



New York
COLLEGE
OF HEALTH PROFESSIONS

**Expand Your Mind
Enrich Your Life!**

Continuing Education Department

Muscles of the Neck and Cranium Myofascial and Deep Tissue Release Techniques

With Gerry Basile, LMT, BCSI

This course focuses on the muscles which insert/originate on the cranium, cervical/thoracic vertebrae and the scapula. Most of the class will be hands on learning. You will learn various types of techniques; Myofascial, Deep Tissue, Pin and Stretch and general massage techniques that you will be able to incorporate the next day. These techniques will help you better understand the anatomy and address your client's areas of discomfort and pain.

This is 8 CE's

This workshop will include:

- Assessment and Communication with your client
- Neurological Laws relating to Deep Tissue work
- Muscles which have origins/insertions on the cranium, cervical/thoracic vertebrae and scapula
- Hands on Myofascial, Deep Tissue and Stretching Techniques

(You will leave class having learned and practiced over a dozen techniques that you can use to help your clients the next day. Also you will get a supplement text describing all the techniques that you can refer back to)

Open to LMT and students in their 3rd trimester

Presenter:

Gerald Basile LMT, BCSI, is certified in Sports Massage, Trigger Point therapy, Active Isolated Stretching (with Aaron Mattes) Myofascial Release, Medical Massage and Personal training, much of which is integrated into his course. He is an adjunct faculty member of New York College. Please bring a flat sheet, towel, bolster & proper attire is required (sports bra for women)

Sunday, May 1st 2022

9:00 am – 6:00 pm Syosset Campus

Registration: \$185.00 10 student must enroll by

April 24 or class will be canceled

To register please contact:

Continuing Education
continuinged@nycollege.edu
(516) 364-0808 x130

NEW YORK COLLEGE OF HEALTH PROFESSIONS College and Clinics:

6801 Jericho Turnpike, Syosset, NY 11791

(800) 922-7337 www.nycollege.edu

PIONEERING HOLISTIC HEALTH FOR 30 YEARS!