



*Marjorie Brook Seminars &
West Coast College of Massage Therapy
presents
Integrated Therapeutic
Stretching (ITS)*



**ITS is an intricate form of stretching/
strengthening that works with the
body, not against it.**

***Think you know how to Stretch?
Let's put it to the test!***

Seminar is created to illustrate how an individual can stretch properly without endangering the joints, muscles or connective tissue. You will receive an in-depth overview of a body's Range Of Motion and flexibility. The participant will learn Self-Stretching techniques as well as how to safely assist and teach another in the same stretching process. Special emphasis on body mechanics and client communications.

***A Powerful Tool to enhance your
Training or Therapy Sessions!***

*"I place Marjorie high among the best
Stretching Practitioners in the world. She
is a cutting-edge teacher, that students
across the nation rate as exceptional"*

**Aaron Mattes, MS, RKT, LMT -
Pioneer Active Isolated Stretching**

- This is a practical hands-on workshop
What You'll learn in this course:
- Assess the your clients range of motion limitations
 - Isolate and stretch individual muscle for your clients and yourself
 - Re-establish muscular balance with restored joint range of motion
 - Increase stability through increased strength
 - Apply these techniques to assist recovery from disease, disorders and injury
 - Client Communication to create individualized cues
 - Utilize body mechanics for you and your clients
 - Understanding of emotional restrictions and how to work with your clients
 - Empower your clients to stretch themselves

Gain awareness of the effects of fascia and its importance to our well being



**Integrated Therapeutic Stretching: Lower Body
June 10-11 2014**

**West Coast College of Massage Therapy
101 – 637 Bay St. Victoria, BC, V8T 5L2**

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One-on-One Instruction!***

