

Hands on Anatomy

with Dr. James Mally

April 4 & 5, 2020 - Lower Body
Saturday & Sunday 9 am - 6 pm
(16 hours)

\$325 + \$25 for materials

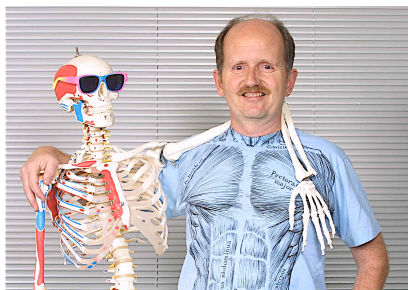


Have fun making muscles out of clay!

Join us for a fun experiential anatomy class designed for massage therapists. We will learn all the major muscles of the lower body by making muscles out of clay and placing them in layers on a skeleton model.

As we learn the muscles we will be palpating them on each other and learning different massage techniques that can be done for that muscle, including stretching, counterstrain, and soft tissue release techniques.

This experience will give you a deeper kinesthetic understanding of anatomy that will enhance your ability to help your clients.



James Mally, N.D.
(the one on the right)

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

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