

# Soft Tissue Release

with Dr. James Mally

September 23, 2019

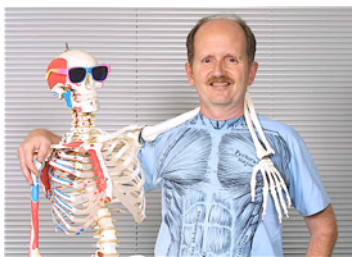
Monday 9 am - 6 pm (8 hours)

\$150 + \$10 materials

Soft Tissue Release is a very effective technique to help people in pain. It involves client movement to enhance the effectiveness of your treatments.

Soft Tissue Release involves working into a muscle while stretching it, either passively or actively. Once the principles are understood it is easy to apply this technique anywhere in the body. Tips and tricks for body mechanics and positioning will be shown to make it easy for the therapist.

Extensive notes will be provided with this class. Please bring shorts and a sports bra for women.



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](http://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

11809 County Road X-28, Anamosa, IA 52205

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

