**Workshops for Carlson College**

**Massage Cupping**

April 10, 2017 SOLD OUT OR April 13, 2017

PLEASE NOTE Monday April 10th Cupping class is SOLD OUT!

9 am – 6 pm

8 hours $120

Materials fee $25

NCBTMB Approved

$25 materials fee is for a set of four silicone cups

You do not need to pay the materials fee if you bring your own set of 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 Kinetic 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.

**Sports Massage**

April 11 & 12, 2017

Tuesday and Wednesday 9 am – 6 pm

16 hours - $275

NCBTMB Approved

The techniques you will learn in this sports massage workshop can help all of your clients, whether they are athletes or not.

We start with some theory, explaining the physiological principles that are the basis for the techniques -- including reciprocal inhibition, post-isometric relaxation, and strain counterstrain.

Most of the workshop is hands on. You will learn many techniques that you can add to your toolbox.

We will

compare and contrast various modalities used in sports massage, including PNF Stretching, Facilitated Stretching, Reciprocal Inhibition, Multidirectional Friction, Soft Tissue Release, and a painless way of releasing Trigger Points using Strain Counterstrain techniques.

discuss the indications and cautions for each technique and show how knowledge of the principles of the techniques, combined with a good knowledge of anatomy, will allow us to apply the techniques on any muscle in the body.

cover injury evaluation and treatment

show treatment strategies for sprains and strains and for many common conditions including hamstring strain, rotator cuff tear, tennis elbow, golfer's elbow, iliotibial band friction syndrome, “shin splints”, and achilles tendinitis.

Pre-event and post-event massage will also be covered.

Please wear athletic attire for this workshop.

**About Dr. James Mally**

Dr. James Mally is trained as a Naturopathic Doctor, and 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.

Dr. Mally is able to integrate his thorough knowledge of anatomy and physiology with the practice of massage. He has been teaching massage certification programs since 1979, and was owner and director of Healing Arts Institute in Citrus Heights, California for 21 years.

He is currently engaged in private practice, DVD production, and teaching advanced classes in deep tissue massage, sports massage, side lying massage and anatomy in massage schools around the world.

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.