

# *The Top Ten Pain Releasers*

*A masterful collection of ten simple, effective, hands-on skills that address a wide variety of pain and stress issues.*

## **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:** Friday October 19, 2012

**Fee:** \$125 before 9/19 (\$150 after 9/19)

**Prerequisite:** NONE

**Location:** Dragonfly Therapeutic Massage & Spa  
1526 N Atherton St Ste 200

**Instructor:** Randall Gibson, M.Ed., LMT

State College PA 16803

## **Registration Information:**

**330-701-8780**

**[www.polarityhealthcare.com](http://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*