

## MESSAGE EXCHANGE SEMINAR

**WHEN:**

Saturday March 3, 2012

**WHERE:**

VEA Martial Arts Academy  
17978 Ideal Parkway  
Manteca, CA 95336

Note: check out their website for the map ([www.veamartialarts.com](http://www.veamartialarts.com))

**TIME:** 10am to 3pm

**COST:** \$25

**GUEST INSTRUCTORS:**

Dr. Charles Goodman  
Professor Rowdy Hall

**FORMAT:**

10am to 11am – Professor Rowdy Hall  
11am to noon – Dr. Charles Goodman  
Noon to 1pm – Lunch Break  
1pm to 3pm – Massage Exchange

Participants are encouraged to exchange treatments with each other and to practice the new techniques they have learned from this event.

**HOST:** Guro Miguel Cardenas

**EVENT COORDINATORS:**

Grandmaster Art Gonzales  
(209) 263-5801  
AL Ikemoto  
(916) 230-1285 cell  
(916) 682-1965 home

**BRING:** Massage table, towels, oil, etc.

**PURPOSE:** This event is being held in order to provide advanced practitioners of the healing arts the opportunity to learn new skills and techniques to enhance their own scope of knowledge and techniques. The second purpose of this event is to also provide the opportunity for advanced practitioners to receive treatments from skilled practitioners. As we are all too well aware, we are too long NOT on the receiving end of treatments. I think we tend to forget that we are practitioners of the “Restorative Arts”, and we neglect the fact that the principle of Restoration Therapy applies to the practitioner as well as the client. Another goal is to also increase our networking base. As practitioners of the martial arts and the healing arts, we can better ourselves and enhance our knowledge by coming together in the spirit of sharing and friendship. If this event is successful, we will hold future Massage Exchanges with other guest instructors.

A special THANK YOU is in order to Guro Miguel Cardenas for hosting this event and providing the facility. Please feel free to pass this notice on to others not listed on this email who want to come in the spirit of friendship and sharing.

Grandmaster Art Gonzales  
AL Ikemoto