



FASCIAL RELEASE

TWO ONE DAY INTRODUCTORY CLASSES

MYOFASCIAL APPLICATIONS FOR THE LEGS JULY 8TH

MYOFASCIAL APPLICATIONS FOR THE BACK JULY 9TH

AT SOOTHING ARTS HEALING THERAPIES, MIRAMAR, FL

Myofascia, a thin almost translucent film that wraps around muscle tissue, is the tissue that holds all the other parts together. It gives shape and support to all of the body's musculature.

If the body creates enough sites where the fascia has changed, then these restrictions began to affect the quality of movement. One site's restrictions may augment another site's, and this creates what is called a 'downward spiral.'

These downward spirals produce uneven wear on joints, compression on nerves, muscular imbalance, impaired gait, and diminished respiration and digestion. Sometimes a site with tight fascia, impaired circulation and limited mobility is said to be 'passively congested.'

Myofascial Therapy lengthens, broadens and unwinds the fascial restrictions we incur and inherit. It restores elasticity to our 'soft tissue matrix.'

Registration Details

Register at Soothing Arts Healing Therapies, 850 / 269-0850.

Price is \$225 for both days if registered by June 23rd, \$250 thereafter. (Course is 16 Contact CEU's.)

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

Class size is limited to 10 participants. Classes are from 10 am to 6pm with lunch break. Bring sheets and cocoa butter.

Florida Board of Massage Provider # 50-15192.

The Presenter

David Long has been teaching, practicing and receiving fascial therapies and Structural Integration for 20 years in Florida and the Southeast.