



1101 CARDENAS NE SUITE 204

ALBUQUERQUE, N.M. 87110

(505) 363-9004

SOVEREIGNSEMINARS@GMAIL.COM

NCBTMB APPROVED PROVIDER # 450322-07

WELCOME TO 2009: THE YEAR OF THE NECK

SOVEREIGN SEMINARS IS DEDICATED TO
HELPING THE MASSAGE PROFESSION
ACHIEVE ITS GLORIOUS POTENTIAL.

*As a 'seasoned' therapist , I appreciated
every aspect of your teaching. I learned-
tons + had fun." LMT (OH)*

*"Your style of presentation is fantastic !"
MT (MI)*

THIS IS DONE THROUGH
VARIOUS EDUCATIONAL
OUTLETS: SEMINARS,
DVDS & PODCASTS (
PODCASTS AND DVDS
IN DEVELOPMENT) ALL
THE WHILE KNOWING
THAT LEARNING MADE
ENJOYABLE, EXCITING
AND USING THE MOST
EFFECTIVE TEACHING
TECHNIQUES WILL MAKE
THE GREATEST IMPACT
ON ITS STUDENTS.

All seminars are NCBTMB Approved

CURRENT UPCOMING SEMINARS:



TRADE SECRETS: NECK

CLARIFYING & INVIGORATING YOUR NECK MASSAGE WORK

*"Trade Secrets from a soon to be renowned expert/teacher of musculoskeletal anatomy delivered with style, professionalism, compassion and clarity. One, if not THE best educational experience I've had in massage."
LMT Maine.*

"Great class. Great review. Great ideas. Great innovations." LMT

" I got a lot more information than I anticipated. Christopher helps create a fun, organized & focused learning environment." LMT

*" To become the best you should incorporate this class in your repertoire."
LMT*

15 CEUs (CONTACT HOURS)

APPROVED BY NCBTMB

TWO DAYS DEVOTED TO CLARIFYING THE MULTILAYERED COMPLEX ANATOMICAL AREA- THE NECK. BASED ON 25 YEARS MASSAGE EXPERIENCE, MIXING RELAXATION AND PAIN RELIEVING STROKES USING MANY DIFFERENT IDEAS, STYLES AND TECHNIQUES.



TWO MAIN FOCUSES:

A. CLARIFYING THE ANATOMICAL UNDERSTANDING OF THE NECK AREA, ESPECIALLY THE INTERACTION BETWEEN THE BRAIN'S KNOWLEDGE AND THE APPLICATION OF THE HAND'S TOUCH.

B. STROKES THAT FEEL GREAT AND/OR ARE HIGHLY EFFECTIVE IN RELIEVING PAIN IN THE NECK AREA. WONDERFUL FOR HEADACHE PROBLEMS TOO.

"Best class I have ever taken !" said one LMT from Texas.

"My business increased 15% from what I learned from this class!" LMT- MI

STRETCHES FOR THE CLIENTS ARE INCLUDED.
15 CEUs (CONTACT HOURS)

WHERE:

CHARLESTON, SOUTH CAROLINA MARCH 14+ 15,2009

INDIANAPOLIS, INDIANA JULY 19+20,2009

ANNAPOLIS, MARYLAND AUG. 30+31,2009

FREEPORT, MAINE SEPT. 25+26,2009

MANCHESTER, NEW HAMPSHIRE SEPT. 17+28,2009



TRADE SECRETS: LOW BACK **EXPANDED**

CLARIFYING & INVIGORATING YOUR LOW BACK MASSAGE WORK

23 CEUS (CONTACT HOURS) APPROVED BY NCBTMB

WHERE:

LAS VEGAS (HENDERSON), NEVADA: APRIL 4-6, 2009

THREE REMARKABLE DAYS ALL FOCUSED ON
THE LOW BACK & PELVIC AREA.

DESIGNED TO:

A. SHARPEN YOUR
CURRENT TOOLS THROUGH DEEPENING
YOUR ANATOMICAL UNDERSTANDING. WITH
GREATER CLARITY, YOUR CURRENT WORK WILL
BE MORE THOROUGH AND EFFECTIVE.

*" I can't believe I'm falling asleep while you're treating
my psoas !" said one LMT from Maryland.*

B.

LEARN 5 VITAL TECHNIQUES PROVEN INCREDI-
BLY SUCCESSFUL IN SOLVING WHAT CHRISTO-
PHER SOVEREIGN'S 25 YEARS HAVE SHOWN
HIM TO BE THE # 1 CAUSE OF LOW BACK PAIN.



"These are valuable techniques you probably didn't learn in school, presented by a tireless, enthusiastic teacher." LMT (OR)

YOU'LL HAVE THE ABILITY TO ASSESS AND IMPROVE MOST PEOPLES BACK PAIN IN ONE TREATMENT.

C. MANY EFFECTIVE AND/OR WONDERFUL FEELING STROKES RELATED TO THE LOW BACK. MOST STUDENTS SAY THEY HAVE NEVER SEEN THESE STROKES BEFORE.

WHAT YOU'LL LEARN: CONFIDENCE IN YOUR LOW BACK WORK DUE TO INCREASED UNDERSTANDING OF THE ANATOMY.

MANY CREATIVE STROKES THAT ARE CLIENT FAVORITES, HIGHLY EFFECTIVE IN REDUCING LOW BACK PAIN, MANY ARE BOTH !! BASED ON CHRISTOPHER SOVEREIGN'S 25 YEARS OF MASSAGE EXPERIENCE, USING MANY DIFFERENT TECHNIQUES, IDEAS AND STYLES OF WORK.

TISSUES TARGETED WITH CLARIFIED ANATOMY AND EFFECTIVE STROKES-

- > QUADRATUS LUMBORUM
- > PSOAS (INCLUDED- 4 DIFFERENT GENTLE WAYS TO TREAT THE PSOAS.)
- > LOW BACK & PELVIC BONES
- > BALANCING THE PELVIS
- > FASCIAL RELEASES
- > EXCELLENT BODY MECHANICS
- > NOW WITH MORE TIME TO MASTER



Neck & Whiplash Pain: Assessment & Treatment of Soft Tissue Injuries

Life Changing Medical Massage Work !!

23 CEUs (CONTACT HOURS) APPROVED BY NCBTMB

Your neck work will NEVER be the same after these 3 days of assessment testing and Injury treatment training.

WHY?

1. Injuries are very common and their proper treatment is rarely taught at massage school.
2. Injuries can be assessed or tested to find and to prove.
3. Most injuries in the neck area are not muscular. They are GRISTLE. Gristle is ligaments, tendons, & more. Tough. Fibrous. Non-contractile tissues that have little blood supply and heal very slowly, and commonly heal badly on their own.
4. Gristle, being much tougher than muscle fibers, needs different work to help it heal. That is the work taught here. It is based upon the Pioneering developments of British physician- Dr. James Cyriax and of Ben Benjamin-Ph.D.
5. This seminar spends very little time on muscles. It focuses on injured Gristle and can achieve remarkable results, especially those suffering headaches and/or from car accidents.
6. Tissues covered in detail are: Articular pillars, capsular ligaments, supraspinous ligament.



The Assessment tests are based on physical medicine standard testing. They are gentle and very accurate in proving the existence of and location of injuries in the neck. The treatment section is very anatomically specific and based on the test results. This work is remarkable in its ability to help fresh and old injuries heal quickly and heal fully.
Course Locations: Durham, North Carolina April 24-26,2009

SOVEREIGN SEMINARS GREEN PLEDGE-
SOVEREIGN HAS ALWAYS STRIVEN TO BE
ENERGY AND RESPECTFUL TO MOTHER EARTH.
NOW IS THE TIME TO RAISE THE BAR EVEN
HIGHER.

SOVEREIGN SEMINARS PLEDGES TO BE AS
ENVIRONMENTALLY FRIENDLY AS IS POSSIBLE.

> OUR FLYERS ARE PRINTED ON RECYCLED
PAPER USING ENVIRONMENTALLY FRIENDLY INKS.

> WE ARE WORKING ON USING E-MAIL
WHENEVER POSSIBLE FOR COMMUNICATION.

> WE PLEDGE TO RENT HYBRIDS WHEN
TRAVELING AS OFTEN AS POSSIBLE (THEY ARE
NOT ALWAYS AVAILABLE) AND USE ALTERNATIVE
TRANSPORTATION

(BIKING, PUBLIC TRANS.,
SHUTTLES) FREQUENTLY.

> OUR ONGOING PLEDGE IS TO CONTINUE TO
SEEK WAYS TO REDUCE OUR CARBON
FOOTPRINT.

PLEASE FEEL FREE TO MAKE SUGGESTIONS ON
HOW WE CAN IMPROVE.



CHRISTOPHER SOVEREIGN, ALWAYS AN ENVIRONMENTALIST, HAS BIKED THOUSANDS OF MILES AND HAS BEEN DRIVING A HYBRID SINCE MID-2007.

WHO IS CHRISTOPHER SOVEREIGN, LMT, CNMT, CBAT, COSM ?

MR. SOVEREIGN HAS BEEN DOING MASSAGE MOST OF HIS LIFE. HE STARTED DOING FAMILY BACKRUBS IN 1971. HE HAD HIS FIRST PROFESSIONAL TRAINING AS A PRIVATE STUDENT OF RAYMOND MOSER IN 1979.

AFTER PRACTICING A FEW YEARS HE REALIZED THAT HE NEEDED A STRONGER FOUNDATION AND TRAVELED TO NEW MEXICO AND GRADUATED FROM THE NEW MEXICO SCHOOL OF NATURAL THERAPEUTICS IN 1983.

MR. SOVEREIGN CONTINUED HIS STUDIES WITH

> PAUL ST. JOHN (CERTIFYING IN NEUROMUSCULAR MASSAGE THERAPY);

>WITH BEN BENJAMIN, PH.D. (CERTIFYING IN THE CYRIAX BASED BENJAMIN ADVANCED THERAPY, WHICH HE ALSO TEACHES NATIONALLY);

>WITH THE BOULDER COLLEGE OF MASSAGE THERAPY (CERTIFYING IN ORTHOPEDIC AND SPORTS MASSAGE).

> FOUR YEARS OF SERVICE TO THE MASSAGE PROFESSION WERE SPENT ON THE AMERICAN MASSAGE THERAPY ASSOCIATION NATIONAL BOARD OF DIRECTORS AND TEN ON THE AMTA'S STRATEGIC PLANNING COMMITTEE.

> NINE YEARS AGO, MR. SOVEREIGN STARTED TEACHING THE ASSESSMENT & TREATMENT OF SOFT TISSUE INJURIES COURSES DEVELOPED BY DR. BENJAMIN.

> FIVE YEARS AGO, MR. SOVEREIGN DEVELOPED THE TRADE SECRETS SERIES TO SHARE DIVERSE TRICKS OF THE TRADE THAT DID NOT FIT NEATLY INTO A 'TECHNIQUE' ORIENTED SEMINAR. THERE

ARE FOUR OF THESE SO FAR: NECK, LOW BACK, LOW BACK EXPANDED, & ESSENTIALS OF OUTSTANDING MASSAGE

> FIFTEEN STATES AND OVER A

THOUSAND STUDENTS LATER THE TEACHING CONTINUES TO EXCITE AND ENRICH STUDENTS AROUND THE U.S.A.

> CHRISTOPHER SOVEREIGN IS AN APPROVED PROVIDER BY THE NATIONAL CERTIFICATION BOARD FOR THERAPEUTIC MASSAGE AND BODYWORK (NCBTMB): # 450322-07.

> A SERIES OF DVDS IS IN THE WORKS ON TOPICS RANGING FROM MASSAGE THERAPIST INJURY PREVENTION TO CLARIFYING ANATOMY.

> MR. SOVEREIGN IS COMMITTED TO DRASTICALLY IMPROVING HOW ANATOMY IS TAUGHT AND UNDERSTOOD.

TO REGISTER OR TO ASK QUESTIONS:

PLEASE CONTACT US AT @877 MR ANATOMY

(ON OUR DIME !) OR 505-363-9004

OR BY EMAIL: SOVEREIGNSEMINARS@GMAIL.COM