

# 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



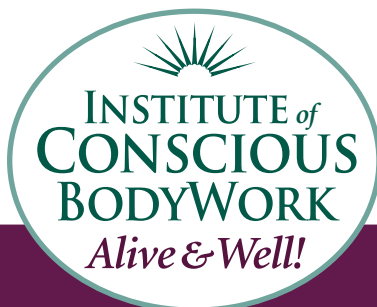
**Michael McFarland**

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

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NCBTMB Provider #451689-11

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