graduated from the Barbara Brennan School of Healing. She is a certified Healing Touch practitioner and currently lives in Virginia Beach, Va., where she is also a therapist at the A.R.E. Health Center and Spa.

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