

Myofascial Techniques – Lower Body Workshop

Salt Lake City, Utah

June 1-3, 2012

Join Anna Gammal and Roger Olbrot in delving into the space within. Discover the world of fascia including its structure, its properties, and how you can move it, stretch it, and help create a better sense of wellness in your clients. This course is designed for the therapist interested in learning a more clinical approach to massage. Anna and Roger will present some of the latest research about fascia including its structure and function. You will see fascia in motion. You will learn how to feel its tension and learn several techniques for releasing tension between fascia, skin, muscles and bones. Myofascial massage aims to free the body of pain and increase the range of motion thereby bringing about a greater sense of balance in the body. You will learn direct and indirect techniques for accessing and releasing the fascia in the lower body. You will also learn the basic concepts of fascia; how it develops, layers, nomenclature, indications and contraindications for doing the work. Along with both general and specific muscle and regional applications of myofascial stretching, you will learn ways to treat some common lower body ailments. Stretching exercises are a necessary part of any myofascial release. You will learn how to apply stretching to aid in the work.

Participants should bring massage tables, sheets, a cream or lotion suitable for deep tissue type work (oil and scented lotions are not recommended). Please wear layered clothing such that the full upper body may be accessed, e.g. sports bra, tank top, etc. A text book will be distributed the first day of class.

We would love for you to join us!



Register Today and Save!

- Dates & Times:** June 1-3, 2012
- Location:** Salt Lake City, Utah
- Price:** \$350 per student
\$50 deposit needed upon registration, remaining balance due on May 5, 2012
- Early Registration Price:** Register Today and Save \$50! All registrations taken before February 10th will receive a \$50 discount!
- How to Register:** Fill out registration form and e-mail to bnbmassage@comcast.net or mail to Body n' Beyond Massage Therapy
225 Wood Street
Hopkinton, MA 01748
Or Anna or Roger can process your registration today.
For additional information please contact bnbmassage@comcast.net or call 508-435-5656 and we will be happy to assist you.

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Registration & Payment Form

Name: _____

Address: _____

E-mail: _____

Phone: _____

Have you taken the Myofascial Upper Body Workshop? yes or no _____

The Price of the Myofascial Lower Body Workshop is \$350.00.

Register by February 10th and pay \$300. A \$50 savings!

A \$50 deposit is due upon Registration and the remaining balance is due by May 5th.

We accept major credit card or checks made out to Body n' Beyond.

Payment Information:

Amount Paid: _____

Check Number: _____

Circle Credit Card Type: Visa Master Card American Express Discover

Name on Credit Card: _____

Account Number: _____

Expiration Date: _____ CVC Code on back: _____

Signature: _____