

# THE HOME STRETCH



**Massage Addict**  
Membership Based Massage Therapy

## The Healing Arts by Brad Surette, BA, RMT

Around this time four years ago I had an epiphany. And upon realizing my job at that time was nothing more than a pay-cheque and actually hindering the goals I wanted to accomplish in life, I terminated my employment with the federal government. Shortly after, I decided to pursue a long-term desire and go back to school to study the healing arts. The best decision!

First on the list was becoming a Registered Massage Therapist. While waiting for the next enrollment at the Canadian College of Massage and Hydrotherapy in Bedford, I decided to practice yoga. Initially I tried learning through books and DVDs and practicing on my own. However, I soon realized it was difficult to self-correct even with a mirror. I began wondering how useful it would be to have the expertise of someone to help me feel the correct movement and energy flow that is inherent in the poses. And, even though most of these poses are gentle, they are still physically based forms and I did not want to injure myself by practicing them incorrectly.

So, I regularly attended Yoga classes (3-4 times per week)

offered at Nubody's various locations throughout the HRM. It was then I realized the importance of daily stretching and self-reflection, the type you do without a mirror. I also took a ten week Hatha and Chakra Yoga program with Mandee Labelle of YogaHeart. It was at this time I realized what a difference Yoga was making in my life on so many levels.

Needless to say, second on the list was becoming a Registered Yoga Teacher. Wondering how I could somehow accomplish this goal while studying massage I began to look at various Yoga Teacher Training programs. Upon reviewing several I felt myself drawn to one program in particular. Trusting my instincts I enrolled with the Atlantic Yoga Teacher Training program led by Jody Myers and Silver Frith. These ladies are absolutely amazing! Jody and Silver have been teaching Yoga for many years and bring lots of experience, knowledge, and intuition to the program. They both have a great ability to sense the individual needs of their students and utilized their expertise to guide us step by step through the

teacher training program.

The other students that participated brought various backgrounds, ideas, and personal history that made for a well-rounded class. I met some pretty spectacular people and made many lasting friendships. The program itself was actually far beyond what I had expected. I thought the training would only be about learning various asanas or yoga poses, but instead we learned so much more about ourselves.

Third on the list was becoming a Reiki Master Teacher. In last month's newsletter I wrote an article about how this has had an incredible impact on changing my life for the better. I also mentioned how a Reiki Master Teacher is a student of life and how it has been my experience that a greater understanding for a subject can be achieved by teaching it to others.

That is why I feel it is an absolute honor to have massage, Reiki, and yoga to draw upon when trying to help my clients make progress in their rehabilitation from trauma, illness, or injury. - Brad Surette, BA, RMT

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### Special points of interest:

- Reiki Training at Massage Addict
- Congratulations to Reiki Level I Practitioners:  
Jill Matthews-Patenaude  
Holly Simmons, RMT  
Jennifer White, RMT

## Pregnancy: Back Pain by Nancy Power, RMT

Pregnancy is a time for change. During this time you may experience changes in your emotions, sleep patterns, eating habits, and other changes in your body.

One of these changes may be the development of back pain.



There can be various causes, but there are simple things you can do which will usually bring relief. These tips can also be applied later on when lifting an ever-growing baby or toddler.

So, let's look at some of the things you can do to reduce or eliminate your back pain.

**Stand up straight.** Proper posture is the key to back health at any time, including the changes of pregnancy. Tuck your tailbone under, pull the shoulders down and back, and stand up straight. The more you think about it the more natural it will become as the months go by.

And as your pregnancy progresses, be careful not to pull your shoulders back too far in compensation for the increased weight on your belly.

Talk to your health care provider

about solutions, which could possibly include the use of an S.I. or Maternity Support Belt to provide support for your lower back.

Make adjustments when you're sitting or standing. Try sitting with your feet slightly elevated, and avoid crossing your legs.

Frequently change position, and don't stand for long periods of time. If you must stand, try resting one foot on a low step stool, and take stretch breaks often.

**Stretch it out.** The pelvic tilt is one of many great stretches you can do to ease back pain, and it also helps prepare your body to give birth!

Up to the fourth month, lie on your back with your knees bent and feet flat on the floor, and breathe out while pressing the small of your back into the floor. Then inhale, and relax your spine. Repeat several times.

After the fourth month, switch to a standing version of the stretch, such as this: Tucking your buttocks under, press the small of your back against the wall and relax. Breathe as with the floor stretch. You can use a chair or your partner for support if needed.

**Work it out.** There are many other great stretches and exercises you can do to reduce back pain and get your body ready to give birth.

Prenatal yoga is a wonderful, gentle way to exercise during pregnancy.

Swimming is a great way to add exercise and the buoyancy factor relieves stress on your back.

Check with your health care provider for other suggestions, and before beginning any new exercise regimen.

**Massage.** Pregnancy is a great excuse to get regular massage treatments from an RMT certified in pregnancy massage. Your therapist can help to relieve your back pain, offer other stretches for you to try, suggest toning exercises, and offer other helpful tips for all stages of pregnancy and beyond. It is recommended that you check with your health care provider before your first pregnancy massage.



There are many ways to keep up with your changing body during pregnancy. Staying fit and as relaxed as possible will help you during this time, and will also make it easier to get back to your pre-pregnancy self.

Taking care of yourself will reduce stress during this time of change, and make the experience what it should be - a time for celebration! - Nancy Power, RMT

Nancy Power is a Registered Massage Therapist and Reiki Practitioner, as well as a HypnoBirthing Childbirth Educator, Birth Doula in training, and a mother.

You can visit her website at [www.serenebirth.net](http://www.serenebirth.net)

## Becoming a Reiki Practitioner by Holly Simmons, RMT

This month I took a Reiki Level I course from fellow co-worker Brad Surette, RMT, Reiki Master Teacher.

After the completion of the course Brad asked me if I was interested in writing a few words about my experience. So, I thought, why not?

I didn't know very much about Reiki beforehand so I was feeling pretty skeptical yet excited on the day of the course. Mostly this was because I did not know what to expect or what might happen. As it turned out, it was a very soothing and fun day.

We were basically taught the origin of Reiki and then had the opportunity to try meditations that were designed to relax our minds and clear our chakras. This helped us become balanced and grounded in preparation for receiving our Reiki

Level I attunement and then later for performing a Reiki treatment.

I find it very hard to write about any actual events that happened because they were quite personal although I will share one thing.



Towards the end of the day we all practiced doing Reiki treatments. At one point we did varying group treatments where one person was laying on the table being treated by the rest of the group.

When I was the one on the table, everyone else stood around me and channeled Reiki the way we were shown. Then, and this may sound a little unbelievable, not long after the treatment began I started feeling like I was

being pulled up off the table and spinning in a circle above it!

Although I had my eyes closed I was still awake and for some strange reason my eye lids were

shaking. I was able to talk to everyone, and tell them what was happening but I could have sworn I was no longer on the table!

Obviously I wasn't really floating off the table but it sure felt like it. The funniest part about this was just before we started Brad said to me "Holly, make sure you stay ON the table". Sounds silly, I know, but it's true and felt pretty incredible.

Brad was an amazing teacher; he opened up and had no problem sharing some of his own experiences with us which, by the way, blew most of our minds!

If you are interested in becoming more aware of your surroundings or wanting to focus on appreciating the smaller things in life then you should find a Reiki Master Teacher and check it out. - Holly Simmons, RMT

## Becoming a Reiki Practitioner by Jennifer White, RMT



On Sunday, April 18, 2010 I participated in a Reiki Level I course.

I hadn't experienced Reiki prior to taking this training day but always heard

amazing things from my friend Brad Surette.

I was very interesting in learning Reiki from Brad.

Since he is a Reiki Master Teacher I had high expectations and I must admit that I was not let down.

At the beginning of the day, Brad tells you that it's going to be a wild ride and let me tell you it is.

You get to experience so

many different emotions but at the same time you feel calm and light. The guided meditations really helped us achieve a state of relaxation and left us feeling balanced.

By the end of the day you have your attunement and are ready to practice Reiki.

Brad showed us how to perform a Reiki treatment and we got to practice giving Reiki to each other.

To perceive someone else's energy is pretty amazing!

Without hesitation, I would recommend this class to anyone remotely interested in learning more about Reiki. It will open your mind to so much more. - Jennifer White, RMT

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### MAY NEWSLETTER

Thank you to the following contributors:

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**HAPPY BIRTHDAY!!**

**Jill Matthews-Patenaude**

**May 14**

**“You don’t have to believe in Reiki for it to have a deep effect on you. You don’t have to believe that fruit is delicious in order to enjoy it. But you have to take a bite first.”**  
**Author Unknown**

### **Reiki Practitioner Training by Brad Surette, BA, RMT**

Reiki is an ancient Japanese non-invasive healing technique which involves the channeling of Universal Life Force energy into the body. In this type of treatment the body is able to relieve itself of physical, emotional, mental, and spiritual blocks.

Since Reiki assists the natural healing process of the body and enhances its ability to rebalance to a healthier state, Reiki can prove effective and beneficial on anything created from life force energy including humans, plants and animals.

The Reiki Level I attunement enables you to become a practitioner and share the gift of Reiki with your family, friends, pets etc.

while also clearing blockages you may have in your own body. Clearing these blockages allows the Universal Life Force energy (often referred to as ki, chi, or prana) to flow freely which can be very healing in its own right.

Aside from assisting others in their healing process another great thing about being a Reiki Practitioner is that every time you are giving a treatment, you are also receiving a treatment. This is one of the reasons why I absolutely love teaching Reiki.

As a Certified Reiki Master Teacher I would be honored to pass along the gift of giving and receiving Reiki to you.

The one day course is \$125 and includes a Reiki user manual, a Reiki Level I attunement, and a Reiki Level I certificate of completion. The attunement process is an amazing experience and one I'm sure you will enjoy.



For additional information and upcoming training dates please contact Brad Surette:

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