

# FASCIAL RELEASE

March 30th and 31st, 2019



By using slow, deep even pressure and stretching, 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 impact, overuse or trauma.

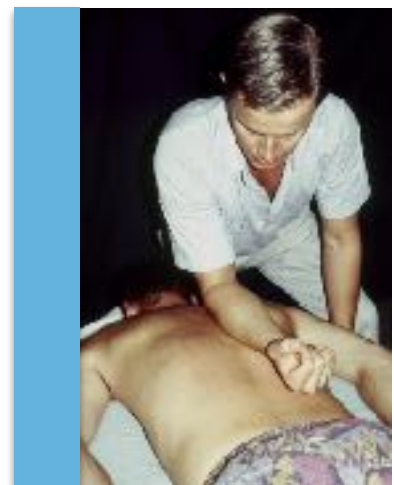
This seminar will present demonstrations and oversee exchanges of basic fascial therapies for the **back and hips** as well as the **legs**.

## A Two Day Introductory Class

**Myofascial Apps for the Back and Hips - March 30th**

**Myofascial Apps for the Legs - March 31st**

- Early registration price is \$225 if registered by March 15: \$250 thereafter, for 16 CEU's for both days. One day price is \$125 for 8 CEU's.
- Learn how to use slow deep even pressure to lengthen and broaden the myofascia throughout the body.
- Learn gait assessment and how to reduce compensations in the shoulders, back, hips, and legs.
- Classes are from 9 to 5, and are held at Soothing Arts Healing Therapies School of Massage, 12605 Emerald Coast Parkway West, Suite 2, Miramar Beach, Florida 32550. Bring sheets and cocoa butter and we will work in pairs.
- Contact: Vonn Keller @ 850/269-0820 to reserve a space.
- The presenter, David Long, has been practicing and teaching myofascial therapies for 18 years in Tallahassee and throughout the Southeast.
- Additional 8 hours of Florida CEU requirements for 2019 can be met with correspondence courses.
- Florida Board of Massage
- CE Provider # 50 - 15192.



Tallahassee, FL 2000