

Myofascial Release I

Myofascial Release is a sophisticated form of stretching and pressure techniques that release restrictions in the web of connective tissue that supports, connects and protects the muscles, nerves and joints. This web is also believed to store memory of physical and emotional trauma. Myofascial Release may increase flexibility, decrease pain, and release these stored emotions that have manifested physically.

This first 30 hour module explores the effect of various stretches, targeting the superficial myofascia. The course offers treatment protocols for addressing the superficial myofascia, using classic MFR stretches and unwinding techniques as well as Proprioceptor Neuromuscular Facilitation PNF. Students will learn to recognize distortions in the myofascia, the four “periods” of myofascial release, as well as the mechanisms of tissue repair and healing within the myofascial system. Students will learn to do a stand alone MFR session as well as how to integrate MFR techniques into a Swedish session. The course also addresses emotional states that may arise with this type of work.

Classroom: Feb 13, 20, 25-Mar 11 (Tue, Thu) 5:30pm – 9:30pm

Clinic: Mar 13 (Thu) 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 SBBTI's Thai Massage, TuiNa I & TuiNaII modules. 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 Asian Bodywork styles and Myofascial Release.



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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)