

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: March 11-27, Apr 3 (Mon, Wed) 5:30-9:30pm
*(No Class Apr 1)

Clinics: Apr 10 (Wed) 5:45-8:45pm
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, in assorted Deep Tissue and Asian Studies. With a bachelor's degree in architecture, he has a deep understanding of structure and flow. Jordan's practice in Deep Tissue, includes several years of employment at Massage Envy and currently the Deep Tissue Massage Center working with Collin Silverman. Jordan has combined his diverse knowledge, intuition, and skill to create a unique and powerful blend of orthopedic massage.



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. Approval to operate by CA BPPE since 1985 #19282. Approved by the NCBTMB as a 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)