

Deep Tissue Massage - Lower Body

with Dr. James Mally

March 4 & 5, 2026

Wed. & Thurs. 9 am - 6 pm (16 hours - 16 CEUs)

Tuition: \$380 + \$20 materials

Deep tissue massage is one of the most in-demand modalities.

When proper techniques and body mechanics aren't used, giving a deep tissue massage can be rough on the therapist.

Work Smarter – Not Harder

This comprehensive workshop covers many techniques for working deeper and more effectively with clients. With each technique, we'll focus on proper body mechanics to ease the strain of applying extra pressure. Students are often surprised to find that doing deep tissue massage can be easier than Swedish massage, because of the use of leverage and body mechanics.

Explore Treatment Options for Common Conditions

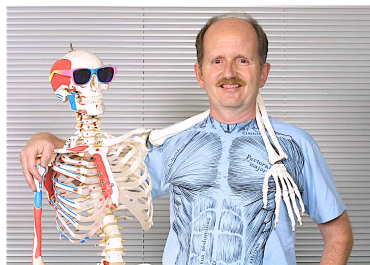
You'll learn specialized techniques to treat a variety of conditions, including:

Lower Body:

- **Low back pain**
- **Sciatic pain**
- **Menstrual cramps**
- **Leg Length imbalances**
- **Hip, Knee, and Ankle Pain**
- **Plantar Fasciitis**

Optimize Learning with a How-To Guide

How many times have you taken a class and forgotten part of it after you left? We want these skills to stick! You'll receive notes with photos and details of the techniques. The notes will help with learning the concepts in class, and they also make it easier to review the techniques afterward.



Dr. James Mally (the one on the right) is an orthopedic massage therapist, teacher, and educational content producer with five decades of experience. He teaches workshops around the globe and founded 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.

Northern Virginia School of Therapeutic Massage

6402 Arlington Blvd., Suite 840

Falls Church, VA 22042

703-533-3113

www.nvschoolofmassage.com

