

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

This training is designed to improve how you function as a therapist by helping align attention, breath, and body for more effective hands-on work.

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.

Drawn from a structured internal training system developed through over 35 years of practice and application.

# **Inside the Training (8 CE Hours)**

This training is a practitioner development program for massage therapists and bodyworkers, built to improve touch quality, pressure control, perceptual sensitivity, therapist endurance, and internal steadiness during treatment.

At its core are three developmental training principles drawn from a long-cultivated internal system:

## **Stable Attention & Internal Regulation**

Training the ability to remain mentally clear, physically settled, and present under pressure. This improves consistency, focus, and nervous system regulation during sessions.

## **Structural Strength & Coordinated Force**

Training how the body generates pressure through posture, breath, alignment, and whole-body connection rather than isolated muscular effort. This improves sustainable pressure and reduces strain.

## **Directed Perception & Responsive Application**

Training how attention, touch, and therapeutic intent work together in real time, refining palpation sensitivity, adaptability, and treatment precision.

These principles are taught through four progressive training modules, each building directly upon the previous through guided practice and supervised hands-on application.

# **Module 1: Focused Stillness and Sensory Regulation**

This module develops the foundation of practitioner steadiness through trained attention, breath regulation, and internal composure during hands-on work.

Therapists learn how to settle mental distraction, stabilize awareness, and maintain a clear internal state while in contact with the client. As attention becomes steadier, touch becomes more perceptive, controlled, and responsive.

The result is greater presence in session, improved sensory clarity through the hands, and the ability to remain grounded and effective from beginning to end.

## **Module 2: Breath and Structural Strength Training**

This module develops sustainable strength, therapist endurance, and controlled pressure through the integration of breath, posture, and whole-body mechanics.

Therapists learn how to generate force through alignment and coordinated body connection rather than isolated muscular effort. Breath is trained to support movement, stabilize output, and reduce unnecessary tension during treatment.

The result is stronger, more consistent pressure, improved postural integrity, reduced physical strain, and greater longevity in hands-on practice.

## **Module 3: Integration Lab**

This module bridges internal training directly into practical hands-on application.

Therapists learn how to apply the strength, breath, posture, and attention principles developed in earlier modules into real treatment techniques, pressure delivery, transitions, and session flow. Emphasis is placed on maintaining internal stability while working, rather than losing structure during effort.

The result is touch that feels more connected, pressure that remains consistent, and techniques that become more efficient, controlled, and effective in real time.

## **Module 4: Self-Regulation and Directed Touch**

This module develops the ability to remain internally regulated while refining perception and therapeutic response during treatment.

Therapists learn how to sustain clarity, steadiness, and composure while working with different client conditions and changing tissue responses. Attention, touch, and therapeutic intention are trained to function together, allowing more accurate palpation, smoother adaptation, and consistent treatment quality throughout the session.

The result is greater sensitivity through the hands, improved consistency under pressure, and the ability to deliver effective work while maintaining your own internal stability.

## **What This Training Builds**

- More consistent pressure, control, and confidence in hands-on work
- Reduced physical strain, fatigue, and unnecessary overexertion
- Improved sensitivity, palpation quality, and feedback through touch
- Stronger focus, presence, and steadiness throughout sessions
- Greater efficiency, sustainability, and long-term career longevity

## **What Makes This Training Different**

This training is based on a detailed internal development system shaped through decades of lived practice and practical application.

It integrates mind, breath, body mechanics, and internal regulation into a structured method that helps therapists develop greater stability, sensitivity, pressure control, and sustainable performance.

Rather than learning isolated techniques, participants train the underlying qualities that make skilled hands-on work possible.

# Instructor

**Erik Oliva, LMT**

Tui Na & Qigong Therapist

With over 35 years of training, practice, and hands-on application, Erik specializes in helping therapists develop greater stability, pressure control, touch quality, and long-term sustainability through structured practitioner training.

His background integrates Chinese medical bodywork, internal development methods, and real-world therapeutic experience into practical systems that improve how therapists function in session.

## Ready to Refine How You Work

This is a hands-on private training designed to improve how you function as a therapist through direct coaching, guided practice, and progressive development.

### Private CE Intensive for 2 Therapists

Therapeutic Presence & Power is delivered as a private two-person training experience to maximize hands-on supervision, individualized coaching, and real skill development.

Includes:

- 8 Pennsylvania CE Hours
- Four private classes (2 hours each)
- Direct instruction and guided practice
- Reference manual
- Personalized feedback and progression

**Founding Rate: Available for the first 5 private training cohorts.**

**\$795 total for both therapists**

(\$397.50 each)

Hosted at **Chinese Medical Bodywork Clinic**

211 E Harford St

Milford, PA 18337

### **Hosted Group Trainings**

For clinics, schools, spas, wellness centers, and professional organizations.

**3–6 Therapists**

**\$350 per participant**

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**7–10 Therapists**

**\$300 per participant**

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**11–20 Therapists**

**\$250 per participant**

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**21–40 Therapists**

**\$225 per participant**

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**Includes:**

- 8 Pennsylvania CE Hours
- Hands-on instruction
- Guided partner practice
- Training reference materials
- Structured professional development curriculum

Training dates and travel logistics coordinated directly with each host organization.

**Ready to Schedule?**

Reserve your training or request more information:

**awaken24.com**

**[erik@awaken24.com](mailto:erik@awaken24.com)**

**Text Erik Oliva: (570) 431-9456**