



## **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**

**5232 E PIMA, STE 170, TUSCON, AZ  
9:00AM-3:00PM**

**NOVEMBER 23 & 24, 2020**

**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**

**Register: Tuscon Massage CE Institute**

**520-771-5697**

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: November 23 & 24

Time: 9:00AM-3:00PM

Where: 5232 E Pima, Ste 170, Tuscon, AZ 85712

Hours- 9AM-3PM

Cost: \$250-early registration discount 10%

\*Wear comfortable, athletic type clothing, pack

lunch & snacks, bring your massage supplies.