

The Healing Arts by Brad Surette, BA, RMT

Around this time four years ago I had an epiphany. And upon realizing my job at that time was nothing more than a pay-cheque and actually hindering the goals I wanted to accomplish in life, I terminated my employment with the federal government. Shortly after, I decided to pursue a long-term desire and go back to school to study the healing arts. The best decision!

First on the list was becoming a Registered Massage Therapist. While waiting for the next enrollment at the Canadian College of Massage and Hydrotherapy in Bedford, I decided to practice yoga. Initially I tried learning through books and DVDs and practicing on my own. However, I soon realized it was difficult to self-correct even with a mirror. I began wondering how useful it would be to have the expertise of someone to help me feel the correct movement and energy flow that is inherent in the poses. And, even though most of these poses are gentle, they are still physically based forms and I did not want to injure myself by practicing them incorrectly.

So, I regularly attended Yoga classes (3-4 times per week)

offered at Nubody's various locations throughout the HRM. It was then I realized the importance of daily stretching and self-reflection, the type you do without a mirror. I also took a ten week Hatha and Chakra Yoga program with Mandee Labelle of YogaHeart. It was at this time I realized what a difference Yoga was making in my life on so many levels.

Needless to say, second on the list was becoming a Registered Yoga Teacher. Wondering how I could somehow accomplish this goal while studying massage I began to look at various Yoga Teacher Training programs. Upon reviewing several I felt myself drawn to one program in particular. Trusting my instincts I enrolled with the Atlantic Yoga Teacher Training program led by Jody Myers and Silver Frith. These ladies are absolutely amazing! Jody and Silver have been teaching Yoga for many years and bring lots of experience, knowledge, and intuition to the program. They both have a great ability to sense the individual needs of their students and utilized their expertise to guide us step by step through the

teacher training program.

The other students that participated brought various backgrounds, ideas, and personal history that made for a well-rounded class. I met some pretty spectacular people and made many lasting friendships. The program itself was actually far beyond what I had expected. I thought the training would only be about learning various asanas or yoga poses, but instead we learned so much more about ourselves.

Third on the list was becoming a Reiki Master Teacher. In last month's newsletter I wrote an article about how this has had an incredible impact on changing my life for the better. I also mentioned how a Reiki Master Teacher is a student of life and how it has been my experience that a greater understanding for a subject can be achieved by teaching it to others.

That is why I feel it is an absolute honor to have massage, Reiki, and yoga to draw upon when trying to help my clients make progress in their rehabilitation from trauma, illness, or injury. - Brad Surette, BA, RMT