

FASCIAL RELEASE

March 25th and 26th, 2017



16 CEUS

A Two Day Introductory Class at Soothing Arts

By using slower, deeper pressure over broad areas of the body, we gently encourage the *fascial matrix* within our bodies to *release* unnecessary holding patterns. This lengthening and broadening of the fascia allows our muscles to expand, relieving pressure on nerves and joints.

Just as the mind creates holding patterns that can be released through appropriate therapies, the body echoes this same configuration due to fear, impact or trauma.

This seminar will present demonstrations and oversee exchanges of basic fascial therapies for the *upper torso* as well as the *back and hips*.

Myofascial Apps for the Upper Torso - Mar 25th

Myofascial Apps for the Back and Hips - Mar 26th

(Registration is available for one or both classes)

Myofascial Bodywork sessions focus on stretching, lengthening, and broadening planes of tissue, creating overall flexibility and reducing chronic tension within fascial planes in the body.



Techniques Covered:

Using slow deep even pressure to lengthen and broaden the myofascia, reducing pressure on the intervertebral discs in the back and hips

Releasing the neck and broadening the shoulder girdle

Balancing the oppositional tension between the back and the hips, minimizing the torque of the upper body

Registration:

Register and attend at Soothing Arts Healing Therapies, Miramar, FL; 850/269-0820.

Price is \$225 for both days if registered by March 11, 2017. \$250 thereafter. (16 CEU's)

\$125 for a single day (8 CEU's)

Tables are provided: bring cocoa butter and sheets. Classes are from 10 am to 6pm.

Florida Board of Massage Approved Provider # 50-15192

Presenter:

David Long has been teaching myofascial therapy for 20 years in massage schools and seminars throughout Florida and the Southeast.