



Active Isolated Stretching for the Upper Body

June 22nd & 23rd, 2013

Tacoma, WA

Learn a whole-body dynamic technique for stretching muscles and fascia along fascial lines and specific to joint movement. Based on the principles of **Active Isolated Stretching** developed by Aaron Mattes, this stretching system restores greater joint mobility, reduces muscular and fascial tension, corrects aberrant neurological firing and dramatically increases blood and lymph circulation for faster healing from injury. Aaron's discovery of the time sensitivity of the spindle cells makes this approach unique for stretching muscle and fascia. Each stretch is held for about 2 seconds to avoid triggering a myotactic stretch reflex. Repeated, active muscle contractions return restorative blood and lymphatic flow to the body decreasing inflammation and combating disease.

Leave class with the knowledge on how to stretch yourself and assist your clients. This class covers every stretch you need in order to treat a wide variety of disorders in the shoulders, cervical spine and jaw. The material presented addresses frozen shoulder, TMJ, thoracic outlet syndrome, whiplash and other upper body disorders.

New to this class is the expansion of AIS into the realm of Anatomy Trains®. Applying AIS principles to stretching fascia has shown even more dramatic results than previously realized with AI stretching by itself.

This class is designed to be an adjunct to the MLT class that precedes it on Friday. **Special Deal:** Register for the entire 3-day weekend and receive a \$25 discount off the tuition for each class (\$50 total discount).

Instructor: Joshua Morton, LMP, MAISS, MMLT

CE Contact Hours: 16 hours (NCBTMB, BOC, Florida Board of Massage, NASM)

Tuition: \$250 by June 7th; \$300 thereafter; current student discount \$50
(Tuition includes stretching strap for new students.)

Material Fee: \$25 (expanded AIS manual with new protocols) payable at class. **If you prefer, you can print out the materials for free electronically.*

Day/Time: June 22nd & 23rd; Saturday/Sunday 9 AM – 6 PM (1 hour for lunch)

Location: 4040 South Orchard Street, Fircrest, WA 98466

Registration/Info: www.aisnorthwest.com / (360) 738-9800 / aisnw@comcast.net



1994 graduate of Seattle Massage School – Main focus: Soft tissue rehabilitation and injury prevention – Over 2,000 hours working with Aaron Mattes, the developer of Active Isolated Stretching (AIS) – Thousands of hours teaching internationally and helping clients heal – One of the top AIS therapists and instructors nationwide. – Recently expanded his expertise to include Manual Ligament Therapy developed by Arik Gohl. – Joshua teaches throughout the United States and internationally. (Lic. # MA00008567)