



Stanborough  
Educational Group



# MFR INCITE HAPPINESS

## Advanced Training in Myofascial Release Ribs, Respiration, Thoracic & Lumbar Spines

*with Michael Stanborough, MA, Certified Advanced Rolfer®*

<b>WHERE:</b>	MIMT, 18 Station Street, Moorabbin
<b>WHEN:</b>	July 2, 3. (9:00 to 5:00 each day)
<b>COST:</b>	\$495 (before June 14 <sup>th</sup> , then \$545)
<b>TIME:</b>	9am to 5pm each day

This class expands your myofascial skills to make your work go more deeply into some of the most troublesome areas of the body. You will leave with the ability to confidently treat stiffness and pain in the lumbo-pelvic region as well as the lumbar and thoracic spines. Assessment and correction of restrictions to normal motion of the facet joints and the SIJs will increase your effectiveness in resolving chronic joint pain. I'll show you how to work asymmetrically with scoliosis to get significant and long lasting results.

- Fascial anatomy & physiology
- Techniques to relieve stiffness in the myofasciae
- Working with joint mobilisation to decrease pain & improve ROM

*I really enjoyed the weekend. Thank you. My body feels great after having the bodywork and you're a very inspiring teacher.*  
**Catherine N.**

## More Information & Registration

[www.mimt.edu.au](http://www.mimt.edu.au)

or phone: 1300 839 839

