



## Janene R. Sun

is a licensed massage therapist in Columbia MO. She is blessed to be married to Carlos and they are proud parents of their daughter, Rachel. They also enjoy spending time with their dog, a giant Pomeranian (at 20 lbs!) named Ricky.

Janene has been licensed in Missouri since 2001 and also in the state of Washington since 1997. In 1997, she joined the

AMTA and became certified by the NCBTMB. (In 2011, she became an approved provider.) She graduated from the Moscow School of Massage (in Moscow, Idaho) in November 1996.

**She** taught for several years at the Massage Therapy Institute of Missouri. The classes included: Event Massage, Therapeutic Stretching, Positional Release and Muscle Energy Technique, Myofascial Release (and Anatomy Trains) and Kinesiology.

**Janene** specializes in more of a structural sports massage, which can also be referred to as Clinical Massage. Her techniques of choice are Muscle Energy Technique, Positional Release, cranial mobilization and visceral mobilization and her homework for clients is Active Isolated Stretching. She believes that these techniques, when used appropriately, have a tremendous impact on the muscles and fascia in the body.

**A** majority of her continuing education classes have been through the Ursa Institute, in Edmonds, WA and Sacramento, CA. Her instructors have been Dr. Loren 'Bear' Rex, DO and Lino Cedros, ATC. This is where she learned Muscle Energy Technique and Cranial Mobilization.

**She** was the director of the *Missouri Sports Massage Team* for a few years, which was sponsored by the AMTA-MO chapter. The MSMT provided pre and post event massage at many events around the state, including marathons, the MS 150, the Special Olympics Summer Games (in MO), and several triathlons and duathlons. She still organizes an occasional event.

**She** is now pursuing her Master's degree in Human Movement through the AT Still University. While she will continue to 'do her thing,' this degree, and perhaps a certificate in some sort of corrective exercise, will lay the foundation for exploring new markets.

Janene Sun  
Sun Sports Massage  
6211 S Ridgewood Rd  
Columbia, MO 65203

CONTINUING EDUCATION



NCBTMB Approved Provider  
#451617-11

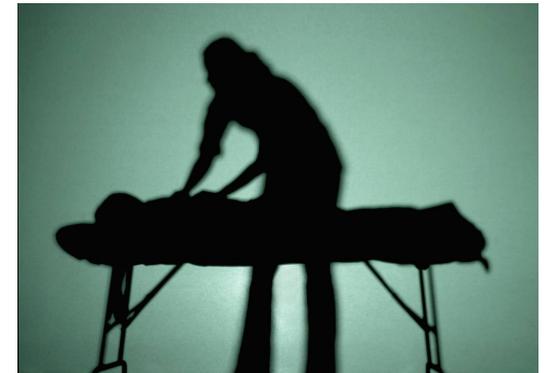
## SUN SPORTS MASSAGE

PRESENTS

# MUSCLE ENERGY TECHNIQUE and positional release

24 HRS

APRIL 6 - 8, 2013



TEL: 573 999 0451

## Sports Massage Specialist

Event Massage

Therapeutic Stretching

### **Muscle Energy Technique**

Postural Analysis



This is a series of 4 classes, each 24 hrs in length. The SMS program is designed to give the professional therapist a strong foundation in sports (or clinical) massage. At the end of each 24 hr class, there will be a written exam. Upon passage of the exam, each therapist will receive a Certificate of Achievement for that class. Upon completion of all 4 classes, and another written exam, the therapist will receive the Sports Massage Specialist certificate.

Sun Sports Massage  
6211 S Ridgewood Rd  
Columbia, MO 65203

Phone: 573-999-0451  
www.sunsportsmassage.com  
Email: janene@sunsportsmassage.com

## Muscle Energy Technique

April 6-8, 2013  
8am-5pm

In this 3 day, 24 hr class, we will:

\*discuss general theories and principles of Muscle Energy Technique (MET);

\*discuss general theories and principles of positional release;

\*apply these techniques to various areas of the body, **initially concentrating on the head and feet**;

\*review anatomy of feet, ankles, legs (not the thigh), cranium and upper cervical spine

**Text:** No required text; both topics can be researched ahead of time, if desired; Leon Chaitow has fairly 'read-able' books on both topics; I will pull information from his books, but also will use other information as well as refer to peer reviewed research

**\*\*\*** knowledge of skeletal and muscular anatomy (especially of feet and cranium) is expected; if feeling unsure in these areas, please bring along your favorite anatomy book

*Cancellation Policy: The deadline for registration is one week prior to the Seminar date. Full payment, or notice of cancellation, must be received by this date. Full payment is required in order to secure a space for a Seminar, and space is limited. Once full payment has been received, email confirmation will be sent to the participant. In the event of your cancellation, the registration fee will be refunded, minus a \$25.00 processing fee. If you fail to show up for the seminar, you forfeit half of the registration fee. I reserve the right to cancel any Seminar, in which case, the registration fee will be refunded in full. Seminar fees may vary. Additional texts and materials may be required, or recommended, at participant's expense.*

## SUN SPORTS MASSAGE

SMS MUSCLE ENERGY TECHNIQUE  
(and positional release)

### REGISTRATION FORM

\_\_\_\_\_  
Name

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City, State, Zip

\_\_\_\_\_  
Telephone #

\_\_\_\_\_  
Email address

\_\_\_\_\_  
Class

Cost of class: \$300

Discount: \$25 for each previously attended  
SMS class (limit 4 classes; please list)

\_\_\_\_\_  
Total enclosed

Method of payment: cash or check

#### **Class Dates:**

**April 6-8, 2013**

**8am-5pm (w/ 1 hr for lunch)**

#### Class Location:

Stoney Creek Inn 2601 S. Providence Rd  
Columbia, MO 65203 573-442-6400

Please mail payment and registration form to:  
Janene Sun  
6211 S Ridgewood Rd, Columbia MO 65203