

The Top Ten Pain Releasers

A masterful collection of ten simple, effective, hands-on skills

You Will Learn How To:

- Release a cramp or spasm in less than 5 seconds
- Release tight neck muscles in about 30 seconds
- Relieve both physical pain (especially low back pain) and emotional stress in less than 5 minutes with music
- Determine if you are dehydrated at any given time
- Clear the single greatest cause of most muscular pain (90% of all injury related problems will respond positively to this technique)
- Integrate effective meridian-based techniques into any bodywork or healing
- Reduce your own stress with a variety of self-help skills
- Do muscle testing (manual resistive testing) and self testing

Date: Saturday February 4, 2012

Fee: SPECIAL One-Time Rate!

\$90 by 1/21/12 (\$65 for massage students and Valley Massotherapy Clients)
\$150 after Early Registration Deadline

Prerequisite: NONE

Location:

National Institute of Massotherapy

CE Hours: 7

3681 Manchester Road

Akron, Ohio 44319

Instructor: Randall Gibson, M.Ed., LMT

Registration Information:

330-701-8780

www.polarityhealthcare.com

Very Fine course. Enjoyed the experience!

Michael Kilbane, LMT

Best class so far - Great job - Really loved it!!!

Eva Andersson

Instructor is highly experienced and capable. Good teaching methods

Valerie Mikluscak, LMT