

Therapeutic Presence and Power
8-Hour Continuing Education Training for Massage Therapists
Erik Oliva, LMT
Tui Na & Qigong Therapist

This training develops how you function as a therapist, not just what you do. Through focused stillness and sensory regulation, you build a stable foundation where your attention, breath, and body are aligned.

Every action becomes intentional and controlled.

Through breath and structural strength training, you develop internal support and coordinated strength, so your pressure becomes consistent, effective, and sustainable without strain.

Through energetic self-regulation and directed touch, you refine your ability to respond in real time, adapting naturally to each client while maintaining your own internal stability.

This process is not about adding more techniques. It is about developing how you work at a fundamental level.

You are training your ability to remain steady under pressure, perceive more clearly through your hands, and apply force with precision and control.

The result is work that feels grounded, efficient, and consistent, both for you and for the person receiving treatment.

Developed from a structured internal training system with over 35 years of practice and application.

Inside the Training: Therapeutic Presence and Power (8 CE Hours)

This training is designed as professional skill development for massage therapists and bodyworkers, focusing on improving clinical touch quality, pressure control, palpation refinement, and nervous system regulation through structured internal training and supervised application.

Therapeutic Presence and Power is based on the Three Root Methods of Jiu Wu Tan Gong, a structured training system developed through decades of breathwork, meditative practice, and hands-on clinical experience.

These methods are defined through three core training principles::

- **Single-minded focus and internal regulation**
Training stable attention, breath control, and internal awareness, traditionally referred to as Qi refinement
- **Full-body strength and structural support**
Developing coordinated strength, endurance, and revitalization through posture and breath
- **Applied sensitivity and directed engagement**
Refining perception through touch and improving response to subtle changes during treatment

The program is organized into four progressive training modules, each building directly upon the previous.

You begin with **Focused Stillness and Sensory Regulation (Wu Zong)**, developing attention stability, breath regulation, and sensory clarity to establish steadiness and refined perception during hands-on work.

You then train **Breath and Structural Strength Training (Hidden Thunder Body)**, a full-body contraction and flexing practice known as the Flexing Method. This develops coordinated muscular engagement with abdominal breathing and postural alignment, increasing endurance, structural integrity, and sustainable strength without strain.

Through supervised partner practice, the **Flexing Method Integration Lab** bridges internal training into application, showing you how to integrate these strength principles directly into your existing techniques and session flow.

The final module, **Energetic Self-Regulation and Directed Touch (Yi Qi Zi Fa Dao)**, develops your ability to maintain single-minded focus during contact, refine palpation sensitivity, and apply directed intent while sustaining your own internal stability throughout treatment.

By the end of this training, you will have a clear framework and practical methods to:

- Improve clinical touch quality
- Reduce physical overexertion
- Enhance sensory feedback through muscle and joint chain awareness
- Sustain consistent pressure reducing strain
- Regulate your own nervous system during treatment
- Increase long-term therapist sustainability

Each participant receives a comprehensive reference manual authored by the instructor. This manual is not a simple handout, it is a structured guide designed for continued practice and long-term development. It includes:

Step-by-step instructions for each of the Three Root Methods:

- Meditation and Qi refinement practices
- Reduce physical overexertion
- Internal full-body strengthening exercises
- Directed Qi cultivation methods
- Detailed diagrams and posture guidelines

This manual serves as both a training resource and a permanent reference, allowing you to continue refining your skills long after the training is complete.

Who This Training Is For

This training is for you if you:

- Want to improve how your touch actually feels to clients, not just learn new techniques
- Feel that your current pressure, endurance, or consistency could be more stable
- Are interested in refining your ability to perceive through your hands, not just follow protocols
- Want to reduce physical strain and extend the longevity of your career
- Value structure, discipline, and skill development over passive or relaxation-based approaches
- Are open to training your breath, body mechanics, and attention as part of your professional development
- Are looking for a deeper, more grounded way to practice bodywork

Who This Training Is Not For

This training may not be a good fit if you:

- Are primarily looking to learn new massage techniques or routines
- Prefer a passive or relaxation-focused learning environment
- Are not interested in developing body mechanics, breath control, or internal regulation
- Want quick fixes rather than structured skill development
- Are not open to practicing and applying the material during and after the training

This training is designed for therapists who want to refine how they work at a fundamental level, not just expand what they do.

Program Outline

This training is structured into four progressive modules. Each module builds on the previous, developing stability, strength, and precision in your hands-on work.

Module 1: Focused Stillness and Sensory Regulation

This module develops your ability to remain steady, focused, and perceptive during treatment.

You learn how to regulate your attention, breath, and body so your hands are not reacting, but responding with clarity and control.

What You Will Learn

- How to ground yourself using posture, breath, and lower abdominal awareness
- How to recognize and reduce attention drift
- How to maintain single-minded focus without unnecessary tension
- How to regulate your internal state independently of external circumstances
- How to reset and stabilize your attention during practice

Module 2: Breath and Structural Strength Training

This module develops strength, endurance, and pressure control through coordinated breath and body mechanics.

You learn how to generate force efficiently using structure and breath, rather than overexertion.

What You Will Learn

- How to apply controlled muscular engagement without strain
- How to coordinate breath with movement and pressure
- How to maintain posture integrity during treatment
- How to recognize and correct fatigue patterns
- How to build sustainable strength for long-term practice
- How to apply these principles directly into your work

Module 3: Flexing Method Integration Lab

This module bridges internal training into real hands-on application.

You will apply the strength and breath methods directly into massage techniques and session flow.

What You Will Practice

- Applying different levels of pressure using internal support
- Maintaining breath stability during hands-on work
- Improving consistency and control across techniques
- Adjusting effort without losing structure or focus

Module 4: Self-Regulation and Directed Touch

This module develops your ability to stay internally stable while working, and refine how you perceive and respond through touch.

You learn how to maintain clarity, reduce internal fatigue, and respond more precisely to what you feel.

What You Will Learn

- How to maintain focus and stability during extended sessions
- How to recognize subtle changes in tissue, breath, and response
- How to improve continuity through muscle and joint chains
- How to stay regulated while working with different client conditions
- How to apply intention and attention to improve treatment quality

What This Training Builds Overall

By the end of this training, you will be able to:

- Deliver more consistent and controlled pressure
- Reduce physical strain and fatigue
- Improve sensitivity and feedback through your hands

- Maintain focus and clarity throughout sessions
- Work with greater efficiency and less effort
- Build long-term sustainability in your practice

What Makes This Training Different

Most continuing education courses focus on teaching you new techniques. This training focuses on improving how you apply every technique you already know. Instead of adding more methods, this course develops the underlying skills that determine the quality of your work, including pressure control, stability, perception, and endurance.

While rooted in Qigong and Tui Na principles, all methods are taught through the lens of functional biomechanics, breath mechanics, and perceptual skill development, making them accessible regardless of a therapist's background or modality.

Technique vs. Function

Most trainings:

- Teach sequences, routines, or modality-specific techniques

This training:

- Improves how your body generates pressure
- Refines how your hands perceive and respond
- Develops consistency across all techniques you already use

Effort vs. Efficiency

Most therapists rely on muscular effort to create pressure, which leads to fatigue over time.

This training teaches you how to:

- Use structure and breath to generate pressure

- Reduce unnecessary tension
- Maintain consistent output without overexertion

Habit vs. Trained Awareness

Many therapists believe they are present and adaptable, but are often working from habit.

This training develops your ability to:

- Recognize when your attention drifts
- Return to focus without interrupting your work
- Maintain clarity and control throughout the entire session

Short-Term Learning vs. Long-Term Development

Most CE courses provide information you may or may not use later.

This training gives you:

- Practical methods you can apply immediately
- A framework you can continue developing over time
- Skills that improve every session, regardless of modality

External Skill vs. Internal Stability

Most training focuses on what you do externally.

This training develops:

- Internal stability under pressure
- Consistent output across different clients
- The ability to work without losing structure, breath, or focus

Instructor

Erik Oliva, LMT

Tui Na & Qigong Therapist

Erik Oliva is a licensed massage therapist specializing in Chinese medical bodywork, including Tui Na and Qigong-based therapeutic practice.

With over 35 years of training and application in breathwork, internal development, and hands-on treatment, his work focuses on improving how therapists generate pressure, maintain stability, and sustain long-term performance without strain.

He has developed structured training methods that integrate body mechanics, breath coordination, and perceptual refinement into practical clinical application.

His approach emphasizes consistency, efficiency, and sustainability, helping therapists refine their work at a fundamental level rather than relying on technique alone.

Ready to Refine How You Work

If you are looking to improve the quality of your touch, reduce physical strain, and develop greater control and consistency in your sessions, this training provides a clear and structured path forward.

This is not a passive course. It is hands-on training designed to develop how you function as a therapist.

You will leave with practical methods you can apply immediately, along with a framework you can continue to build over time.

What You Will Gain

- Greater consistency and control in your pressure
- Reduced physical fatigue during and after sessions
- Improved sensitivity and feedback through your hands
- Clear methods for maintaining focus and stability while working
- A structured approach to long-term therapist development

Training Details

Therapeutic Presence and Power
8-Hour Continuing Education Training

Instructor: Erik Oliva, LMT
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Training Investment

Pricing is based on group size:

Focused Development Training

2 participants:

\$500 per person: 4 sessions at 2hrs per session for a total of 8 hours training

Large Group Training:

1–6 participants

\$325 per person

7–10 participants

\$275 per person

11–20 participants

\$225 per person

21–40 participants

\$200 per person

Includes 8 CE Hours, hands-on training, and reference manual

Registration

To reserve your spot or request more information:

Email: erik@awaken24.com

Subject: Requesting CE Info

Text Erik Oliva: (570) 431-9456