

# DEEP TISSUE

This is a 40 hour class.

Price is \$650.00

The term Deep Tissue massage is defined as the use of different massage styles that are directed towards the deeper-tissue deep-muscle massage administered to affect the sub-layers and structures of the muscles and fascia. These techniques require more advanced training and a more thorough understanding of anatomy and physiology. It helps with chronic muscular pain and injury rehabilitation and reduces inflammation-related pain caused by arthritis and tendinitis.

The class teaches you techniques that utilize.

- \*How to access the tissue\*
- \*How to apply appropriate pressure\*
- \*How to understand body Profiling\*
- \*How to do a structural analysis\*
- \*It does help with chronic muscular pain and injury rehabilitation\*