# Side Lying Massage

## Not just for Pregnancy Massage

April 21, 2027

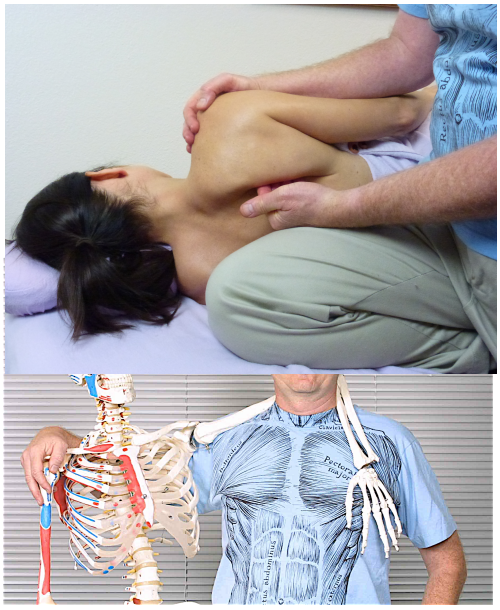
Wednesday 9 am - 6 pm (8 hours)

$200 + $20 materials

Each client is unique. For some clients, being face down for a massage isn't comfortable, whether because of a specific body type, pregnancy, or a health condition.

Side lying massage expands your options for those clients. You can incorporate side lying techniques into *all* of your sessions!

Clients enjoy the stretching and feeling of elongation from side lying massage – they'll often ask for it again in the future.



### Gain a New Perspective

Side-lying massage is effective for all body types because it's a new angle for deeper work.

Thinking of the body as a pancake that needs to be "flipped" midway through a session is a mistake. Therapists aren't just limited to working on the front and back! Bodies are three-dimensional structures that need to be worked on from different perspectives.

The workshop will show you exactly how to do that, and more.

### Expand Your Toolbox

You'll learn how to:

- Give a flowing side lying massage
- Apply targeted techniques to the shoulders, low back and hips
- Use proper draping and bolsters
- Integrate side lying work into relaxation massage

### Optimize Learning with a How-To Guide

How many times have you taken a class and forgot part of it after you left? We want these skills to stick!

You'll receive a workbook with photos and details of the techniques. The workbook will help with learning the concepts in class, and it also makes it easier to review the techniques afterward.

Dr. James Mally is an orthopedic massage therapist, teacher, and educational content producer with over five decades of experience. He teaches workshops around the world 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.

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