

Myofascial Healing Classes for Clients, Patients, and Therapists

*Learn how to breathe, feel, and be present
in your body and your life.*



Sarah Borda, CMT, NCTMB demonstrates myofascial stretching of the shoulder, arm, and neck girdle.

You will learn:

- **Myofascial Release Techniques** to enhance your treatment response
- **Myofascial advanced stretching techniques**
- **How to connect more deeply with your personal health and cut healthcare costs**
- **How to help eliminate pain and energize the body**
- **Additional benefit: \$45 discount on private bodyHeart sessions while enrolled in the class**

▪ **Instruction** ▪ **Discussion** ▪ **Demonstration** ▪ **Hands-on Practice**

\$45 per class • **Class size limited to 6 participants**

All ages • **Family members & friends welcome.**

Ongoing Class Every Tuesday 9:30-11:30 AM

Night Classes Forming - Please call for information

All are welcome ▪ *No previous experience necessary*

To enroll or ask questions, call Sarah Borda at (908) 879-4020

bodyHeart Therapy Center

137 Main Street, Chester, NJ 07930

• Sarah Borda, Certified Massage Therapist & Nationally Certified Therapeutic Massage and Bodywork, is a licensed healthcare practitioner and owner of bodyHeart Therapy Center. Since 2002, she has studied the Myofascial Release approach extensively and continuously, trained by John F. Barnes, physical therapist, lecturer, author, and president and director of the Myofascial Release Treatment Centers and National Myofascial Release Seminars in Pennsylvania and Arizona. Sarah now serves as an assistant instructor with Barnes.



Serving New Jersey for 8 years
bodyHeartTherapy.com
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