



## **Active Isolated Stretching for Self-Care: Upper & Lower Body**

**February 22<sup>nd</sup> & 23<sup>rd</sup>, 2018  
Vancouver, WA**

**\*\*\* Take one or both classes \*\*\***

Active Isolated Stretching (AIS) is a dynamic technique that stretches muscles, tendons, and fascia specific to anatomical planes of movement. It uses gentle, rhythmic movements that avoid triggering the myotatic stretch reflex, a protective contraction in tissue being stretched. The neurological end result is a more balanced, parasympathetic state. Active muscle engagement with every stretch creates a safe and optimal environment for flexibility gains and healing. Repetition remodels tissue and creates a “pumping” action, which increases circulation to the targeted tissues. AIS prepares you and your clients for any activity and promotes faster recovery after an injury.

**Upper Body (February 22<sup>nd</sup>):** In this basic-level class you will explore how to stretch yourself and distinguish what each stretch should feel like. Use the techniques to stretch your shoulders, neck, spine, forearms and hands while evaluating your own range and movement potential. Apply this knowledge to build a home stretching program for your clients’ own self-care. Course content is geared towards healthcare and fitness professionals. Wear comfortable clothing that allows you to stretch. These stretches are done seated and standing.

**Lower Body (February 23<sup>rd</sup>):** In this basic-level class you will explore how to stretch yourself and distinguish what each stretch should feel like. Use the techniques to stretch your low back, hips, knees, calves, ankles and feet while evaluating your own range and movement potential. Apply this knowledge to build a home stretching program for your clients’ own self-care. Course content is geared towards healthcare and fitness professionals. Wear comfortable clothing that allows you to stretch. These stretches are done mostly lying down.

**CE Contact Hours:** 4-8 hours (WA, NCBTMB)

**Tuition:** Upper Body: \$80 by February 8<sup>th</sup>; \$100 thereafter

Lower Body: \$80 by February 9<sup>th</sup>; \$100 thereafter

Upper & Lower Body: \$150 by February 8<sup>th</sup>; \$175 thereafter  
(*\$20 non-refundable deposit*)

Tuition includes a strap and a handout of the stretches covered in class.

**Cancellation/Refund Policy:** 2 weeks before class begin full refund minus deposit. Less than two weeks non-refundable.

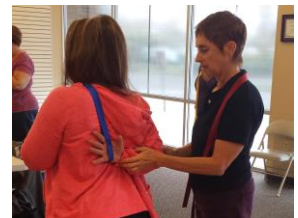
**Days/Times:** Friday, 5 PM – 9:15 PM; Saturday 9:00 AM – 1:15 PM (*15-min breaks*)

**Location:** Bodymechanics School, 7723 NE Fourth Plain Blvd. Vancouver, WA 98662

**Registration/Info:** 360-738-9800 / [www.aisnorthwest.com](http://www.aisnorthwest.com) / [info@aisnorthwest.com](mailto:info@aisnorthwest.com)



**Susan Gutzzeit, LMT, MAISS** - Licensed massage practitioner in Washington since 1996 and an ACE-certified personal trainer since 2007. Active Isolated Stretching (AIS) practitioner and teacher since 2004 and certified AIS Therapist with the AIS National Certifying Body (AISNCB). Susan is co-owner and a master instructor with AIS Northwest in Bellingham, WA. Patience, clarity, and thoughtfulness characterize her teaching style. (Lic. # MA00009726).



AIS Northwest is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider (Provider ID: 451194-09).