

46

BODY MECHANICS

This expert shows you how heightened awareness and choosing correct habits of movement can benefit you and your practice.

BY BARBARA FRYE

56

WHAT KIND OF MT ARE YOU?

Enjoy this insightful game of 20 questions. Your answers may prompt you to shake your head or change your ways.

BY ROBERT CHUTE

64

CARING FOR BODY AND SOUL

As West more frequently meets East in bodywork, the mind and body are even more wonderfully entwined.

BY SONIA OSORIO

74

HEALTH MAINTENANCE

Care, development, and protection of your body and hands are crucial for effectiveness and career longevity.

BY CAROLE OSBORNE-SHEETS



84

HIGH ROAD TO THE OLYMPICS

Learn how sports massage in the United States has reached new plateaus in addressing the needs of the world's elite athletes.

BY GEOFFREY BISHOP

94

ELLEN WATSON'S ESALEN JOURNEY

Some 24 years ago a woman found the somatic arts along California's coast. Today she brings bodywork, insight, and hope to those who need it.

BY REBECCA JONES

36

TAKING CARE OF YOURSELF

If you want to practice massage for another 10 years, it may be time to reflect on self-care. From every day stress to the physical demands of the profession, here are some solutions to keep you strong and mentally vibrant.

BY KARTA PURKH SINGH KHALSA



NEXT IN SEPTEMBER/OCTOBER 2008: CONSIDER THE STATE OF MT EDUCATION, FROM ONLINE TO INSTRUCTOR TRAINING. ALSO THOUGHTS ON MAINTAINING REVERENCE FOR CLIENTS' BODIES.

COLUMNS

- 26 TALK ABOUT TOUCH
FLUSHING TOXIC MYTHS
With Mary Ann Foster and
Mary Kathleen Rose
- 106 ESSENTIAL SKILLS
THORACIC LIGAMENT INJURIES
By Ben E. Benjamin
- 112 PATHOLOGY PERSPECTIVES
MERCY, MERCY MRSA!
By Ruth Werner
- 118 SPA ÉLAN
THE LORE OF NATURAL PRODUCTS
By Anne Williams
- 124 HEART OF BODYWORK
THE HOLISTIC PICTURE
By Nina McIntosh
- 130 BUSINESS SIDE
E-MAIL MARKETING
By Phyllis Hanlon
- 136 SOMATIC RESEARCH
EVALUATING A HYPOTHESIS
By Ravensara S. Travillian
- 160 PRACTITIONER PARABLES
AIDING AND ABETTING
By Robert Chute

DEPARTMENTS

- 8 EDITOR'S NOTE
- 10 CONTRIBUTORS
- 12 READER FORUM
- 14 NEWS NOTES
- 18 HAPPENINGS
- 21 NEW PRODUCTS
- 28 'ROUND THE TABLE
- 34 FINGERTIPS FOR THE CLIENT
- 100 TOUCH AND SUCH
- 102 TEN FOR TODAY—GO GREEN
- 142 EDUCATIONAL RESOURCE LISTINGS
- 148 SPOTLIGHT ON EDUCATION:
JAN ENDERLE
- 154 CLASSIFIEDS
- 155 DISPLAY SHOWCASE
- 159 AD INDEX