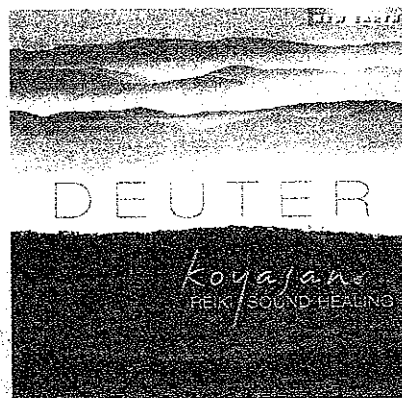
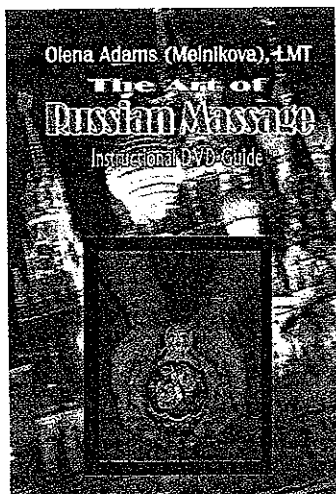


Art of Russian Massage

This instructional 55-minute DVD was created for massage therapists looking to incorporate Russian clinical massage (RCM) techniques into their own practice. Born and trained in the Ukraine, practitioner Olena Adams guides viewers through basic stroking, rubbing, and kneading methods, the application and metabolic effects of using fresh pure honey in place of traditional massage oils, and more. Available for \$29.95 at 808-935-3233 or www.adamsrussianmassage.com.

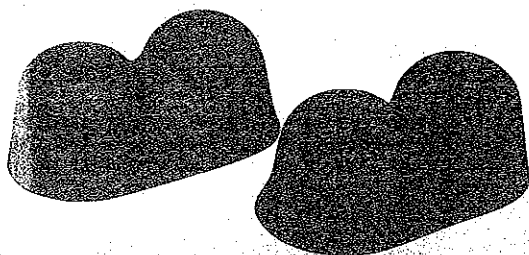


Koyasan: Reiki Sound Healing

Koyasan is musician and reiki practitioner Deuter's latest recording, designed to improve meditation. At just over 60 minutes in length, this CD draws on the transcendental power of the Chinese *erhu*, the East Indian *tamboura*, Tibetan bowls, and the Japanese *shakuhachi* flute. *Koyasan* can also be enjoyed on an individual track level, but may work best for your clients if experienced in its entirety. This CD is available for \$12.99 at 800-570-4074 or www.newearthrecords.com, where it can also be downloaded for \$8.99.

Still Point Inducer

Dr. John Upledger developed Still Point Inducers for people without ready access to a craniosacral therapist, as well as for therapists to give to their clients for use between sessions. Now, the Upledger Institute has updated this product to give users the same therapeutic results with a more environmentally conscious product (80 percent less synthetic material). Lying on one for 10-20 minutes, (up to four times daily), may relieve headaches, improve the immune system, reduce stress, and ease musculoskeletal pain. Inducers are available in both firm and soft versions for \$21.95 individually and \$39.50 for a set at 800-233-5880 or www.upledger.com.



Facilitated Stretching

First published in 1993, this new, 192-page edition of Robert McAtee and Jeff Charland's classic work on proprioceptive neuromuscular facilitation (PNF) stretching techniques is reorganized for a regional approach to muscle groups and their functions around specific joints. This third edition includes new stretches for popular sports activities, such as golf, swimming, and cycling, as well as a 90-minute companion DVD that demonstrates the stretching routines in action. Available for \$24.95 at 800-747-4457 or www.humankinetics.com.

