

# **SPORTS MASSAGE**

Class is 20 hours

Price is \$325

Sports massage is designed to enhance athletic performance and recovery. There are three contexts in which sports massage can be useful to an athlete: pre-event, post-event, and injury treatment. When an athlete sustains an injury, skillful massage therapy can often speed and improve the quality of healing.

In the class you will learn

\*Pre-event massage\*

\*Post-event massage\*

\*What to do when athlete sustains an injury\*

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