

Dr. Ben Benjamin Workshops

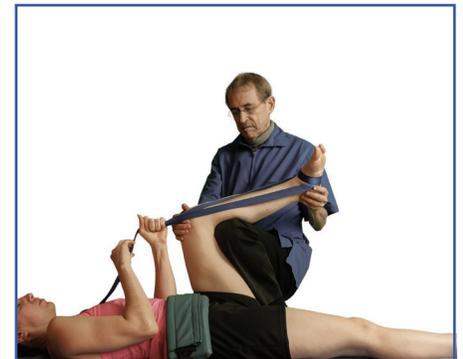
\$100 OFF
Registration Special

Active Assisted Stretching Full-Body Program

Day One: Neck, Shoulder, Forearm, Wrist, Hand & Fingers
Day Two: Low Back, Hip, Thigh, Knee, Lower Leg, Foot & Ankle

This intensive, hands-on, two-day workshop teaches you a **comprehensive, effective stretching protocol for the upper and lower body** that can be performed on your clients in 50-60-minute sessions. Active Assisted Stretching (AAS) **energizes the body, enhances the health of the tissues, increases flexibility, protects the body from injury, enhances the healing process, re-aligns the fascia and makes building strength more effective.** AAS is especially good for athletes, the elderly, and the injured, and can also benefit the neurologically impaired. Add this full-body program to your practice as a stand-alone service, as a compliment to your client's massage therapy session, or split into upper or lower body sessions that can be performed in under a half hour.

The client actively participates in the stretching process, with a **gentle, timed, targeted assist from the therapist at the end of every stretch to increase range of motion along with many other benefits.** These techniques are much easier on the therapist's body than massage and bodywork. During this workshop you will practice every stretch until you can perform them efficiently both individually and in sequence, with the least effort. **You will also learn self-stretches to teach your clients who need to focus on stretching specific structures.** Day one of the workshop teaches you stretches that work the Upper Body: neck, shoulder, forearm, wrist, hand and fingers. Day two of the workshop teaches you stretches that work the Lower Body: low back, hip, thigh, knee, lower leg, foot and ankle.



Saturday & Sunday, October 16-17 from 9am-5:00pm • 14 CEs*
Georgia Massage School
415 Horizon Drive, Suite 275, Building 2,
Suwanee, GA 30024



\$298 Registration
Special

Regular registration is **\$398**

CLICK OR CALL TO REGISTER

NOTE: Your PayPal receipt is your proof of registration.

For Your Safety

Participants will be notified of any COVID-19 guidelines or restrictions prior to the event.



BEN BENJAMIN, PhD (Sports Medicine) has been practicing massage since 1963 and has been nationally recognized for his contributions to massage therapy, receiving the AMTA President's Award in 2000 and an induction into the Massage Therapy Hall of Fame in 2010.

*NCBTMB Approved Provider #033029-00 • NYS Approved • Reports to Georgia and Florida CE Broker