



**Manual Ligament Therapy**  
**for the**  
**Lumbar Spine, Hips and Knees**  
**July 26<sup>th</sup>**

**Ashland Institute of Massage**

*Create effortless, quick change that lasts!*

This class is an introduction to Manual Ligament Therapy (MLT) as it relates to the lumbar spine, hips and knees. Joshua will teach you about the physiology behind this technique and give you a new understanding of ligaments and the role they play in muscle and fascial dysfunction. It is not an in-depth class concerning the entire system but is a good introduction to the power of the work. You will leave with a good understanding of how to apply MLT and specific releases targeting the lumbar spine, torso and hips. You will be amazed how easily you can create quick change in your clients' dysfunction that lasts!

Invest in your career and learn how to address the muscular and fascial systems with Manual Ligament Therapy. Using the proprioceptive sensory qualities of ligaments, MLT relaxes hypertonic muscles immediately with very little effort on the part of the practitioner. Best of all, it is extremely gentle on the client. For more information, please visit the website: [www.mltsite.com](http://www.mltsite.com)

This class is designed to be an adjunct to the AIS class that follows on Saturday and Sunday.

**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:** 7 hours (NCBTMB)

**Tuition:** \$115 early enrollment (2 weeks prior); \$125 thereafter;  
(Manual will be sent electronically or can be purchased at the seminar for 15\$.)

**Day/Time:** Friday July 26<sup>th</sup>; Friday 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)