

Sports Massage with James Mally, ND

July 30 & 31, 2026

Loving Hands Institute of Healing Arts
Arcata, California

The techniques you will learn in this workshop can help all of your clients, whether they are athletes or not.

You will learn and practice many techniques in this hands-on workshop to help **all** your clients. We will demonstrate treatment strategies for sprains, strains, and many common conditions such as hamstring strain, rotator cuff tear, tennis elbow, golfer's elbow, iliotibial band friction syndrome, "shin splints", and achilles tendinitis.

For a complete class description visit www.massagelibrary.com/workshops

July 30 & 31, 2026

Thurs. & Fri. 9 am - 6pm
16 hours \$360 + \$20 materials

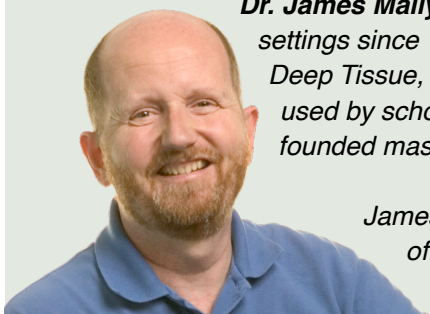
**Loving Hands Institute
of Healing Arts**

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Arcata, CA 95521
707-630-3407

www.lovinghandsinstitute.com



The materials fee is for Dr. Mally's Sports Massage workbook. The workbook is 112 pages and sets up as a stand with individual pages for each technique.



Dr. James Mally has been doing massage professionally in many different settings since 1975. He has produced DVDs and workbooks on Swedish, Deep Tissue, Sports, Side Lying Massage, and Massage Cupping that are used by schools worldwide. 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.

