



Integrative Fascial Release Level 1

TWO DAY WORKSHOP-MELBOURNE

June 13-14th, 2009

Saturday & Sunday 9am-5 pm

Venue: South Yarra Sports/Melbourne High School

Cost \$375 Full Payment/\$200 Deposit Required.

*Non-Refundable deposit unless workshop is cancelled by the Organizers**

IFR Level 1 is an introductory course whose focus is upon three myo-fascial releasing methods: autonomic nervous system release, movement and mechanical releases. These are blended through the introduction of principles and concepts that are integrated with hands-on application.

Techniques introduced include two-pointing, transverse plane releases, static and leverage compression techniques used to engage and release three dimensional myofascial restrictions.,

Steven Goldstein has been teaching his unique blend of myofascial releasing techniques internationally since 1995.

To Register for IFR Level 1 Melbourne Workshop

Name.....

Address.....

City.....

Telephone.....

Email.....

Credit Card # VISA

MasterCard

BankCard

.....Exp...../.....

Direct Deposit Westpac BSB 033 059 278 892

Please Circle → Full Payment \$375 or Deposit \$200

Send payment or make cheques payable to:

Steven Goldstein

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