

# Massage Cupping

Therapy that really sucks

September 23, 24, or 25, 2017

Saturday, Sunday, or Monday 9 am - 6 pm  
(8 hours)

\$120 + \$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

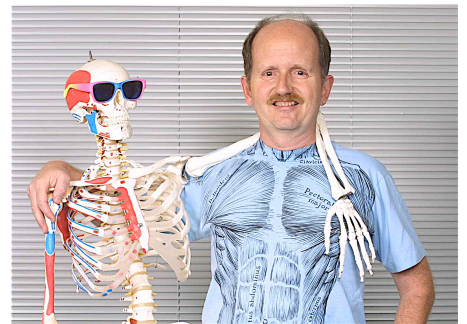
You'll leave the workshop with a set of four silicone cups and a variety of ways to incorporate them with your next massage client.

**Call 319-462-3402 or go to [carlsoncollege.com](http://carlsoncollege.com) to register.**  
**Space is limited!**

## Carlson College of Massage Therapy

11809 County Road X-28, Anamosa, IA 52205

319-462-3402      [www.carlsoncollege.com](http://www.carlsoncollege.com)



Dr. James Mally (the one on the right)

Dr. James Mally has been doing massage professionally in many different settings since 1975. He is a graduate of Bastyr University in Seattle, and the Lindsey Hopkins School, a 1000 hour massage training program.

