

TWO DAYS OF FUN & EXPLORATION OF

Passive Joint Manipulation, Upper Cross Syndrome & Shoulder Release Techniques

With Cheryl Brenman, Sedona Massage Therapist since 1984

- Earn CEU's toward AZ state licensing renewal
- Learn easy, yet effective ways of opening joints, elongating muscles and freeing the body for more movement
- Learn shoulder releases working the body supine, prone and sideline
- Expand your knowledge of Kinesiology
- Gain more body and posture awareness at the table and daily life
- Learn body movements for opening neck and shoulders for yourself and to give clients
- Get bodywork—get energized!
- Have fun and leave with new skills and awareness, taking your practice deeper and more effective by doing less
- Class size limited

BRING Two sheets, pillow and head rest cover, and a yoga mat if you have one. Wear loose clothing

WHEN Saturday, March 30, 2019 • 9:30 am - 5:30 pm
Sunday, March 31, 2019 • 9 am - 5 pm
Class size limited to 12; workshop cancelled if less than 6 students have registered by March 1, 2019

WHERE Sedona School of Massage, 2945 Southwest Drive, Sedona

COST \$270, SSM Alumni \$225

HOURS 15 CEU's toward Arizona license renewal.

REGISTER Payment by check to Cheryl Brenman, PO Box 2822, Sedona, AZ 86339 or credit card by phone @ 928-399-0950.



Cheryl Brenman “Cherlita” has been involved in the Healing Arts since 1981, is a licensed Massage Therapist, Jin Shin Jyutsu practitioner and self help instructor, a Yoga and massage teacher. She is on the faculty at The Sedona School of Massage. She brings a wealth of knowledge, experience and unlimited

By Popular
Request!
WEEKDAY
WORKSHOP

**WHAT
STUDENTS
ARE SAYING:**

“I loved this class. Great information and thorough instruction.”

“I had a blast! Your class really renewed my faith in gentle techniques.”

“Great balance of lecture, demo and hands on.”