

2- Day Introduction to Stretch Therapy™ Workshop

Learn to become pain free through purposeful, effective, and safe stretching techniques. Restore function and mobility into the body while stretching. This method is about creating awareness, and THEN flexibility!

Introduction to Stretch Therapy™ is designed to introduce students to the grace and ease that exists in the body, once you become aware of what your body is feeling. This workshop is for anyone new to Stretch Therapy™, and is suitable for every body. Previous experience is not required.

In this workshop, students will learn how to:

- free up tight joints and move fluidly again
- reduce pain in the body
- let tension go completely from your body
- learn to relax into deep stretches
- address a variety of common constraints on the body
 - Low Back Pain
 - Shoulder Pain
 - Plantar Fasciitis
 - Hip Pain or discomfort
 - Knee Pain



The Benefits of these stretches include and are not limited to:

- Feeling better in the body with less aches and pains
- Reduce/Eliminate tight muscles and joints
- Reduce inflammation in the body
- Improve freedom of movement - flexibility
- Increase circulation
- Improve and restore healthy postural alignment



Everything in the body will experience a stretch - the muscles, the nerves, and the fascia. The result of this type of stretching is unimaginable until you actually experience it in your own body. Students will first learn individual stretches and will then be introduced to various partner stretches.

This method will allow the student to experience the sensations of freeing themselves of pain in the body, which can then be carried to their clients. The most common cause of pain and tension is too much sitting, and not enough of the right movement. Learn the right movements to reduce and/or eliminate the pain for a longer and healthier life. Every student will become an expert on their own bodies first, and will then be able to share that with clients and those around them. When we learn to listen to our bodies, we can determine the best course of action for which stretches will be the most beneficial.



Instructor:

- Judy Stowers has been a Licensed Massage Therapist for 17 years. Her career spans working with athletes at all levels, as well as those who want relief in their bodies from the stress of daily living. She holds a Bachelor's Degree from Arizona State University in Exercise and Wellness and is a graduate of the Utah College of Massage Therapy. The incorporation of Stretch Therapy™ into her practice nearly 13 years ago has created a path she is passionate about sharing.

Workshop Dates:

August 17-18, 2018

August 17th – 10:00am – 1:00pm AND 2:30pm – 5:30pm

August 18th – 9:30am – 12:30pm AND 2:00pm – 5:00pm

Workshop Location:

Inner Peace Yoga & Pilates Fitness
10109B-10th Street,
Dawson Creek, BC

Workshop Fees:

\$449.00 CAD – Register by June 15, 2018

\$529.00 CAD – Register after June 15, 2018

Registration:

Please email apexstretch@gmail.com for the registration link and details

Day 1: Introduction to the Stretch Therapy™ methodology. Exploration of stretches focused on the lower body will take most of the day. Stretches to include: piriformis, hip flexors, hamstrings, and calves.

Day 2: Exploration of stretches focused on the upper body to include: pectorals, shoulders, spine, arms, and hands. The feet will also be included today.

Cancellation Policy

- Participants who wish to withdraw more than 8 weeks prior to the scheduled workshop date will receive a full refund – minus a \$200 CAD administration charge. **(must withdraw prior to June 29, 2018)**
- There will be **no refund** or withdraw from a workshop if notification is received less than 8 weeks prior to the first day of the scheduled workshop date.
- A full refund will be given if the course is cancelled.
- Terms and conditions are subject to change.