

Dr Vodder School International

Basic Neck & Face 3-Day MLD® Course



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Dr. Vodder School™
INTERNATIONAL

Authorized by the original Dr. Vodder Schule - Austria

Please contact Gay Lee or the Host School or for more information and class details. *Thank you*

Typical daily schedule:

9:00 AM – 5:00 PM

1 Hour lunch

To Enroll: Contact SPONSOR or visit www.VodderMLD.com for full schedule and information on MLD training.

• Enrolled students may download these beautiful pre-course study sheets (Topic Cards) **free**, prior to class, as preparation.

• **TOPIC CARD SUBJECTS:** (Condensed format, professional quality, beautifully illustrated, a permanent reference source.)

- I. Pathways of the Lymph System
- II. Fluid Movement & LCT
- III. Structure & Function-Lymph Sys.
- IV. Loose Connective Tissue
- V. Effects of MLD
- VI. Applications of MLD
- VII. Indications for MLD
- VIII. Contraindications for MLD

Go to: www.VodderMLD.com - Student Downloads

Manual Lymph Drainage (MLD®) is a gentle rhythmic technique developed in the 1930s by Drs. Emil and Estrid Vodder, Danish physical therapists. Scientific research has proven the effectiveness of Manual Lymph Drainage and clinical observations have confirmed these benefits. In Europe, Manual Lymph Drainage is a procedure recognized by national health insurance plans. In Germany alone, it is now the 3rd most prescribed physical therapy technique.

MLD® is a systematic series of precise movements that stimulates an increase in the normal functioning of the Lymphatic System. This promotes healthy connective tissue, enhances the body's immune response, relieves pain, and sedates the sympathetic nervous system. Thus it promotes the body's healing ability in many diverse applications, for example: sports injuries, scar tissue, pre and post operative care, as well as chronic inflammatory conditions, such as acne and rosacea, and many more.

The **Basic Neck & Face 3-Day Course** prepares the student for advanced courses leading to certification by the Dr. Vodder Schools International. You will learn the first basic movements of **MLD®**. You will use these movements in routines effective in treating the neck and face. A thorough introduction to **MLD®** theory will be presented. Be prepared to practice and study. Those who complete the Basic Neck & Face course may continue with the Advanced 3-Day course for certification as a Dr. Vodder Manual Lymph Drainage Neck & Face Esthetician. (20 hr class; 15 hrs practical)

Prerequisite: Esthetician license, 500 hrs. massage training, or Health care professional license (MD, RN, OT, PT, etc.). Wear comfortable clothing.

Continuing Education: The Dr. Vodder School International is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider. Approved Provider #33225-00. The Basic Neck & Face 3-Day MLD® Course credits 20 CEs.

Cost: \$495. - 550. Includes Student Handbook, Lecture Notes, DVD, extras. Terms: \$250. deposit due 30 days before class. The balance is due prior to beginning of class. The deposit becomes non-refundable within 30 days of class start date. **Class is limited to 12 students.**

Contact: Call Gay Lee at 510. 849. 1388. FAX an enrollment form to 510. 558. 8363 FAX to sign up or visit www.VodderMLD.com.

Instructor: Gay Lee Gulbrandson (CLT-LANA, CMT, NAVALT) is a graduate of Beloit College, BA Biology, the National Holistic Institute; and the Hendrickson Method Institute of Orthopedic Massage. She has maintained a busy private practice since 1980. She holds an international certification by the Dr. Vodder School International to practice and teach **Dr. Vodder's MLD®**.

