

# Spa Deep Tissue

This 30 hour course introduces students to the principles of deep tissue including myofascial release, muscle stripping and prolonged compression. The course is designed to teach students a full-body protocol that will enable them to give deeper work without stress on their body and prepare them for the busy and demanding schedule of the commercial spas. Proper body mechanics and alignment will be heavily emphasized as well as the appropriate use of forearms, elbows and knuckles to reduce fatigue and the chance of injury. Other topics of deep tissue covered are the muscles, energy techniques, and proprioceptive neuromuscular facilitation will be discussed.



- improve postural alignment
- increase range of motion
- activate connective tissue regeneration
- break-up adhesions caused by micro-scarring, injury, or surgery
- address chronic pain and specific syndromes (headaches, sciatic pain, thoracic outlet syndrome, etc.)

**Class:** Nov 20-Dec 18, Jan 8 (Wed) 9am-1:30pm

**Clinic:** Jan 8 (Wed) 1:45-4:45pm

**Reg Fee:** \$42, **Tuition:** \$420



**Instructor: Jordan Terry CMT.**

Raised with an understanding of healing touch, Jordan received his formal training at Santa Barbara Body Therapy Institute. With a bachelor's degree in architecture, he has a deep understanding of structure and flow. Jordan's practice in Body-work includes several years of employment at Massage Envy, the Deep Tissue Massage Center, and now his own personal practice, Fundamental Body Therapy. Jordan has combined his diverse knowledge, intuition, and skill to create a unique and powerful blend of orthopedic massage.



*516 N. Quarantina St.  
Santa Barbara, CA 93103  
(805) 966-5802  
www.sbbti.com*

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 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, CA Workforce Investment Act (WIA)

## **WHAT STUDENTS AND CLIENTS ARE SAYING ABOUT DEEP TISSUE...**

"Spa deep tissue provided me with techniques to deliver a quality deep tissue session while saving my thumbs and wrists. I incorporate the forearm moves I learned into every session. Clients have been very happy with the releases I have provided on many levels." **Kasey Warner, 550 graduate**

"Instructor Jordan Terry is a wealth of information and a great body worker. There is so much to learn from him. I especially liked the demonstrations." **Maria Van Stein, continuing education student**

"Instructor Jordan Terry knows this topic well and is a great instructor; I appreciated his professionalism in class." **Grace Thomas, continuing education student**

"Seriously one of the most immediately to long term beneficial courses." **Nitsa Pomerleau, 550 Student**

"Spa Deep Tissue took my massage to a whole new level. The kata that Erick taught is fluid, intentional, relaxing and very therapeutic. It is a privilege to know this material- it's like being given a secret ingredient. I love the seamless fluidity of the kata -each stroke moving into the next in a nonstop motion." **Jenny Vanseters, SBBTI 250 graduate**

"I was having low back pain and stiffness in my left hip earlier today. After my Deep Tissue session, I felt space and energy release. It was a blue, cool release of Kidney Qi. Afterwards, I could see better, everything was brighter and crisper. My tinnitus has gone from a level 8 (ringing in the ears) to a 2 (barely perceptible); it was profound and it wasn't painful." **Steve Richardson, student in SBBTI's Massage Therapist Program**

"I received Deep Tissue work on my shoulder and was amazed at how immediate and effective the results were in relieving pain. After just one deep tissue session I experienced less pain with increased mobility and a greater understanding of how my shoulder girdle operates. I believe deep tissue work is essential to one's own body awareness and leading a healthy, active lifestyle." **Sarah Kreitzer, student in SBBTI's Massage Therapist Program**

"I have used Deep Tissue on many of my clients with amazing results. Not only is it effective in releasing muscle knots but the effect radiates in a positive way into surrounding tissue. Done correctly Deep Tissue has a profound and positive impact on a client's body." **Ron Buckley, SBBTI 550 hour graduate**

"I feel euphoric. I came in with lower back pain, I felt like I couldn't even stand up straight. Now my range of motion in my back feels much better. I am coming back!" **Isela, SBBTI's clinic client commenting on her Deep Tissue session with Rochelle Robard**

"Back in 2007 I had a hip replacement, ever since I've kind of waddled in my walk. Before my session today, I could barely walk. Now, I feel like I can walk one step at a time with normal steps. My pain went from about a 6 to a three. I'm coming back and next time I'm scheduling 2 sessions back to back." **Dusty Griggs, SBBTI clinic client commenting on her Deep Tissue session with Danielle Bryngleson**