

Positional Release and Myofascial Unwinding

Gently releasing sticky stuckness

Taught by Gary Olsen

Tuesday, August 12th
6:00pm–10:00pm

\$75, half due at registration

Call 323.0203 to register

4 CEUs towards AZ State Massage License Renewal

Chronic Fatigue and Fibromyalgia patients can benefit greatly from specifically addressing tension and pain in a very gentle way. Trigger points and tender areas that do not release with deep pressure will often respond to the techniques you will practice in this workshop. These tools can be a great way for those who are very sensitive to receive specific bodywork.



Gary Olsen, LMT, was trained at the Colorado Institute of Massage Therapy as a Neuromuscular Therapist. Over the years he has focused on assisting clients integrate specific massage work.

520 323 0203
providenceinstitute.com



3400 E. Speedway Blvd. Suite 114
Between Country Club and Alvernon