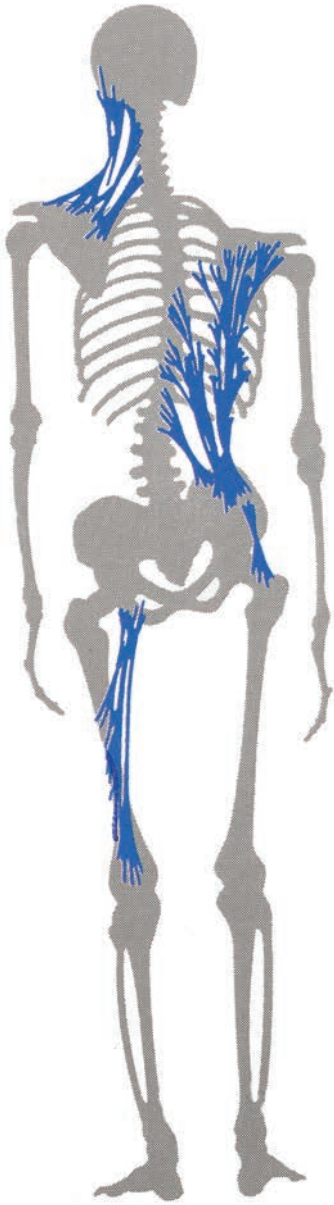


Myofascial Release Center of New Jersey

137 Main Street, Chester, NJ 07930 • phone: 908.879.4020



Because of the fascial system's continuous, uninterrupted nature, a fascial pull or restriction in one area of the body can likely influence other areas distant to the site of injury or pain. Used with permission from RSI/John F. Barnes, PT

INTENSIVE - 4 CONSECUTIVE DAYS

A Comprehensive Therapeutic Program

with Sarah K. Borda, LMT, Board Certified in Therapeutic Massage and Bodywork
and John Barnes Myofascial Release Expert Level Therapist

This four-day program is specifically designed to overcome chronic pain and mobility issues. The three key elements are Evaluation & Education, Therapy, and Self-Treatment Instruction. *An opportunity for a real breakthrough!*

- Program includes four treatments per day spread over four consecutive days, for a total of 16 one-hour sessions. **NOTE:** Scheduling availability is two weeks out of each month on a first come-first served basis.

Each day includes:

• Evaluation & Education

- Visual assessment of gravitational pull on osseous (bony) structures
- Hands-on full body assessment of Myofascial connective tissue restrictions
- Education about the Fascial System and how it affects all systems in the body, producing symptoms and disease.

• Therapy

- One-on-one, individually designed hands-on treatment sessions using Myofascial Release techniques and MFR stretching
- At least one myofascial "unwinding" session (to alter habitual muscular responses, accelerating your body's inherent self-correcting mechanism)

• Self-Treatment Instruction

- A Personalized Myofascial Self Treatment Plan is taught and demonstrated so that you can continue on with your treatment success after returning home. Simple tools such as a small ball and/or foam roller enable you to reproduce the techniques that were helpful to healing and give you a sense of empowerment over discomfort.

**Sarah K. Borda, LMT, BCTMB has been successfully
treating clients with chronic pain since 2003.**

Debit/Credit Cards and Checks accepted. No Amex.

www.bodyHeartTherapy.com • 908.879.4020