



## Stone Medicine Level I

*Foundation in Native American Stone Massage*

April 27-28 2024, 9am-5pm

16 Continuing Education Credit Hours, NCBTMB Approved

Instructors: Kaytea Thompson & Mariza Dovis

Roanoke, VA

Tuition: \$425

No prerequisites or previous experience needed

All are welcome!

For More Information Call/Text: 540-860-0749 or visit: <https://www.sacredstonemedicine.com/>



This two-day foundational course introduces you to Native American stone massage methods, including the most current research available in safety, sanitation, and alternating temperatures. The application of stone massage is an effective therapeutic modality which treats the whole body, and is beneficial for almost everyone. The chemical changes manifested in the body are numerous. Joining this ever-changing scientific evidence is the unchanging traditions of our ancestors. Ceremony is introduced as a method of connection to Mother Earth in the traditions of the ancestors who first developed this style of wellness. Ceremony is free...it is NEVER for sale. The course fees pay for your education and the presentation costs for the event. Enjoy renewed confidence and widening perspective on hot and cold stone massage techniques by attending this course based on traditional stone massage.

Using various temperatures, specific pressure and vibrations will relieve stress, stimulate circulation, remove inflammation, alleviate pain, enhance the immune system, aid detoxification, improve lymphatic drainage, reduce swelling and enhance overall health. Stone Medicine is one of the most profound stone massage treatments available today.

Joining this ever-changing scientific evidence is the un-changing traditions of our ancestors. This class will allow you to participate in re-enactments of ancient ceremonies while hearing legends and stories from the first "Stone Walkers". Enjoy a renewed confidence and widening perspective on hot and cold stone massage techniques by receiving the gift of these shared offerings

Participation in the ceremonial activities offered during the course enlighten the gathering on how to 'Walk the Stone People' in honor. A variety of traditions may come to life, including 'Smudge', 'Prayer Tie Offerings', 'Calling the Directions' and, of course, 'Inyan Pejuta' (Stone Medicine).