

Advanced massage techniques...



MFR for low back pain related to herniated discs and sciatic nerve pain



MFR cross hand stretch to sacrum and low back



Fascial finger work to sacrum



Broad work and trigger point to gluteals and lateral rotator group



Piriformis STR or stretch



Sidelying work to gluteus medius and TFL



Lateral line fascial stretch



Hip ROM

WANT TO LEARN MORE?

Foundation in advanced clinical massage techniques 3 DAYS
£425

2018	Thursday 6 - Saturday 8 December	BRIGHTON
2019	Wednesday 6 - Friday 8 February	BRIGHTON
	Thursday 28 - Saturday 30 March	BRIGHTON
	Thursday 30 May - Saturday 1 June	LONDON
	Thursday 5 - Saturday 7 September	BRIGHTON
	Thursday 5 - Saturday 7 December	BRIGHTON

Advanced clinical massage for low back pain 2 DAYS
£250

2019	Saturday 29 - Sunday 30 June	BRIGHTON
	Thursday 21 - Friday 22 November	BRIGHTON

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