

Compressive Deep Tissue



In this 30-hour course you will learn to give a deeply satisfying Compressive Deep Tissue massage, transferring force through your feet, legs and hips coupled with the fundamentals of Trigger Point Therapy. Compressive Deep Tissue creates a strong flushing of blood to effectively release hypertonic muscles known as a durable hyperemia. The use of feet to administer pressure is particularly effective when addressing the dense, tight muscles of athletes, fitness buffs and large clients. Myofascial trigger points are characterized by local tenderness and referred phenomena (pain, tingling, numbness, burning and aching) which are often caused by trauma and stress. Trigger Point Therapy is highly effective when addressing regional pain problems. Techniques offered include: compression, trigger point and friction massage.

Students will learn to:

- readily locate trigger points
- quickly deactivate trigger points with ischemic pressure, ART (Active Release Technique)
- address shoulder, back pain, groin pulls, leg and knee pain and other common injuries
- save their wrists, arms & shoulders
- enhance muscle function, fluidity and endurance



2024 Class: Monday, Feb 12 – Mar 11, 9-1:30 pm, March 18, 9-1:15pm

Clinics: Mon, Mar 18, 1:30 – 4:45 pm; Mar 25, 10 - 1:15 pm

Reg Fee: \$50 Tuition: \$600 , Optional Text: *Fix Pain* \$65

Supplies: floor mat: approximately \$150, and pole for balancing, flat sheet and pillow case



Gabriela Radu, CAMTC #62356. Professional bodyworker since 2009, **Trigger Point, Barefoot, and Sports Massage**

Gabriela graduated from SBBTI's 750 hour program and was also mentored privately by SBBTI's legendary late John Harris for 5 years in Trigger Point, Barefoot and Sports Massage. She is also a trained and practicing Life Coach and Energy Healer. Gabriela was raised in two European countries and is now a long time native of Santa Barbara. She holds a BS in Biology and has had a successful career in medical device sales, training, and telemedicine, while also maintaining a private practice of bodywork and coaching. She is currently enjoying her private practice full time.

Approval to operate by CA BPPE since 1985 #19282 as in compliance with CA state standards. School code #4201111 Approval to operate by CA BPPE since 1985 #19282 as in compliance with CA state standards. School code #4201111. Approved for training for Veterans and eligible persons by the CA State Approving Agency for Veterans #2-5-1333-05. Approved by the CAMTC only as a part of our 550 hour program requirement #SCH 0020. Accepted by CA Vocational Rehabilitation.

Santa Barbara Body Therapy Institute 516 N Quarantina St Santa Barbara, CA 93103

805.966.5802 www.sbbti.com info@sbbti.com