



SELF MYOFASCIAL RELEASE

What you'll learn:

- Successful application of correct self myofascial techniques
- Understanding of self myofascial release principles ensuring effective technique in treatments
- How to integrate self myofascial techniques into individual client programs
- The science of self myofascial release
- An understanding of the benefits and contra-indicators in self myofascial release techniques
- How to locate the correct position and duration to treat effected target areas

What's included:

- A comprehensive, custom-created manual covering: the evolution of self myofascial release, the science of the foam roller, foam roller make-up and composition, integrating SMR techniques, how to, and how long to roll, SMR application across 22 key muscles, an analysis and anatomical understanding including demonstrations
- The opportunity to be advised on, and purchase foam rollers and other SMR tools at great discounts

4 CEC's
Training Fees \$149