

# Myofascial Release



This 60 hour module offers treatment protocols for addressing the myofascia, using cross fiber, longitudinal releases, as well as Proprioceptor Neuromuscular Facilitation PNF and Orthopedic assessment of posture and longitudinal fascial “anatomy trains”. This course will integrate the myofascial approaches of Tom Myers, James Cyriac, and Janet Travel. Myofascial Release addresses restrictions in the web of connective tissue that supports, connects and protects the muscles, nerves and joints. Myofascial Release may increase flexibility and decrease pain. Students will learn to recognize distortions in the myofascia, the mechanisms of tissue repair and healing within the myofascial system. Students will learn how to give a stand - alone MFR session, integrate MFR techniques with Swedish, and practice self-care on their own myofascial system. The course includes two clinics, in which students will give the general public 4 full myofascial sessions.



**2023 Class:** Tuesday, Feb 7 - May 2

**Clinics:** Tues, May 2, 9, 23 - Friday, May 19: 11:15 – 3:15 pm

**Reg Fee:** \$50 **Tuition:** \$1080

**Location:** 516 N. Quarantina

**Required Textbook:** *Anatomy Trains*, T. Myers , \$65



## Noah Lucas, NMT, NASM-CPT

Noah is a graduate with honors from The National Holistic Institute where he received both his 800hr core and 450hr advanced neuromuscular therapy training in the field of massage therapy. He holds the professional titles of CAMTC Certified Massage Therapist, Advanced Neuromuscular Massage Therapist and Health Educator, and National Academy of Sports Medicine Certified Personal Trainer. Noah's passion in life is to share his knowledge and skills to help people understand and change their relationship with pain and posture through education, movement, and bodywork.

Approval to operate by CA BPPE since 1985 #19282 as in compliance with CA state standards. School code #4201111 Approved by the CAMTC only as part of our 550 hour program requirement #SCH0020. Approved for training for Veterans and eligible persons by the CA State Approving Agency for Veterans #2-5-1333-05. Accepted by CA Board of Registered Nursing #CEP10769. Accepted by CA Workers Compensation, CA Vocational Rehab.

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