

# Therapeutic Massage Clinic

01661 871748

[www.therapeuticmassageclinic.co.uk](http://www.therapeuticmassageclinic.co.uk)

Email: [mhelenrichardson@gmail.co.uk](mailto:mhelenrichardson@gmail.co.uk)



ACCREDITED SHORT COURSE

## Myofascial Release Workshop FHT Accredited



Myofascial massage works not only on muscle tissue but also the fascia that binds them. Without attending to both structures the massage therapist only looks at half the problem. Based on the original works of Dr. Janet Travell.

Myofascial techniques help:

- ✓ Ease pain and stiffness
- ✓ Release pressure on muscle fibres
- ✓ Identify potential imbalances
- ✓ Improve range of movement
  - ✓ Improve flexibility
  - ✓ Identify trigger points
- ✓ Release muscle spasm
  - ✓ Relieve tension

**Saturday 7<sup>th</sup> December 2013**

One-day workshop investment £95.00

**The Therapy Centre, The Old Workhouse,  
Hexham, Northumberland. NE46 1QJ**

Lecturer: Helen Richardson

ABT, MDYTA, MSMA, THAT, AC, ITEC Registered, Dip HE – Cert Ed