



Synergy Healing Arts Center & Massage School, Inc.

Instructor: Bob Hunter

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FUNCTIONAL BODY MECHANICS FOR MASSAGE THERAPISTS: A FELDENKRAIS® METHOD APPROACH

Discover new ways to care for yourself while you take care of your clients.

Learn the fundamentals for efficient, stress free body mechanics, an essential basis for a successful long-term massage practice. You will experience greater comfort and flexi-

bility, and reduced tension and pain through a series of guided, easy-to-do movement explorations. Feldenkrais® principles help the Massage Therapist work with greater efficiency allowing him or her to do more clients with less energy expenditure and injury.



Sunday, September 11, 2010 from 10-5pm at

Synergy Healing Arts Center and Massage School, Inc.

13593 Monterey Lane, Blue Ridge Summit, PA

Group classes on-going on Wednesdays 11-12 noon

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

Fee \$75 — 7 CE NCBTMB Hours — *Private Appts. \$65 per hour*

Advised optional textbook: Body Mechanics for Massage Therapists: A Functional Approach to Self-Care by Barbara Frye