



In Person!

**Given by massage therapists
For massage therapists**

ABOUT THE INSTRUCTOR

Ruth Brown has an extensive background in engineering, martial arts, and massage therapy. Merging these disciplines led to the creation of this very unique massage modality. Incorporating body mechanics, deep tissue work and the principles of muscle re-education that greatly benefits the therapist and clients.

**Inner Wizdom
Dragon Spirit Massage
5104 Double Bridges Rd
Meherrin, VA 23954**

**(518) 256-4933
Ruth Brown, LMT**

www.dragontracks.net

Targeted Deep Tissue™: Upper Body Basics

Targeted Deep Tissue™ Upper Body Basics is designed to give therapists powerful tools to add to their practice. This technique can make a real difference in a client's health and enhance their quality of life.

Deep work is one of the most often requested modalities in massage. The focus of **Targeted Deep Tissue™ (TDT)** is to get the body back to its original magnificent design. TDT is a unique technique based on an interplay of structure and function of the muscular system. This training will focus on acquiring specific skills for addressing a variety of chronic conditions of the upper body. During class, therapists will learn to use depth, movement and focus to help release muscles and relieve pain.

Workshop details

This course will be given from 9:00am to 4:30pm.

It will include lecture, demonstration, and hands-on components.

Participants should:

- wear comfortable clothing,
- bring a massage oil or cream that you work with
- Bring a set of massage sheets
- expect to work in teams as both a client and a therapist
- An hour lunch is scheduled. Please bring your own food and beverages. Local restaurants are at least 15 minutes away.

Workshop Date and Time

Saturday, November 5, 2022

from 9:00am to 4:30pm

Cost: \$300.00 per person

Space is limited. Please register to ensure your participation in this class. For any questions please call or text Ruth at 518-256-4933 or email: ruth@dragontracks.net

Workshop location

5104 Double Bridges Rd, Meherrin, VA 23954

**(we suggest checking the directions on our website:
the GPS and google maps will often take you on smaller roads.)**

Experience the Spirit of Massage!