



**Bodywork Professional Development presents  
CPD ~ Advanced Bodywork Series**

**Integrative Full Body  
Deep Tissue Massage Workshop  
presented by Art Riggs**

**Edinburgh ~ 11 & 12 September 2010**

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Too often students leave upper level workshops excited about the new material learned, only to find difficulties implementing their new knowledge into their existing practices. This two-day workshop will provide you with the skills to smoothly integrate your specific deep tissue and myofascial release skills into a fluid full body massage, and will be a great refresher if you feel you need some review.

This seminar is designed for therapists who have attended previous deep tissue training and are accomplished with the skills of working with the layers of the body, proper body mechanics, use of different tools such as knuckles and elbows, and the protocols for working on all of the specific segments of the body.

**You will learn:**

- Communication skills to educate your clients on the advantages of deep tissue massage and myofascial release to deal in detail with specific areas of their bodies that need extra attention while still performing a full body massage instead of spot work.
- Evaluation techniques and session planning for a smooth and integrated massage to leave your clients feeling the benefits of deep work while still being integrated
- Clear, anatomical and physiological protocols to connect all parts of the body into a fluid massage style
- Draping suggestions to utilize different body positioning options
- Options for tying together the massage to leave your clients feeling relaxed and energised

If it has been a while since you have taken your deep tissue training, this will be a great opportunity to hone your skills with plenty of time to work, get some great bodywork yourself, and to add clarity to your work that will energise your practice.

**About the presenter**

**Art Riggs** is an Advanced Rolfer living in the San Francisco area who has been teaching bodywork since 1987. His classes are a masterful blend of technical information and insightful practical theory that will greatly expand your view of massage therapy.

He is the author of the book *Deep Tissue Massage: A Visual Guide to Techniques and Deep Tissue Massage and Myofascial Release: A Video Guide to Techniques* - a highly acclaimed and popular 11 hour DVD series as well as frequent articles in US Bodywork magazines.

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**Title:** Integrative Full Body Deep Tissue Massage Workshop – Art Riggs  
**Venue:** Rm H9, Napier University (Merchiston campus), Colinton Road, Edinburgh EH10 5DT  
**Investment:** £210 [Early Bird £190 paid in full by 31/05/10] (£75 non-refundable deposit)  
**Dates:** **11 & 12 September 2010;** 9am – 5pm both days  
**Contact:** Bodywork Professional Development, 10 Beechvale Road, Killinchy BT23 6PH  
[info@bodyworkcpd.co.uk](mailto:info@bodyworkcpd.co.uk) or +44 (0)7526 925734

## BOOKING FORM

Please reserve \_\_ place(s) for Integrative Full Body Deep Tissue Massage Workshop with Art Riggs on 11 & 12 September 2010.

I enclose deposit (£75)/full Early Bird payment (£190)/full payment (£210)\*delete as appropriate (please make cheques payable to “Nicola Brooks”)

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Tel No. (H) \_\_\_\_\_

\_\_\_\_\_ Tel No. (W) \_\_\_\_\_

Postcode \_\_\_\_\_ Email: \_\_\_\_\_

How did you hear about this workshop? \_\_\_\_\_