

# **MYOFASCIAL RELEASE**

This class is 32 hours long usually  
2 weekends  
Price is \$525.00

This is a three-dimensional application of sustained pressure and movement into the fascial system in order to eliminate fascial restrictions. Myofascial release is an effective therapeutic approach of relief of many types of pain and this class teaches you how to work with

- \*Cervical Pain\*
- \*Back Pain\*
- \*Fibromyalgia\*
- \*Scoliosis\*
- \*Neurological Dysfunction\*
- \*Restriction of motion\*
- \*Chronic Pain\*
- \*Headaches\*

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