

Do you think you know all about stretching? Are your patients learning stretches they can do on their own? Come to one of my classes and learn the most comprehensive and progressive stretching system used in the world.

My experience spans over a decade of teaching and clinical work: over 20,000 hrs of working one-on-one with patients and over 2000 hrs working directly with Aaron Mattes. I have spent countless hours researching how the inner muscular and fascial systems function within the body. My efforts have led me to expand the existing system of stretches to include many new angles based on muscular anatomy. Most recently I have begun to incorporate Anatomy Trains concepts into my work, stretching entire sheets of fascia. These newest revelations will help you take your clients to the next level of pain-free movement and agility.

You will be taught complete protocols to treat even the most complicated physical conditions. You will learn how to stretch muscles and fascia in ways you may never have imagined. Body mechanics will be addressed so that you can deliver the work with minimal effort. This will give you the energy to work all day without hurting yourself. On the top of all this you will learn self-stretches for yourself and for your clients.

If you are not filled to the brim with this ***new and unique*** approach to stretching and its use as a ***stand-alone*** therapy, I will gladly give you a refund. Even if you have taken other AIS classes, I promise you ***will*** learn something new.

Joshua Morton, LMP
Master AIS Practitioner & Instructor
AIS Northwest, LLC