

Deep Tissue I

Create profound changes in clients' alignment, movement and posture.

Deep Tissue work is more than just a "deep" massage. Deep Tissue work provides you with an integrated approach to effectively change posture and chronic tension patterns by releasing fascia superficially or deeply in all parts of the body.

- ◆ Learn techniques using knuckles, forearms, and elbows for deep work
- ◆ Learn proper body mechanics; avoid fatigue and overuse injuries in your work
- ◆ Use visual assessment & palpation to isolate which areas to treat
- ◆ Work with increased depth, yet more ease, safety and ergonomic efficiency
- ◆ Engage client participation, moving through range of motion to facilitate release of holding patterns

Pre-requisite:

Basic Massage Training and Anatomy

Required book:

"Deep Tissue Massage:
A Visual Guide to Techniques"
by Art Riggs \$25



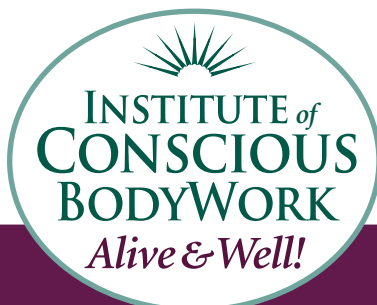
Michael McFarland

is a gifted teacher with a warm and engaging style who has dedicated over 20 years to the study & teaching of Hellerwork and other deep tissue techniques. He serves as an associate trainer on the Hellerwork faculty where he teaches functional anatomy, movement, and structural integration. His knowledge & experience are extensive and diverse having trained with Joseph Heller, Greg Johnson, PT, St. John Seminars, and Upledger training.

Fri, Jan 13, 7 - 10pm and
Sat/Sun, Jan 14, 15; 9am - 5:30pm and
Tue, Jan 17, 24, 31;
Feb 7, 14, 21 7 - 10pm

Tuition: \$848

10% Discount if Paid in Full four weeks in advance



For more information or to register, please call
415-388-9949

Class will be held at our **NEW LOCATION**
1165 Magnolia Ave.
Larkspur, CA 94939

Email: advisor@alivewell.com

NCBTMB Provider #451689-11

12/11/11