

Group Workshops and Private Sessions with Renowned Massage Therapist Jo-Jo Salami

Play Taiko Forever!!! Injury Prevention for the Taiko Drummer

Group workshops:

Thursday, November 6th 8:30 PM - 10:00 PM Fee: \$20

Friday, November 7th 7:30 PM - 9:30 PM Fee: \$25

Location: Kapiolani Community College Chapel

An interactive class using demo, lecture, and class participation on taking care of your body under the stresses of being a taiko drummer and a taiko drum mover. Please wear loose comfortable clothing so you can go through an array of stretches and exercises. Retire from taiko when you wan. Don't let pain dictate when you have to stop.

Injured? Tired? Lost energy or strength? In pain? Stressed-out? You need a TUNE-UP!

Jo-Jo will be offering focused, individual private sessions:

Saturday, November 8th

70-75 min. sessions beginning at 8:30 AM

Sunday, November 9th

70-75 min. sessions beginning at 10:00 AM

Fee for individual private session (70-75 min.): \$125

Location to be determined

The one-on-one bodywork I do is for people who are in pain because of muscular skeletal problems. This is not a relaxing massage. The diagnostics alone are worth the price of admission. It's like when you go to a mechanic for a car problem. There are great mechanics who can figure out the problems and there are parts replacers who fix things by trial and error. Is it worth seeing me just once? Absolutely! I will give you homework to maintain the work. Also I work on people whose body seems okay, but at the same time even though they've been doing the same thing for years, they don't have the same spark, energy or strength they used to. I also see people who are stressed-out to the point of angina attacks or wanting to cry. Putting the body back in balance and adding breathwork at the same time is a very powerful way to ease stress.

People can wear a loose pair of gym-type shorts. Women can wear in addition to the shorts a sport/jog-type bra or bathing suit top. People can also feel free to wear bathing suits. Women if possible a two-piece bathing suit.

Jo-Jo Salami, LMT, is a Licensed Massage Therapist. He specializes in a combination of different massage therapy techniques, chiropractic, PT, osteopathy and energy work. This is referred to as Manual Medicine. Jo-Jo began his massage career in 1981, His early instruction in movement and body mechanics began as a professional dancer for 15 years in Boston and New York. He has been a professional drummer/percussionist since 1972. Jo-Jo has been working with Taiko drummers for 10 years in getting the most from their bodies. He works one-on-one and also teaches stretching and injury prevention classes for drummers and dancers. He is a member in good standing of the Associated Bodywork and Massage Professionals organization. Jo-Jo has a private practice in Brookline, MA, where he specializes in chronic pain. He is currently part of the Health and Wellness Program at the Boston Conservatory Dance Dept., teaching Injury Prevention classes as well as working one-on-one with the dancers. Additionally, he was on the staff of the Rehabilitation Hospital of Rhode Island for two years and has taught complementary and alternative medicine classes for the nurses at Harvard/Vanguard.

For more information, visit
Jo-Jo's website at:

www.handle-withcare.com

**To register or for more info
e-mail taiko@hawaii.rr.com or call 737-7236**