



Comprehensive Stretching and Strengthening Solutions

**Active Isolated Stretching
for the
Cervical Spine, Shoulders and Jaw**

March 20th & 21st, 2010

Active Isolated Stretching (AIS) is a comprehensive, scientifically designed approach for improving flexibility, reducing inflammation and pain. It shows remarkable success with soft tissue injuries, neurological and orthopedic conditions (i.e. muscle strain, headaches, carpal tunnel, thoracic outlet syndrome, arthritis and disc conditions). Learn the key physiological principles that set AIS apart from *all other* stretching systems. Leave class with the knowledge to stretch yourself and your clients. This is a practical workshop, geared towards hands-on learning on how to apply stretches for the **cervical spine, shoulders and jaw** for optimal results.

Instructor: Joshua Morton, LMP

CEU's: 16 hours (WA, NCBTMB, BOC)

Cost: Early registration \$250 (February 27, 2010) / Afterwards \$300 / Full-time Students \$200 (Tuition includes a stretching manual and strap.)

Day/Time: Saturday/Sunday 9 AM – 6 PM (1 hour for lunch)

Location: Everest College, 2111 N. Northgate Way , Suite #218, Seattle, WA, 98133

Registration: AIS Northwest, LLC, 960 Harris Ave., Suite #201, Bellingham, WA 98225; Phone: (360) 738-9800; e-mail: aisnw@comcast.net

What to Bring: Table, face cradle cover, pillow and a small towel. Dress appropriately for stretching.

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Registration

Detach and use this form to register. Make checks are payable to **AIS Northwest**.

Name*: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone No.: _____ E-Mail: _____

Massage Lic. No.: _____ CC Type (Visa/Master only): _____

CC 3-Digit Security Code: _____ CC Expiration Date: _____

*As you would like your name to appear on your certificate.