



Introduction to Active Isolated Stretching

October 23rd, 2015

Twin Falls, ID

Learn a dynamic technique for stretching muscles and fascia along fascial lines 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, 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.

This class will cover a few powerful stretches to improve posture that you will be able to implement in your practice immediately. We will also explore the meridian fascial lines, described by Tom Meyers in his work **Anatomy Trains®** using AIS techniques.

AIS allows you to "touch" tissues that are not easily addressed manually and some that your hands simply cannot touch. The amazing difference will be felt immediately.

Instructor: Joshua Morton, LMP, MAISS, MMLT

CE Contact Hours: 4 hours (NCBTMB, BOC, WA)

Tuition: \$50 early registrations, 2 weeks prior to class; \$80 thereafter. There is a \$15 non-refundable deposit to reserve your space. Register for the entire weekend and receive a discount. See attached Registration form

Day/Time: Friday, 6pm – 10pm

Location: TFIHS Classroom, 3999 Highway 93, Filer, ID 83328

Registration/Info: Sue Phillips 208-326-4870 or sue.tfihs@gmail.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 created by Arik Gohl. – Joshua teaches throughout the United States and internationally. (Lic. # MA00008567)

"Adding the myofascial element, new body mechanics, and having creative flexibility with each protocol has changed my approach to performing a stretch."
(Eric M. Volkin, LMT, NCTMB, CPT, CES - NASM)