

# Myofascial Release Techniques

MFR-Upper Body: July 29, 2017

MFR-Lower Body: August 26, 2017



MFR is an alternative medicine therapy that aims to treat skeletal muscle immobility and pain by relaxing contracted muscles, improving blood and lymphatic circulation, and stimulating the stretch reflex in muscles.

Fascia is a thin, resilient, elastic type of connective tissue that wraps structures within the human body, including Muscle.

Osteopathic theory suggests that myofascial tissues can become restricted due to overuse, trauma, infections, inactivity, or psycho-emotional stressors, often resulting in pain, muscle tension, and diminished blood flow. Treatment with Myofascial Release Techniques has been experientially effective in releasing tissues tension and restoring functionality.

*No experience necessary.*

Schedule: 1:00-5:00 pm

Instructor: Karen Claffey

**Tuition Fees including HST:** MFR-Upper-Body: \$75 | MFR-Lower-Body: \$75

*Special Discount for MFR-Upper & Lower: \$125 (Save \$25!)*

**Location:** Heaven on Earth & Integrated Health

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