

# D'Arcy Lane Incorporated Newsletter

For Alumni, Current Students and Staff

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Welcome to the November issue of our newsletter.  
Enjoy!

Sincerely,

The Staff of D'Arcy Lane Incorporated

## WHAT'S HAPPENING?

### Instructors Needed

We are seeking qualified instructors to teach within our Human Massage Therapy program. Positions are available for the Physiology course as well as the Public Health and Nutrition course. Both courses begin in January. Interested applicants should send a resume to [info@dar cylane.com](mailto:info@dar cylane.com). Further information can be obtained from Cheryl Samson, Director of Education, at 519.673.4420.

## Placements with GoodLife Fitness



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**GoodLife**  
HEALTH CENTRES

GoodLife Health Centre is offering current students of D'Arcy Lane Incorporated the opportunity to obtain business skills, marketing

knowledge and hands-on experience in an environment that will give them confidence to build a successful practice. The student will have the opportunity to see a wide variety of treatment conditions, ranging from sports injuries, work-related injuries and relaxation. To apply, second-year students are asked to submit a cover letter and resume to the Director of Education.

## Clinic Appointments for the Public

Students have completed their section on Orthopedic testing and they are now putting these skills to use by performing assessments in Student Clinic. For clients wishing to schedule a massage appointment, please telephone the Clinic Line at 519.673.6035.

## Outreach with Cross-Country Team

Students have been attending a weekly outreach at the University of Western Ontario with the varsity Cross-Country Team. The students and the athletes have found the sessions to be tremendously beneficial. Cross-country season wraps up this week but a new weekly outreach will be starting with the Track and Field team, which we anticipate will be equally successful.



Students massaging at a charity road race on October 24, 2010.

## **Ontario Livestock Exchange**

The D'AL junior class visited the Ontario Livestock Exchange in Waterloo on Tuesday October 19th. The field trip was part of their Behaviour class, allowing the students to study equine behaviour first-hand rather than read about it in a textbook. Palpations have also started in the Equine Anatomy class, once again bringing hands-on learning to the students.

## **UPCOMING WORKSHOPS**

The Safety Bug First Aid and CPR Workshop has been postponed until the New Year. For any RMTs wishing to re-certify, please contact us about upcoming sessions.

## ALUMNI PROFILE

Greetings, my name is Janos Neder and I am a graduate of D'Arcy Lane class of '91. I am very excited to share with you some of my experiences since I was a student here 20 years ago.



It is no exaggeration to say that becoming a Massage Therapist gave me a new lease on life. In 1989 I was 36 years old, newly divorced and suffering from job burnout after an 18-year career in Industrial Design. I was looking for a new direction in life, one that was more in accord with my core interests and philosophy. In one of those little synergistic quirks of fate, I attended an 'Introduction to Massage Therapy' course at Fanshawe College. As soon as I took the first class I knew this was it, eureka! I was destined to become a Massage Therapist.

My tenure as a student at D'Arcy Lane was an adventure on many levels: it gave me a new career direction, new friends, colleagues and most importantly, it was where I met my wife Christina. After graduation Christina and I started our own business, Ananda Wellness Centre, which is still in operation today.

Since becoming a RMT I have gone onto study and receive certifications in many other modalities including Acupuncture, Osteopathy and Hypnosis. In 2007 I was given the honour of being inducted into the World Martial Arts Hall of Fame (USA) for developing a method called Shinjukyo, that combines elements from the Healing Arts and Martial Arts. I have since expanded this approach into a book and seminar series. Christina and I currently reside and operate Ananda Wellness Centre in Stirling, ON.

Massage Therapy can be a rewarding profession. As a full time therapist for twenty years I would like to share some of my thoughts on how to have a long fruitful career and avoid some pitfalls along the way. Longevity as an RMT is achieved by several key elements: Good business skills, positive word of mouth from clients, continually upgrading your education and therapeutic skills and positive emotional support both given and received. The biggest pitfall is burnout from working too hard, feeling emotionally isolated and not taking care of oneself physically. You can only ladle into a bucket for so long if you don't learn how to refill it.

I wish you all every success in your chosen path of Massage Therapy, be proud of your school and your profession. It is up to you, the next generation of therapists, to keep the flag of Massage Therapy flying high. Cheers.

*We are seeking out Alumni - from the Human and Equine programs - who would be interested in being featured in our Alumni Profile. For more details, please contact us at [info@darcylane.com](mailto:info@darcylane.com).*

## **STUDENT PROFILE**

**Name and Class?** Heinrich Klassen, J10 Human Massage Therapy



**Hometown?** Tillsonburg, ON

**Tell us a little about yourself.** I grew up in Vienna, Ontario. I have always been blessed with learning quickly when I can stay focussed. LOL.

**Hobbies and interests?** Mountain biking, golf, beers with friends and most importantly long walks by myself to meditate.

**What were you doing before starting school at D'Arcy Lane Incorporated?** I was a factory worker most of my adult life.

**What attracted you to the field of Massage Therapy?** The thought of being able to help somebody else. Also working with my hands.

**Why did you choose to attend D'Arcy Lane Incorporated?** I chose D'Arcy Lane because they were one of the original Ontario accredited institutes of massage.

**Tell us about your experience at D'Arcy Lane Incorporated.** My classmates at D'Arcy Lane have rallied around me to help me with difficult personal situations.

**Favourite subject and why?** Treatments may be one of the toughest courses, it is however the "why" and "how to" fix people.

**Advice for future students at D'Arcy Lane Incorporated?** Be pre-emptive, anticipate what you will need to maximize your experience and start working today.

**What are your hopes for your professional life in five years?** To have a mobile clinic capable of serving factory workers.

**Anything else you'd like to share?** We all have personal troubles getting in the way of our dreams. Just don't give up.

*A current student will be randomly selected each month to be profiled.*

## **Your voice can be heard!**

If you would like to share an article of interest or suggest a reading topic, please feel free to contact the school and it may be published in the newsletter.

**D'Arcy Lane Incorporated is owned and operated by Oneida Nation of the Thames.**

**Refer a friend to D'Arcy Lane and with their enrollment, you'll receive a FREE D'Arcy T-Shirt-items are limited. As you know, the experience and training will change your life forever!**

## **FREE Massage**

If you are an alumni or a current student and find that your education at D'Arcy Lane has made/is making a real difference in preparing you for your career, please send us your feedback.

As a thank you we will enter you into a draw to win a FREE massage. This massage can be used by you or by a loved one.

**Offer Expires: December 1, 2010**