

# Massage Cupping

## Therapy that really sucks

This class is offered twice - choose the date that works for you

June 20 or 21, 2026

Saturday or Sunday 9 am - 6 pm (8 hours)

\$200 + \$25 materials

Price includes set of 4 silicone cups

Cupping is a powerful tool to enhance your practice. Adding movement makes it even more effective.

Kinetic Cupping is an innovative technique that involves moving flexible silicone cups over your client's skin while stretching. The combined effect lifts the skin and superficial fascia over the underlying tissues.

Most massage work involves compressing tissues, but Kinetic Cupping lifts tissues. Along with soft tissue release, the synergy of these techniques helps to:

- Relieve chronic muscle tension
- Release adhesions
- Prepare clients for deeper work

**The cups are transparent, simple to use, and don't require heat or combustion. Best of all, they are easy on your hands!**

Workshop topics include:

- History of cupping
- Physiological effects of cupping
- Cautions and contraindications
- Pin and stretch cupping using multiple cups
- Unique ways cups can be used with movement

You'll leave the workshop with extensive notes, a set of four silicone cups, and a variety of ways to incorporate cupping with your next client.

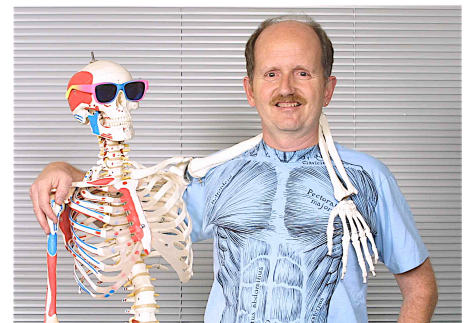
Register at [www.massagelibrary.com/workshops](http://www.massagelibrary.com/workshops)  
or by calling 916-847-9304

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Dr. James Mally (the one on the right)

Dr. James Mally is an orthopedic massage therapist, teacher, and educational content producer with five decades of experience. He teaches workshops around the world and founded [MassageLibrary.com](http://MassageLibrary.com).

James R. Mally, N.D. is approved by the National Certification Board of Therapeutic Massage & Bodywork (NCBTMB) as a Continuing Education Approved Provider. Provider # 451329-10.

