



Synergy Healing Arts Center and Massage School

Instructor: Margie Schaeffer

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Synergy Tai-PNF Chair & Table Power Techniques

The objective of this NCB approved 6 hour class is to learn techniques that will save the massage therapist's hands. Instruction in usage of the knees, feet, elbows, forearms and yes sometimes the hands to relieve the most common client complaints of the back, knees, shoulders, neck, elbows, wrists, legs and feet.

The techniques can be integrated into a full hour massage as needed and will be adapted to the individual massage therapist's movement capability. You can select to work while sitting in a chair, in traditional standing position or using ceiling bars. The average length of a massage career is now stated to be 1 – 2 years.....make your career last 20 – 30!



Sunday May 16, 2010 from 1-7 pm at

Synergy Healing Arts Center and Massage School,

13593 Monterey Lane, Blue Ridge Summit, PA

For directions please visit our web site at www.synergymassage.edu

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