

# Deep Tissue Massage and Myofascial Release with Art Riggs

Deep Tissue Massage is much more than just a "hard massage." In contrast to just relaxing muscles, the specific lengthening of fascia and muscles and tendons offers many benefits such as freer joint movement, benefit for injuries, better posture, and feelings of well-being.

## Part I. FUNDAMENTALS OF TOUCH

Sydney: 29, 30, 31 October 2010

New Zealand: 6, 7, 8 November 2010

Times: 9.00am - 6.00pm each day

This three-day class covers all aspects of Deep Tissue and Myofascial Release work with nuts and bolts emphasis upon broad understanding and cultivating your touch and body mechanics.

The material is designed to be appropriate for a wide range of therapeutic experience. Newly certified massage therapists, but also advanced bodyworkers including physiotherapists and chiropractors have commented on how beneficial the knowledge is and how it has transformed the way they work.

This workshop covers the entire body, with an emphasis upon the more subjective aspects of touch, bio-mechanics, use of tools (fingers, knuckles, fists, forearms/elbows), palpation skills, and body positioning.

### You Will Learn:

- Techniques and tips for saving your thumbs and fingers
- Body mechanics
- Tools of Deep Tissue Massage-- Proper use of fingers, knuckles, fist, forearm, and elbow
- Introduction to spinal mechanics-- Understanding bony articulations and spinal mechanics to work for better joint function
- Massage strokes and techniques -- Lengthening tissue, Anchor and stretch strokes, Freeing adhesions, and Releasing holding patterns
- Positioning of clients to increase effectiveness of your work

This extensive training not only shows strokes and techniques, but, more importantly, will demonstrate the qualitative art of working deeply in the body to affect profound change.

## Part II. INTEGRATED FULL BODY DEEP TISSUE MASSAGE

Sydney: 2, 3 November 2010, Times: 9.00am - 6.00pm each day

Too often students leave upper level workshops excited about the new material learned, only to find difficulties implementing the new knowledge into their existing practices. This two-day workshop will provide you with the skills to smoothly integrate your specific deep tissue and myofascial release skills into a fluid full body massage, and will be a great refresher if you feel you need some review.

### You Will Learn:

- Communication skills to educate your clients on the advantages of deep tissue massage and myofascial release to deal in detail with specific areas of their bodies that need extra attention while still performing a full body massage instead of spot work
- Evaluation techniques and session planning for a smooth and integrated massage to leave your clients feeling the benefits of deep work while still being integrated
- Clear, anatomical and physiological protocols to connect all parts of the body into a fluid massage style
- Draping suggestions to utilize different body positioning options
- Options for tying together the massage to leave your clients feeling relaxed and energized



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## Part III. ADVANCED DEEP TISSUE MASSAGE & MYOFASCIAL RELEASE

Sydney : 18, 19, 20, 21 November 2010

This four-day series expands the initial skills taught in "Fundamentals" workshop and offers a step by step movement up the entire body, offering more specific information, anatomy and strategies for all parts of the body. The "Fundamentals" class is strongly recommended as a prerequisite.

### DAY #1: THE FEET AND LEGS

- Balancing the ankle and foot: Increasing mobility of the bones for freer movement, normalizing imbalances in weight distribution for balanced foot plant.
- The upper and lower leg including the knee, quadriceps, hamstrings, adductors and abductors.
- The Hips-improving flexion, extension, rotation

### DAY #2: THE PELVIS AND HIPS

- Working with the posterior pelvis—balancing the deep rotators, sacrum and coccyx
- Anterior pelvis --working with the psoas and iliacus
- Abdomen

### DAY #3: THE BACK AND CHEST

- Major muscles of the back--Quadratus lumborum, erectors, latissimus, rhomboids, and small muscles of vertebral motion
- Spinal mechanics and mobilization of vertebrae and ribs
- Working with the Chest for improved breathing

### DAY #4: SHOULDER GIRDLE AND ARMS

- Shoulder girdle—Freeing the scapula, rotator cuff, chest, and first rib
- The arms—hand/wrist, forearm, elbow, and upper arm
- Thoracic outlet
- Improving the transition between the upper thoracic and neck, with some techniques for working with the cervical spine.

### To register your interest

Visit [www.terrarosa.com.au](http://www.terrarosa.com.au) or e-mail: [terrarosa@gmail.com](mailto:terrarosa@gmail.com)



Art Riggs is a Certified Advanced Rolfer® and massage therapist who has been teaching bodywork since 1988. He is the author of the best selling Deep Tissue Massage and Myofascial release book and DVDs. He also frequently authored articles for Massage and Bodywork Magazines in the US.

He has conducted numerous workshops for health spas and for medical professionals, including physical therapists, and has assisted in Rolf Institute trainings. He also teaches his work internationally including UK and Europe to bring them the knowledge and experience that he has gained with his work. He lives and practices in San Francisco bay area.

