Soft Tissue Release

with Dr. James Mally

April 8, 2027

Thursday 9 am - 6 pm (9 hours)

$200 + $10 materials



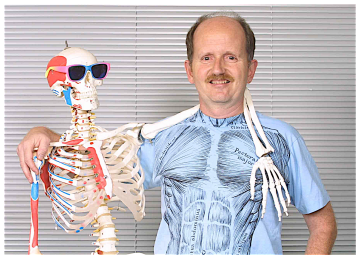
Soft Tissue Release (STR) is a highly effective technique designed to provide rapid pain relief and enhance the results of your treatments by incorporating client movement.

Once you master the core principles, you can easily apply STR to any area of the body. To ensure your success, the course will cover specific tips and tricks for body mechanics and positioning that make these applications effortless for the therapist.

Course Highlights:

- Effective Pain Management: Learn techniques that provide immediate relief for clients.
- Ease of Application: Master body mechanics that protect your longevity as a therapist.
- Comprehensive Resources: You will receive extensive notes to support your practice after the class.

Please bring shorts and a sports bra or swimsuit top (for women) to facilitate hands-on practice.



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

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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