

MYOFASCIAL APPLICATIONS FOR THE BACK AND HIPS and MYOFASCIAL APPLICATIONS FOR THE UPPER BODY

FEB 7TH AND 8TH, 2015 - 16 CEU'S FOR THE STATE OF FLORIDA - AWC, TALLAHASSEE, FLORIDA



A Workshop focusing on myofascial techniques to lengthen, broaden and unwind the upper torso and back in 60 and 90 minute sessions.

- Learn how to use slow deep even pressure to lengthen and broaden the myofascia and reduce pressure on the spine and hips
 - Learn how kyphosis, lordosis and scoliosis can be managed through myofascial treatment
 - Learn how to balance the opposing torque between the shoulders and hips to reduce pressure on intervertebral discs
 - Treat the entire upper torso as a unit to be balanced over the hip girdle
- Price: \$100 per day or \$180 for both days if registered by Feb 2nd.
 - Florida Board of Massage CE Provider # 50 - 15192
 - Contact: David Long @ 850 / 321 - 1098 or Davidlonglmt@gmail to reserve a space.
 - Classes are from 9 to 5, and are held at Abundance Wellness Center, 325 John Knox Road, Tall, FL 32303 (see www.awc-tallahassee for directions). Bring a table and we will work in pairs.



Teaching and practicing
since 1994