

Muscle-Specific Deep Tissue Techniques for the Torso

with Brian Utting, LMT of the Pacific Northwest School of Massage

Saturday, June 1st, 2019 in Chelan, Washington



Muscle-Specific Deep Tissue Techniques for the Torso (Iliopsoas, Diaphragm, QL and Paraspinals)

Saturday, June 1st, 10am-7pm, 8 CE hours

Class is NCBTMB-approved for Continuing Education credit (NCB provider # 451040-09)

These muscular structures support the core—they are integral to maintaining balance, structural alignment, ease of breathing, mobility, and the ability to function without lower back pain. In the morning, you will learn specific, potent, and effective Deep Tissue techniques to release the iliopsoas, diaphragm, QL, lower multifidus, and the lumbodorsal fascia. These are straightforward, muscle-specific techniques that can be immediately applied in practice, often with profound results. There will be a concise and insightful anatomy review of these structures with an eye toward fascial continuities and the functional relationships between them. We will also focus on correct placement and proper use of fingers, knuckles, and elbows for optimal results.

In the afternoon we will focus on some muscle-specific Deep Tissue techniques for the Paraspinals (erector spinae and transversospinalis) that are different from but complementary to what you learned in massage school or elsewhere. The emphasis will be on releasing and unbinding the erector spinae group, the transversospinalis group, the lumbodorsal fascia, and the quadratus lumborum. These muscle-specific techniques will improve the precision and effectiveness of your back massage, and can be easily integrated to your style of bodywork. Body mechanics will continue to be a focus of the class, as well as proper use of elbows, fingers and knuckles to save wear and tear on joints. Students who have taken this class have reported that they were able to apply the techniques in their practices right away and that their clients loved the results, feeling a newfound sense of freedom and ease in their backs.

Tuition and Registration

\$175 if registered with a \$75 non-refundable deposit by May 20th, 2019; \$200 thereafter.
Register online at www.pnwschool.com.

Questions

Contact Dedee Starcher in Chelan at haugedm@yahoo.com or 509-293-1525.
Contact Brian in Seattle at info@pnwschool.com or 206-784-1778.

"I absolutely love this work. I can hardly wait to bring it into my practice."
-Hannah LePiane

"This is one of the most practical classes I've ever taken. Brian presented useful information and then taught practical application of this info. He walked us through how to find each muscle—something I have always wished other instructors would do. I left the training with expanded skills and knowledge, which I have been able to use right away with my clients."
- Evelyn Bass



Brian founded the Brian Utting School of Massage (Seattle, WA) where his 1000-hour COMTA-accredited school was considered one of the best massage schools in the country. With over 30 years of experience, Brian teaches with a rare blend of passion, anatomical precision, humor, common sense, and depth. He was awarded the AMTA's Robert N. Calvert Award for Lifetime Achievement in 2009, and was inducted into the Massage Therapy Hall of Fame in 2014. Visit Brian's website for more info: Pacific Northwest School of Massage www.pnwschool.com