

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 offer the myofascial approach of Tom Myers. 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 three clinics, in which students will give the general public full myofascial sessions.



2024 Class: Monday, Tuesday Jan 8 – Feb 5
Monday, Feb 12 – 26 5-9:15 pm
Clinics: Wed, Feb 28 – March 13 5-8:15 pm (choose 3)
Reg Fee: \$50 **Tuition:** \$1200
Location: 516 N. Quarantina
Required Textbook: Anatomy Trains, T. Myers , \$65



Dawn Williamson, CAMTC # 7996 , Bodyworker since 2008

Dawn is a graduate of White River School of Massage, UCSB, SBCC. Her natural curiosity has inspired life-long learning habits and a vivacious interest in the form and function of the human body. Dawn has a clinical approach to intuitive massage and has extensive work experience in the wellness industry and spa setting. She attributes her success to the quality of her teachers and is honored to light a beacon for the next generation of therapists.

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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