

Myofascial Release II

Myofascial Release II builds on MFR I, targeting the deep layers of the myofascial system. The course offers a variety of muscle energy techniques, including classic myofascial stretches, PNF techniques, Neuromuscular Facilitation and Positional Release. The course specifically addresses myofascial dysfunction that gives rise to postural distortions. Students will learn to assess deep fascial distortions through body reading and postural analysis as well as how to tailor their sessions to address the presenting patterns. Deep Myofascial Release increases flexibility, decreases pain, and often releases stored emotions held concurrently with myofascial restriction.

This second 30 hour course offers expanded treatment protocols, as well as an overview of emotional anatomy as it relates to body postures and myofascial restrictions. The course addresses emotional states that may arise with this type of work. Observation and presence skills to support emotional process are offered, as well as containment and boundary skills if redirecting emotional process becomes necessary.

Classroom: Mar 18-Apr 8, 2014 (Tue, Thu) 5:30pm – 9:30pm

Clinic: Apr 10,15 (Tue) 5:45pm-8:45pm

Tuition: \$420.00, Registration Fee: \$42

(Recommended reading: Job's Body - \$40 and the The Endless Web- \$20.00)

Instructor: Erick Hudson

Erick is a graduate of SBBTI's 1000-hour Holistic Health Practitioner Program. In addition to Myofascial Release, he currently teaches TuiNa I &II and Thai Massage. He has worked in psychiatric nursing care for twenty-five years, as well as a longtime student of Martial Arts. He now maintains a private bodywork practice in Myofascial Release and Asian Bodywork styles.



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Approval to operate by CA BPPE since 1985 #19282 as in compliance with CA state standards. School code #4201111 NCBTMB continuing education Approved Provider #296749-00. NCBTMB school #490380 since 2001. Approved for training for Veterans #2-5-1333-05. Accepted by CA Board of Registered Nursing #CEP10769. Accepted by CA Workers Compensation, CA Vocational Rehab, CA Workforce Investment Act (WIA)