



## **Active Isolated Stretching for the Lower Body**

*Unwinding the Lower Back, Hips and Knees*

**July 27<sup>th</sup> and 28<sup>th</sup>**

### **Ashland Institute of Massage**

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 the 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 lumbar spine, hips and knees. The material presented addresses disc conditions, nerve impingement, sciatica, groin impingement, S/I dysfunction and ITB syndrome among other 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 alone.

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 \$75 discount off the tuition (not combinable with early enrollment discount)

**Instructor:** Joshua Morton, LMP, MAISS, MMLT

**CE Contact Hours:** 14 hours (WA, NCBTMB, BOC, NASM)

**Tuition:** \$225 early registration [2 weeks before]; \$250 thereafter; (Manual will be sent electronically or can be purchased at the seminar for 25\$.)

**Day/Time:** Saturday and Sunday 10 AM – 6 PM (1 hour for lunch)

**Location:** Ashland Institute of Massage, 280 E. Hersey St. Suite A-8, Ashland, OR 97520

**Phone:** (541) 482-5134

**Registration/Info:** [admissions@aimashland.com](mailto:admissions@aimashland.com) OR [www.aisnorthwest.com](http://www.aisnorthwest.com)



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)