

# Practical Lymphatic Drainage

## Introductory Course Feb. 17, 2007 6-9 pm

## Full Course adds Feb. 18-19, 2007 9am-5pm

**Course Location: Good Samaritan Health & Wellness Center  
3551 Highland Avenue, Downers Grove, IL 60515**

**PRACTICAL LYMPHATIC DRAINAGE** is a gentle, subtle, low-impact hands-on technique used to reduce swelling, decongest tissues and joints, improve lymphatic circulation and speed healing. It may be used for detoxification, sinus pain & discomfort, improved sleep & relaxation, to speed healing post-surgery or injury, for sports recovery and performance, to reduce menstrual discomfort, for chronic lymphedema and more! Course instructor is Allison Ishman, who has offered lymphatic drainage care for 14 years, & has taught this work since 1995.

The **INTRODUCTORY COURSE** will enable therapists to safely incorporate lymphatic drainage into sessions that include other forms of therapy. This course includes an overview of the lymphatic system & introduction of hand-on techniques for overall lymphatic flow. (3 CEs).

The **FULL COURSE** topics include anatomy, physiology & pathology of the lymphatic system, basic & advanced techniques of manual lymphatic drainage (MLD), indications & contraindications, post-operative & breast cancer care guidelines, sports applications, treating limbs, special areas of edema, and sinus congestion. Following the full course, therapists may offer 60-minute treatments specifically for lymphatic drainage. Full course includes intro course in and Saturday & Sunday from 9-5. 17 CEs.

The **LYMPH DRAINAGE PRACTICUM** advanced the practical skills of therapists by refining hands-on skills, improving skills working with specific conditions, increasing lymphatic anatomy and physiology training, and sharing experiences with lymphatic drainage applications.

**PRACTICAL LYMPHATIC DRAINAGE CERTIFICATION** available September 1, 2007. Students that have satisfactorily completed the practicum level are eligible to take the certification exam. Certification will be available online to our students and an online registry of certified lymph drainage practitioners will be available.



Allison Ishman, Instructor

**Fax this form to 630-355-5186, or register online at [www.ibodycare.com/enrollment.htm](http://www.ibodycare.com/enrollment.htm)**  
Space is limited to 20 students. Early registration rate applies 30 days before class start date.

### Enrollment Form



608 S. Washington Street  
Naperville, IL 60540  
[www.ibodycare.com](http://www.ibodycare.com)  
[register@ibodycare.com](mailto:register@ibodycare.com)

Phone: 630-378-3768  
Fax: 630-355-5186

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Email (used for confirmation) \_\_\_\_\_  
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Method of Payment  Check  Visa  MasterCard  American Express  
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Signature \_\_\_\_\_

2006 Courses	Time	Price
<input type="checkbox"/> Intro to Lymphatic Drainage	Feb 17	\$99 / \$125
<input type="checkbox"/> Full Lymphatic Drainage	Feb 18-19	\$449/\$549
<input type="checkbox"/> Lymph Drainage Practicum	March 17	\$199/\$299
<input type="checkbox"/> Structural Anatomy	May 4	\$99 / \$125
<input type="checkbox"/> Fascial Link Therapy One	May 5-7	\$499/\$599
<input type="checkbox"/>		
<input type="checkbox"/>		
Exp. date _____	Total: _____	



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3 CEU's for \$99, 17 CEU's for \$449, early registration rate if registered 30 days in advance!

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<b>Upcoming 2007 Professional Education Classes</b> *early registrartion is 30 days prior to class	
Practical Lymphatic Drainage Introduction Instructor: Allison Ishman At Good Samaritan Health & Wellness, Downers Grove, IL	Friday February 17, 2007 6-9 pm \$99 early*/ \$125 regular 3 CEs
Practical Lymphatic Drainage Full Course 17CEs Instructor: Allison Ishman At Good Samaritan Health & Wellness, Downers Grove, IL	Friday - Sunday February 17-19, 2007 \$449 early*/ \$549 regular 17 CEs
Lymphatic Drainage Practicum Instructor: Allison Ishman At Good Samaritan Health & Wellness, Downers Grove, IL	Saturday March 17, 2007 \$199 early*/ \$299 regular 8 CEs
Structural Anatomy with A. Ishman (Fascial Link Prep requirement) Instructor: Allison Ishman At Ishman BodyCare Center, Naperville, IL	Friday May 4, 2007 4pm-8pm \$99 early* / \$125 regular 4 CEs
Fascial Link Therapy One (Structural Neuromuscular Therapy) with Allison Ishman At Good Samaritan Health & Wellness, Downers Grove, IL	May 5-7, 2007 9am-5pm \$499 early* / \$599 regular 21 CEs