



Active Isolated Stretching (AIS) – Intro to Clinical Application

July 27 & 28, 2019 ~ 14 CE / \$285

9 AM – 5 PM Sat / 8 AM - 4 PM Sun

This 2-day workshop (14 CEs) will introduce you to the principles of AIS as we look at imbalances of both the upper and lower body with a clinical approach. You will learn and practice stretches that will enhance your current treatments or stretching routines. Reach the deepest tissues of the body with less discomfort to your client with increased accuracy and results.

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Bruce Baltz, founder of SpiripPhysical LLC is a founding member of Deep Freeze Team LLC. He is a licensed massage therapist in the States of NY, FL and NC while maintaining his Board Certification in Therapeutic Massage & Bodywork. He received his AIS Certification in 2015 and is the former Chair of NCBTMB. Bruce has been a deep tissue stone educator since 1999 and teaching AIS since 2004. I have a private massage practice in Jupiter FL where I focus on Active Isolated Stretching (AIS) and Clinical Massage to a diverse age range of clients with conditions such as but not limited to joint replacement, sports performance, functional movement, stability and balance.

www.SpiriPhysical.com

www.deepfreezetherapy.com