

Direct Myofascial Manipulation: Improve your soft tissue skills

1 day workshop for massage practitioners

This course is designed to help practitioners:

- Understand what fascia (connective tissue) is
- Why it is important to consider it in bodywork
- Learn techniques that will make an instant impact on clients

Course tutor: Jay Ruddock, M(ost), BA(hons), Dip PT

With over 10 years' experience relieving pain, Jay has a reputation for eradicating the aches, pains and niggles that get in the way of everyday life. His main interest is treating people who have chronic pain. As well as treating people, Jay is also a lecturer at schools all over the UK.



Using a unique mix of techniques from osteopathy, Structural Integration (Rolf method) and exercise, Jay can draw on a wealth of knowledge from his years of study and clinical practice.

DATE April 7th, 2013

TIME 09h30 - 17h30

PLACE Family Chiropractic Centre, Bradford on Avon
87 Trowbridge Road, BA15 1EG

COST £65

TO BOOK: Call Leora on 07887 612 242

For any questions regarding course content, call Jay on 01225 571 084 .

For more info about Jay, please visit: alignbodyclinic.co.uk