

Panoramic Deep Tissue

Deep Tissue without Breaking Yourself

\$160 for 8 CE Olympic Massage NCBTMB # 307802-00

\$140 if reserved by 3/31/15

Taught by Joan Schraith Cole

April 25, 2015 9am-6pm

Hilton Garden Inn

1501 S Neil St Champaign, IL



Get a panoramic view of deep tissue massage. This is a class about the flow of a good deep tissue massage. Addressing topics including tensional reasoning, body mechanics and effective use of bodyweight, session planning and timing, manipulation of massage variables, and structurally based strategies to addressing pain and restriction. The session will include cross fiber and myofascial release techniques including the myofascial release deep tissue “stroke”, using the bones as levers, compression with movement (active and passive engagement), gentle bony movements, sidelying work, and working with the nervous system to facilitate changes in muscle tension and neuromuscular patterns.

This course would be most relevant to your practice if you are:

- A therapist who has specialized in a relaxation style of massage but would like to do more deep tissue massage without hurting your body.
- A therapist who has been doing a “deep Swedish” or NMT-based style of deep tissue massage and you are curious about a style rooted in direct myofascial release.
- A therapist who is in the first several years of practice.

Deep Massage that uses the gentlest methods possible that will be effective.

Come dressed to move and bring a massage table, set of sheets and face cradle cover, 2 pillows (or one pillow and one squishy bolster) and pillowcases, and massage crème or lotion.

To sign up, email joancole@mindspring.com, including the name you would like on your certificate, phone number, and email address for paypal. If you would prefer to pay by check, an address to mail to will be supplied. If you would prefer to pay by credit card, you will be invoiced through paypal. Your sign up will not be complete until payment is received.

About the Instructor:



Joan Schraith Cole trained at Parkland College in Champaign IL and was licensed to practice massage in 2006. She is one of the Olympic Massage instructors carrying on Lolita Knight’s teaching legacy, and is also certified as an Evidence Based Qigong™ and Evidence Based Taiji™ Instructor by Grandmaster Yang Yang of the Center for Taiji Studies.

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