



Integrative Fascial Release Level 1+ **TWO DAY WORKSHOP-GEELONG-SURF COAST**

July 31st-August 1st, 2010

Saturday 11:30-7:30pm & Sunday 9am-5 pm

Venue: Bellbrae Community Hall 90 School Road-Bellbrae

Cost \$450 Full Payment/Student \$325/\$225 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 Geelong Surf Coast-Bellbrae Workshop

Name.....

Address.....

City.....

Telephone.....

Email.....

Credit Card # VISA

MasterCard

BankCard

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

Direct Deposit Westpac BSB 033 059 278 892

Please Circle→ Full Payment \$450/Student \$325 or Deposit \$225

Send payment or make cheques payable to:

Steven Goldstein

49 Parkmore Rd, Bentleigh East, Vic 3165

Contact: mobile 0402 068 658

Email: myofascial@optusnet.com.au Web Site: www.fascialrelease.com