

16 Edgemere Blvd.
Shrewsbury, Ma. 01545
May 16, 2016

To Whom It May Concern,\

Re: Nagaraju (RAJU) Mantina Innovator of S.E.E.M. TECHNIQUE

My name is Susan M. Samaha, LMT since 1974 with Licenses in Massachusetts #938 and in Florida#45557. On May 14 and 15, 2016 I attended S.E.EM TECHNIQUE Workshop taught by Raju Mantina held at Bancroft School of Massage Therapy in Worcester Ma.

I have been an instructor at Bancroft since 1987 and have attended numerous workshops. I was quite impressed with Raju and his creative approach to his S.E.E M. TECHNIQUE which stands for Stretching, Exercise, Education and Massage and focuses on function and performance. I like his belief in starting each class with a 1/2 hour brisk walk to feel areas of stress or tension. I never began any workshop this way and truly found it invigorating, fun and a nice way to meet the instructors and fellow participants. After discussing our areas of tension after the walk, I was one of the fortunate candidates to be chosen as a model for the lower body demonstration by Raju. I have had sciatica due to a bulging disc for the past year. Raju was able to give me some relief from pain in my tight piriformis, and lower extremity with his skilled hands and my ROM increased from his stretching protocols. His work impressed me a lot.

The 2nd day of the workshop focuses on the upper body and again after our brisk walk Raju was able to help bring relief to a chronic shoulder tension from a subluxation which happened to me in 1969 with numerous re-occurring subluxations since then. My upper extremity and shoulder is very guarded, but Raju was very professional and confident that this work would help and it did. He thoroughly worked my rotator cuff muscles in a way I never had before. It was very deep and intense, and he was able to break up a lot of adhesions and my ROM increased tremendously. Although it is still a bit tender, my shoulder feels opened up and energized. It is incredible to feel the difference before and after the S. E. E. M. Approach for my 47 year old injury.

Apart from receiving the work from Raju it was very interesting to watch him work and learn these new skills and stretches, which I hope to try on my clients. His lectures and life experience living in India enhanced the workshop as well.

Our class also benefited from Raju's able associate Piret Tuisk who was a big help during hands on practice as she worked the room to help us perform the skills correctly. They make a good pair as she reminded Raju of certain techniques to show us.

In conclusion, learning the S.E.E.M. Technique was helpful and inspiring and I would highly recommend it to any massage therapist who seeks to learn new and creative bodywork skills. Raju is talented and dedicated to education and helping students and clients improve their function and performance.

Sincerely,
Susan M. Samaha