



Therapeutic Connections
SCHOOL of MASSAGE

505 E. 24th Ave., Spokane, WA 99203

STRUCTURAL RELEASE of the UPPER LEGS

This series of courses will teach the theory and techniques for structural realignment of the body. **The Upper Leg** course will balance the body from the hip to knee. The focus is on releasing the quadriceps, hamstrings, ITB and adductors.

The intent of the treatments is to balance the body into alignment with its environment, freeing the energy flow that will enhance the body's physiological and psychological function.

This can enable you to integrate and combine the conscious awareness of body, mind and spirit to facilitate advanced states of healing.

During these workshops: We will review the anatomical structure of the areas being taught, learn structural assessment for the areas, learn the hands-on techniques and **give and receive a two hour session**. You will be able to immediately integrate the information learned in these courses into your current practice and the courses may be taken in any order.

About the Presenter:

Gary Schwander, LMT is approved by the National Certification Board for Therapeutic Massage and Bodywork as a continuing education provider #294961.

Gary has been practicing massage therapy since 1989 and teaching massage courses since 1992.

Gary has served as a member of the AMTA National Sports Massage Education Council, as an Athletes' Medical Services Massage Therapist during the 1996 Centennial Olympic Games and as a member of the 2002 Winter Olympics Sports Massage Team.

Gary has also worked in the NY Mets Rehabilitation Clinic in Port St. Lucie, Florida and currently teaches and practices in Spokane, WA.

Visit www.GarySchwander.com

Date: Sunday, July 18th, 2021

Time: 9:00AM - 6:00PM

**CEUs: 8 hours - Live
Hands-on Course
State of WA & ID**

Fee: ONLY \$149.00!

Completion of this course, along with future courses leads to

Certification in the "Structural Release" form of Structural Integration. Future courses will teach: The Chest, Hips, Lower Legs & Feet, Shoulders, Abdominals & Psoas, Low Back, Posterior Pelvis, Spine & Arms and Head, Neck & Face.

**To participate in this 8 hour Live Hands-on Course contact:
Gary Schwander 509-998-0332 sportsrub1@yahoo.com**