# Massage Cupping

## Therapy that really sucks




This popular class is being offered twice
April 13 or April 16, 2018
Friday or Monday  9 am - 6 pm  (8 hours)
$150 + $25 materials
Price includes set of 4 silicone cups

Massage cupping is a powerful tool to enhance your practice. Adding movement makes it even more effective.

Massage cupping is an innovative technique that involves moving flexible silicone cups over your client's skin, along with stretching. The combined effect lifts the skin and superficial fascia over the underlying tissues.

Most massage work involves compressing tissues, but massage cupping lifts tissues. Along with soft tissue release, the synergy of these techniques helps to:

- Relieve chronic muscle tension
- Release adhesions
- Prepare clients for deeper work

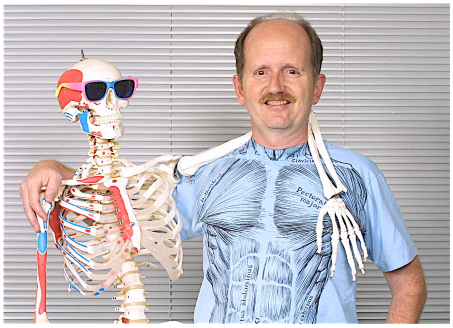
**The cups are transparent, simple to use, and don't require heat or combustion. Best of all, they're easy on your hands!**

Workshop topics include:

- History of cupping
- Cautions and contraindications
- Unique ways cups can be used with movement

You'll leave the workshop with a set of four silicone cups and a variety of ways to incorporate them with your next massage client.

**Call 319-462-3402 or go to carlsoncollege.com to register. Space is limited!**



Dr. James Mally  (the one on the right)

Dr. James Mally is an orthopedic massage therapist, teacher, and educational content producer with four decades of experience. He teaches workshops around the globe and founded MassageLibrary.com.

James R. Mally, N.D. is approved by the National Certification Board of Therapeutic Massage & Bodywork (NCBTMB) as a Continuing Education Approved Provider. Provider # 451329-10.

## Carlson College of Massage Therapy

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