**Managing Physical Stress with Therapeutic Massage**

**Active Muscle Therapy - Introduction & Intermediate**

- **October 9 & 10**
  - Remington College-Honolulu Campus
  - 1111 Bishop Street, 2nd Floor
  - Honolulu, HI 96813
  - Class 9:00am-4:00pm, One hour lunch break

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<th>Topic</th>
<th>Description</th>
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<td>Introduction to AMT</td>
<td>Principles of AMT-how to reduce myofascial restrictions that contribute to pain, postural faults and mobility issues. AMT techniques to engage and treat targeted tissue/muscle. Critical thinking skills to adapt AMT techniques to other parts of the body.</td>
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<td>Advanced Active Muscle Therapy</td>
<td>Learn specific techniques for neck, shoulder, chest, back, and hips. Utilize tools to prevent injuries and save your hands as an LMT. AMT techniques for client’s self-care.</td>
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Manage physical stress with therapeutic massage by:

- Understanding stress and how left unchecked can negatively affect the human mind and body.
- Evaluate & isolate physical and psychosocial manifestations.
- Learn diaphragmatic breathing/exercises & improve lung capacity.
- Utilize a variety of workday stress reduction tips.

Wear proper attire (tanks, sports bra & shorts) and layer clothing if the room is too cold. Yoga mats and/or massage tables are provided for use. You may bring a towel for use on the table or mat.

**TUITION:** $450.00

Early registration @ $400.00 until 9/30/15, Class on Friday ONLY, $100.00

REGISTER EARLY, Space limited to 30 students.

**STRESS MANAGEMENT & ACTIVE MUSCLE THERAPY – October 9-11, 2015**

Remington College-Honolulu Campus, 1111 Bishop Street, 2nd Floor, Honolulu, HI 96813

Register Now!

Jeffrey Forman Ph.D. BCTMB, CMT-After 36 years of teaching and 23 years as massage therapy program coordinator at De Anza College in Cupertino, California he is now Professor Emeritus. A popular speaker, author, consultant and researcher, his most recent research studied the effects of massage combined with eccentric resistance on ankle flexibility and balance in adults aged 50-65 years. He has previously conducted studies investigating the effects of Active Muscle Therapy (AMT) techniques on hamstring length and strength and on the neck flexibility, forward-head posture and neck shoulder pain of office workers. He’s also studied the effects of a home neck care program on office workers experiencing non-specific neck/shoulder pain. He’s presented his research at numerous international research conferences including Newfoundland, Moscow, Miami and most recently Park City Utah. His most recent publication is Forman, J., et al., Effect of deep stripping massage alone or with eccentric resistance on hamstring length and strength, Journal of Bodywork & Movement Therapies (2013), http://dx.doi.org/10.1016/j.jbmt.2013.04.005. He is a board member of the California Massage Therapy Council appointed by the Chancellors Office of the California Community Colleges and a member of the Scientific Advisory Board for Performance Health Inc. His most recent book is “Managing Physical Stress with Therapeutic Massage” Cengage Learning/ Milady (2007).