



The New York State Society of Medical Massage Therapists

Proudly Sponsors

INTERGRATED THERAPEUTIC STRETCHING™

Marjorie Brook, LMT, CIMI
International Educator / Massage Therapist

Win-Win!
Integrated Therapeutic Stretching

Easy on the therapist...

Great for your patient!



March 1 & 2, 2014

14 NYS CE Hours*

Sat.: Check-In 8am-9am / Workshop - 9am-5pm

UPSKY Long Island Hotel

110 Vanderbilt Motor Parkway, Hauppauge, New York 11788

Hotel: (631) 231-1100 / Make hotel reservations separately.

Bring: Table, Sheet, Towels, Bolster. Wear loose comfortable clothing

Early Registration: NYSSMMT Members \$285 / Non-Members \$315
After February 15th: NYSSMMT Members \$310 / Non-Members \$365

Only room for 20 Tables. Reserve early or miss out!

Early Registration Bonus: 1 raffle ticket – to win a \$100 AMEX Gift Card

For fastest registration go to: www.NYSmassage.org then click the **Events** link

Integrated Therapeutic Stretching™, or ITS™ is a dynamic form of stretching based on the elemental actions of joints, ligaments, and muscles. The goal of ITS™ is to help the body become more efficient, thanks to an increased range of motion and the re-education of muscles. Once the muscles and surrounding fascia have been released using ITS, the body-mind complex needs to be re-trained to function in its renewed state.

You will learn:

- How to assess your client's range of motion limitations
- Re-establish muscular balance with restored joint range of motion
- Increase stability through strength training

- How these techniques can assist recovery from injury, disorders, & even disease
- Correct way to utilize proper body mechanics — for you *and* your client

Marjorie Brook: is an Advanced AIS practitioner, Massage Therapist and Certified Personal Trainer, she trained under and assisted Aaron Mattes (pioneer of AIS) across the United States and Canada. Marjorie's experiences contribute to the perspective that has allowed her to develop this methodology. She offers seminars and lectures on both techniques throughout the US, Canada and Europe.

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MAIL FORM & PAYMENT TO:

NEW YORK STATE SOCIETY of
MEDICAL MASSAGE THERAPISTS
P.O. BOX 442
BELLMORE, NY 11710-0442

Cancellation Policy

Refund allowed up to one week prior to event. Afterwards, money credited towards future event or membership dues. A \$50 Administrative Fee to be applied to cancellation, refund or credit requests.

If you have any questions Call 1-877-NYSSMMT (697-7668) or e-Mail: workshops@nysmassage.org

* CEU's may be used by LMT's, PT's, Chiropractors, Nurses, Acupuncturists, and other 'healthcare professionals'