



Active Isolated Stretching for Self-Care: Upper Body

**September 13th, 2019
Bellingham, WA**

Active Isolated Stretching (AIS) is a dynamic technique that stretches muscles, tendons, and fascia specific to anatomical planes of movement. Utilizing the principles developed by Aaron Mattes, this unique stretching modality restores joint mobility, reduces muscular/fascial tension, changes neurology and improves circulation. AIS remodels the body using repeated, gentle, rhythmic movements. The simple yet profound difference is to avoid triggering the myotactic reflex. The repeated, active muscle contractions along with gentle stretches create a venous/lymphatic pump, decreasing inflammation and combating disease. AIS prepares you and your clients for any activity – from everyday tasks to the rigors of athletics, AIS can be a powerful tool in the prevention of and recovery after injury.

In this basic-level class you will explore how to stretch yourself and distinguish what each stretch should feel like. You will learn to evaluate your own range and movement quality. You will also learn the potential ROM available with each joint movement. This knowledge will enable you to build a complete stretching program for yourself, as well as give you the skills to instruct your clients in their own self-care. Course content is geared towards healthcare and fitness professionals.

*****Wear loose, comfortable clothing. And be ready to move!*****

Instructor: Joshua Morton, LMP, MAISS, MMLT

CE Contact Hours: 4 hours (WA, NCBTMB)

Tuition: \$100 two weeks prior to class; \$125 thereafter (*\$25 non-refundable deposit*)

Tuition includes a strap for new students and an electronic manual, which will be sent after your registration.

Discount: \$25 discount for current students.

Cancellation/Refund Policy: 2 weeks before class begin full refund minus deposit.

Day/Time: Friday 13th, 4pm – 8pm

Location: Northwest Academy for the Healing Arts- 209 Prospect St., Bellingham, WA, 98225

Registration/Info: <https://aisnorthwest.com/calendar.aspx> / Joshua Morton, 206-992-4029



Joshua Morton, LMP, MAISS, MMLT - Co-owner/Master Instructor with AIS Northwest, LLC. Joshua has over 2000 hrs. training with Aaron Mattes, the creator of Active Isolated Stretching and over 15 years teaching AIS. Joshua is one of the leading AIS practitioners and instructors internationally. Joshua offers students in-depth experience and expertise in a supportive learning environment. (#MA00008567).



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