

Side Lying Massage

Not just for Pregnancy Massage

Each client is unique. Whether it's because of a specific body type, pregnancy, or a health condition, being face down ("prone") for a massage isn't always comfortable.

Side lying massage expands your options for those clients. In fact, you can incorporate side lying techniques into *all* of your sessions!

Clients enjoy the stretching and feeling of elongation from side lying massage – they'll often ask for it again in the future.

Gain a New Perspective

The reason side lying massage is effective for all body types is because it's a new angle that allows for deeper work.

It's a mistake to think of the body as a pancake that needs to be "flipped" midway through a session. Therapists aren't just limited to working on the front and back! Bodies are three-dimensional structures that should be worked on from different perspectives.

The workshop will show you exactly how to do that, and more.

Expand Your Toolbox

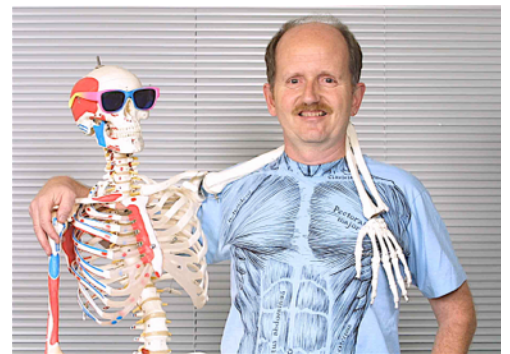
You'll learn how to:

- Give a flowing, full-body, side lying massage
- Apply targeted techniques to the shoulders, low back and hips
- Use proper draping and bolsters
- Integrate side lying work into relaxation massage

Optimize Learning with a How-To Guide

How many times have you taken a class and forgot part of it after you left? We want these skills to stick!

You'll receive a workbook with photos and details of the techniques. The workbook will help with learning the concepts in class, and it also makes it easier to review the techniques afterward.



Dr. James Mally (the one on the right) 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.

October 8 & 9, 2018

Monday & Tuesday 9 am - 6 pm (16 hours)

\$300 + \$20 materials

Carlson College of Massage Therapy

11809 County Road X-28, Anamosa, IA 52205

319-462-3402

www.carlsoncollege.com

