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KCFitnessLink announces unique career training program in Asian Body Therapy

KCFitnessLink's has expanded its 500 hour Thai Yoga Massage Therapy certification program into a full 1000 hour program in Asian Body Therapy (ABT). KCFitnessLink is the first school in the Kansas City area to offer comprehensive training in ABT. ABT encompasses traditional healing techniques from Thailand, China, India, Indonesia and Japan. These techniques focus on the balance of energy in the body through the use of pressure points, passive stretching, reflexology, and movement therapy.

The therapy focuses on opening energy pathways in the body such as the Chinese meridians, the Indian nadis and Thai sen lines. The body is viewed as being comprised of subtle energy centers, that when blocked or restricted, the person experiences disharmony in the body, mind and spirit.

While Asian body therapy may contain some elements of traditional Western massage, they are not one in the same and the intent is different. "The Department of Education has a totally separate definition of ABT from massage", says Darryl Olive director of programs at KCFitnessLink. ABT practices such as Thai Yoga Massage and shiatsu are not included in the definition of massage, and massage is not in any part of the definition of ABT. "The therapy is much more accessible than traditional massage as it is offered fully clothed, requires no lotion or oil and can even be done in a chair," adds Darryl.

Although many massage schools offer a few courses of Asian Body Therapy into their curriculum, KCFitnessLink is the first to offer a program that focuses purely on the holistic practices of ABT. The 1000 hour program includes training in anatomy, pathology, yoga, acupuncture, Tai chi and Qigong, Traditional Chinese Medicine, Ayurveda, business and ethics.

While graduates from massage school are nationally certified and take exams through the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB), graduates of the ABT programs are certified as Asian Bodywork Therapists (ABT) by the American Organization for Bodywork Therapies of Asia (AOBTA). ABT therapists take the Asian

Bodywork Therapy exam given by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM).

Western massage therapists can use ABT as a way to bring variety to their practice and prevent stress-related injuries associated with massage work since there are many opportunities for hands-free techniques and strong focus on proper body alignment and fitness of the therapist. “Ultimately, ABT can extend the careers of massage therapists beyond the seven-year career average,” says Darryl.

About KCFitnessLink

KCFitnessLink is Kansas City’s leading mind-body fitness studio and school, providing consumer and corporate holistic health programs and nationally recognized educational training for fitness professionals. KCFitnessLink offers the most comprehensive yoga teacher training and holistic health certification programs in the Midwest and provides community-based fitness and yoga therapy programs to the KC metro area. KCFitnessLink is a registered school with the Yoga Alliance and International Association of Yoga Therapist (IAYT). www.kcfitnesslink.com