



Active Isolated Stretching **for the** **Shoulders**

June 2, 2012

Active Isolated Stretching (AIS) is a comprehensive, scientifically designed solution for improving flexibility and reducing pain. It shows remarkable success with soft tissue injuries and a variety of neurological and orthopedic conditions.

Learn the key physiological principles that set AIS apart from *all other* stretching systems. Leave class with the knowledge on how to stretch yourself and assist your clients. This is a practical workshop geared towards hands-on learning.

The focus of this seminar is on the musculature and fascia of the shoulders. The material presented will prepare you to work with complicated conditions such as bursitis, biceps tendonitis, adhesive capsulitis and other neurological and orthopedic disorders of the shoulders.

Instructors: Joshua Morton, LMP & Susan Gutzzeit, LMP

CE Contact Hours: 8 hours (WA, NCBTMB, BOC)

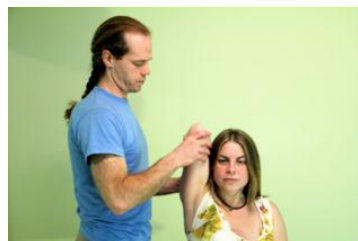
Cost: \$150 before May 25th; \$170 after May 25th

Students: \$100. (*Tuition includes stretching manual and strap.*)

Day/Time: Saturday, 9 AM – 6 PM (1 hour for lunch)

Location: Salud Language & Community Center, 1315 11th Street, Bellingham, 98225

Registration: Phone (360) 738-9800; e-mail: aisnw@comcast.net
Download the registration form at www.aisnorthwest.com



AIS Northwest, LLC, 960 Harris Ave., Suite #207, Bellingham, WA 98225
www.aisnorthwest.com