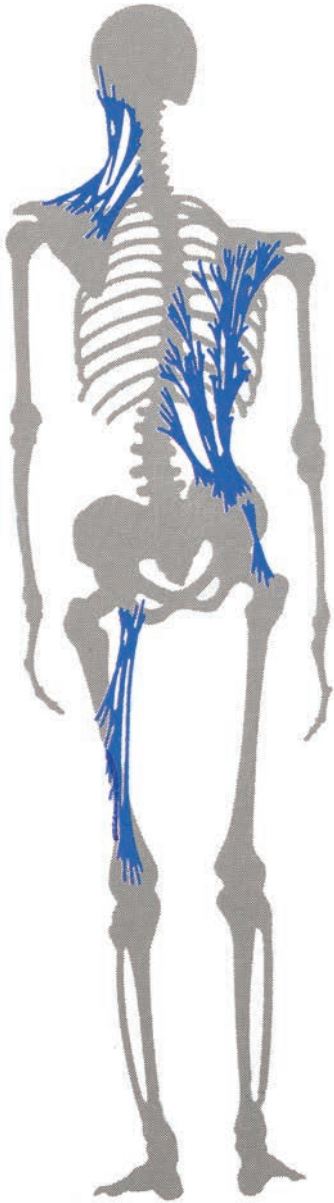


Myofascial Release Center of New Jersey

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 - 5 CONSECUTIVE DAYS

A Comprehensive Therapeutic Program

with Sarah K. Borda, LMT, Board Certified in Therapeutic Massage and Bodywork

This week-long program (*five consecutive days*) 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 three treatments per day spread over five consecutive days, for a total of 15 one-hour sessions. **NOTE:** Scheduling availability is two weeks out of each month on a first come-first served basis.

- **Value: \$2,775 (15 hours)**

- **Final Cost: \$2,405 (a savings of \$370)**

Plus NJ sales tax

Payment is due at time of booking and is nonrefundable.

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.

Visa, Mastercard, Cash & Check accepted

www.bodyHeartTherapy.com • 908.879.4020