



SAVE YOUR BODY!

Alexander Technique for Massage Therapists Posture, Movement, & Ergonomics

**A Two Day, Intensive Hands-on Class on
the Correct Use of the Body**

**SEPTEMBER 28 & 29, 2019
9:00AM-3:00PM**

Optimal Performance for the Serious Massage Therapist

- **Avoid pain & injury**
- **Improve body use & endurance**
- **Enhance qualities of touch**
- **Gain new techniques & methods**
- **Increase longevity of career**

Contact ASIS to register & make payment:

continuingeducation@asismassage.com

520-425-1690 or rochellereea@gmail.com



Rochelle Reea is a Certified Teacher of the Alexander Technique, earning a 3-year credential in 1981. She was on staff at two prominent massage schools for several years each: Desert Institute of Healing Arts in Tucson and New Mexico School of Healing Arts. Rochelle is also credentialed as an Ergonomics Specialist.

Rochelle's course was one of the most successful approaches to teaching students to move their bodies and perform massage techniques with correct posture, thus preventing injury to their body.

~ Margaret Avery Moon
Past owner of Desert Institute of Healing Arts, Tucson

Date: September 28-29

Time: 9:00AM-3:00PM

Where: ASIS Massage

Education- 217 N Cortez St,
Prescott, AZ 86301

CEUs - 10 Hours

Cost: \$250

*Wear comfortable, athletic type clothing, pack lunch & snacks