



Elaine Perrecone, Licensed Massage Therapist
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CERTIFICATIONS and CONTINUING EDUCATION

Committed to improving and expanding my skills, I'm currently working toward an Associate Membership in the Society of Ortho-Bionomy (Positional Release).

2002-ongoing Member, Associated Bodywork & Massage Professionals

2002-ongoing Ortho-Bionomy Training for Associate Membership in the Society of Ortho-Bionomy

2016 Phase 6 class in Ortho-Bionomy (16 hrs); Phase 5 class in Ortho-Bionomy (16 hrs); Study Group: Working With the Vagus Nerve (3 hrs)
2015 Isometrics and Isotonics in Ortho-Bionomy (16 hrs); Study Group (3 hrs);
2014 CranioSacral 1 (20 hrs), Integrating Techniques: Low Back and Pelvis (16 hrs), Integrating Techniques: Thoracic Outlet Syndrome (20 hrs)
2012 Phase 4: Essential Elements and Extremities (20 hrs), Ethics & Emotional Issues (6hrs)
2011 Study Group (3 hrs)
2011 Phase 4: Spine & Pelvis (16 hrs)
2008 Ethics & Emotional Issues (6 hrs)
2002 Phase 4: Introduction (21 hrs)

2007-ongoing John F. Barnes' Myofascial Release

2010 Myofascial Release I (20 hrs)
2007 Myofascial Mobilization (12 hrs)

2012 Cross Country Education

Effective Prevention and Treatment of Running Injuries (6hrs), Releasing the Rotator Cuff (6hrs)

2012 Institute for Brain Potential

Listening to the Body: Understanding the Language of Stress-Related Symptoms (6 hrs)

2011 Ishman BodyCare Center & Institute

Practical Lymphatic Drainage Introduction (5 hrs)

2010 Level 1: Thai Massage Fundamentals (17 hrs)

2007 Massage for Individuals Impacted by Cancer (12 hrs)

2005 Raindrop Technique – Young Living Oils (4 hrs)

2005 Introduction to Shiatsu (24 hrs)

2005 IL State Licensure instated, Licensed Massage Therapist

2004 Graduate, Wellness & Massage Training Institute, Woodridge, IL (770 hr program)

2002 Usui System of Reiki Healing

2002 Reiki I Practitioner, Reiki II Practitioner, Reiki Master Practitioner