

# Soft Tissue Release

with Dr. James Mally

September 19, 2026

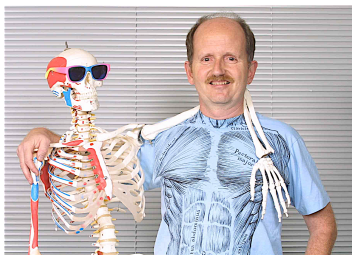
Saturday 9 am - 6 pm (8 hours)

\$200 + \$10 materials

Soft Tissue Release is a highly effective technique for relieving pain. It involves client movement to enhance the effectiveness of your treatments.

The type of movement used with Soft Tissue Release has many variations. We will explore these variations and the rationale for using them. Once the principles are understood, this technique can be applied anywhere in the body. Tips and tricks for body mechanics and positioning will be shown to make it easy for the therapist.

Extensive notes will be provided with this class. Please bring shorts and a sports bra for women.



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.*

**Northern Virginia School of Therapeutic Massage**

6402 Arlington Blvd., Suite 840

Falls Church, VA 22042

703-533-3113

[www.nvschoolofmassage.com](http://www.nvschoolofmassage.com)

