

The Science of Stress Relief

Learn how to influence the autonomic nervous system using integrative massage techniques. Topics will include an introduction to polyvagal theory and its clinical application. Reducing stress is an integral part of what we do as massage therapists. This class will help you to do it more consciously and effectively. (6 CE hours)

Highlights

- Review the anatomy and physiology of the stress response
- Learn how to use grounding and earthing to reduce stress in minutes
- Learn breathing techniques to shift out of fight or flight
- Discover the importance of the vagus nerve in stress and relaxation
- Learn movement techniques and mindful acupressure to improve brain function
- Explore lifestyle changes that can protect us from stress and illness
- Discover the role of mindfulness in health, relaxation, and bodywork

Date: August 6, 2021

Time: 9am-4pm (EDT)

CE hours: 6
(CE Broker Tracking # 20-710335)

Location: Live-Online

Fee: \$95 before July 23, 2021

Prerequisites: None

Instructor: Randall Gibson, M.Ed., LMT (NCBTMB approved provider # 325713-00)

Register Online:

www.PolarityHealthcare.com

Register by Phone:

330.701.8780