

# DEEPFEET BAR THERAPY CLASSES CINCINNATI, OH



Learn to give comfortable  
**deep tissue massage**  
without hurting yourself!

## WHAT YOU NEED TO KNOW ABOUT OUR CLASSES!

Prerequisites: Barefoot Basics,, Ashi-Thai: LMT; Anterior/Side-lying, Advanced: must have taken Basics

**BAREFOOT BASICS®** is a 3 day course running from 9-6 daily. Therapists will learn 1 footed posterior strokes. Each therapist taking the class must feel comfortable standing on a massage table. Weight of the student is not as important as grace and flexibility while performing Deepfeet Bar

Therapy. You will receive 25 credit hours, which you can apply to your NCBTMB

certification, AMTA or ABMP renewal. \$649, \$300 deposit is required.

**ANTERIOR/SIDE-LYING®** consists of a one day, 9:30-6:30, 8 CEU class. The anterior approach to Ashiatsu Deepfeet Bar Therapy is a wonderful complement to the posterior strokes learned in Barefoot Basics. All strokes are one footed, and the shoulder and neck work is done from a seated position.

The side lying portion of the class will teach the therapist to work with the clients in a more clinical application to massage muscles that tend to be more difficult to access from a supine

or prone position .Tuition \$215, \$100 deposit required.

**ASHI-THAI** can be done as a stand alone service or in conjunction with Ashiatsu Deepfeet Therapy. Stretches & compression lengthen, relax & invigorate client. 2 days, \$429, deposit \$200.

**ADVANCED ASHIATSU-2** footed strokes are ideally suited for larger clients who love deep tissue massage. Therapist must be certified prior to attending class. 3 days, \$649, deposit \$300.



Mary-Claire Fredete  
Senior Training Instructor  
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Other hotels are available nearby as well. Check Google Maps for more hotel options.



## Hotel info

### SIX ACRES B&B



There is a lovely bed and breakfast several miles south of the office in College Hill, OH. It was built between 1850 & 1860 by noted abolitionist Zebulon Strong. He had a false bottom in his wagon for picking up passengers (slaves) to take them to safety. How cool is that?

513-541-0873  
[info@sixacresbb.com](mailto:info@sixacresbb.com)

There are plenty of hotels within a 12 minute drive from the studio. [HOTELS.COM](https://www.hotels.com) usually provides good rates for other hotels with more amenities in the vicinity. The following list is a compilation where many students have stayed and recommended. If you are looking online for other hotels, the Sharonville area (north of downtown) has a lot of hotels. If you stay downtown, you will have to pay for parking.

### AIRBNB

A lot of students have recently had good luck with Air BNB.

One footed posterior strokes are taught in Barefoot Basics. We recommend you also take Anterior/Sidelying so you can do a complete barefoot massage.



**THE FEET ARE A PERFECT TOOL FOR WORKING ON LARGER MUSCLE GROUPS SUCH AS THE HAMSTRINGS, HIPS & BACK!**

## Things to do in Cincinnati

*If you're not too tired after class, there is a lot to check out in town!*

**BASEBALL:** [Cincinnati Reds](#)

**FOOTBALL:** [Bengals](#)

[Cincinnati Zoo](#)

[Cincinnati Music Hall](#)

[Cincinnati Art Museum](#)

[Krohn Conservatory](#)

[Roebling Suspension Bridge](#)

[Taft Art Museum](#)

[Newport on the Levee](#)

**REGISTER FOR CLASS HERE**

## Our location

The address for the training facility is **7813 AFFINITY PLACE, CINCINNATI, OH 45231**. When coming in from Hamilton Ave., go east on Compton .5 mile. As soon as you see Cincinnati Chinese Church on your right, to the left you'll see a sign for US Renal Services and a medical clinic on the corner.

Turn left (north) at Affinity Place. We are located in the 2nd office condo, last office. The number is clearly marked on the window. Please make sure prior to class that your GPS can locate the street. Some systems cannot for some reason. **CALL ME IF LOST! 513-238-0970**



## What to Bring for Barefoot Basics, Anterior/Side-lying

•**LINEN LIST:** 2 fitted sheets, 2 flat sheets, 2 face cradle covers, 2 wash cloths or kitchen sized towels, 3 king pillow cases, 1 king pillow, 1 blanket (Linen rentals are available for \$10/set.

**You may reuse your linens for yourself, but you need at least 2 complete sets as you will be working on guest clients.**

- SLIPPERS** or flip flops
- FOOT SANITIZER** (diluted witch hazel, wintergreen alcohol or tea tree/Thieves' oil in a spray bottle (pick one!)
- PENS**, highlighters, etc.
- SNACKS** (Water, Fridge & Microwave available onsite)
- Soft pedicured feet!
- Running shorts for Side-lying



*Wear comfortable clothes to class and dress in layers. Those working tend to get hot. Make sure, ladies, you shave your legs if wearing capris. Guys, your leg hair is soft- you don't need to shave. :)*

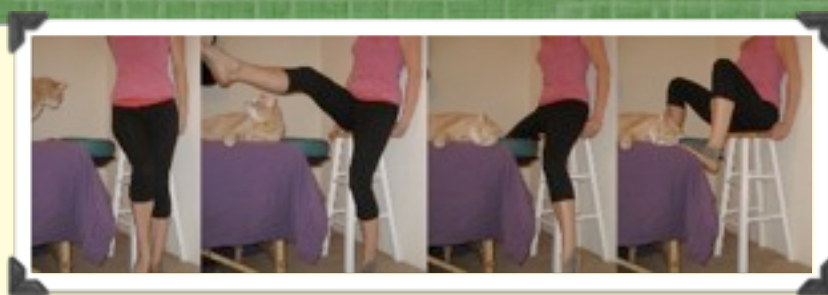
*Bring slippers or flip flops to keep your feet clean!*

## More info about the class and how to prepare...

If you have any special needs that may make learning difficult for you, please contact me prior to class so that we can make class enjoyable and fruitful for all students. If you are pregnant or trying to conceive, for the safety of you and your baby, please wait until after your baby is born to attend class. If you've had any type of implant within the past 9 months, please confirm with your physician that gravity assisted massage will not harm you or your implants.

Each student will receive 2 or more hours of work on the first two days of class. Please use common sense if you have any health issues and contact prior to class with any questions. Even though the class is entry level, we do reserve the right to maintain a weight limit/fitness level for teaching our barefoot classes due to equipment safety and liability issues. The art of learning to effleurage with the feet can be physically and mentally challenging. A successful learning environment depends on a "team-operation" style workshop. Our main focus is on a quality workshop experience for all. All courses meet ABMP and AMTA eligibility requirements.

The photo bottom left shows how the therapist should be able to get onto a 24" stool (a short step stool may be used). The picture below demonstrates the flexibility required for the therapist to get on and off the stool into a seated position with the client lying down on the table.



If your weight is **over 180 pounds** and you would like to register for Barefoot Basics, please contact me prior to registration to discuss what is expected of you. We are happy to discuss through photos and verbal description of the upper arm and core strength you will need to participate & deliver a comfortable session to your receiving partner. You will need strength, balance and coordination no matter what class level you take to deliver the application with flow and grace.

# Last bits of need-to-know info

## BAR CONSTRUCTION

I will teach you in class EVERYTHING that you will need to know on how to build your overhead bar support, and I will explain the benefits of portable bars.

**PLEASE DO NOT BUILD YOUR BARS PRIOR TO CLASS.** There are some specific measurements and safety guidelines that go along with using the bars-- we will discuss those together in class. For liability reasons, I cannot provide this information prior to class. Many LMTs have had to completely rebuild their bars because they jumped the gun. **SAVE YOURSELF TIME, MONEY AND STRESS--** just wait!

## GET TO CLASS ON TIME!

Make sure you have plenty of travel time both into and out of Cincinnati. Therapists who rush in the morning of the seminar and/or try to rush out directly after the seminar feel drained and overwhelmed. **TRAFFIC CAN BE QUITE HEAVY DURING THE WEEK** so arrive the night before and stay close to the seminar site for an easy commute and a good night's rest. Certain guidelines must be adhered to in accordance with the NCBTMB, and with the various states. Punctuality is a must! You will only receive full credit hours on your transcript if you are on time each day. We will be working in teams of two each day, so if one person is late, it will affect the entire team. Make your travel and hotel plans with this in mind.



*Mary-Claire Fredette, LMT, LLC will refund all deposits paid for any cancelled seminar due to our responsibility. When buying airfare, for those traveling from out of town, please DO NOT purchase non-changeable, non-refundable tickets. Please contact the instructor prior to purchasing airline tickets to make sure class will be held as scheduled. If for some reason we do not have enough interest to fill a particular class, the individual instructor reserves the right to cancel a class.*

## REGISTER HERE

There are no refunds on any monies paid for class. In the event of proper documentation regarding family death or personal injury, you may roll over tuition one time with a \$50 roll over fee.

[CLASS SCHEDULE](#)  
[QUESTIONS?](#)

[ASHI-THAI](#)  
[LINEN LIST/INFO](#)

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