



AMPUKU PSOAS RELEASE™

~ And What a Release It Is ~

Increase Flexibility ~ Decrease Injury ~ Enhance Performance ~ Improve Posture

August 17, 2009 * Monday * 1 Day Only * 8 CE Hours

This unique class is designed for Massage Therapists, Acupuncturists, Chiropractors, Sports Doctors, Nurses, Physical Therapists, Trainers and Coaches who work with a wide range of clients with varying health & physical needs.

Ampuku Psoas Release™ can aid in everything from reducing significant tension in the body to severe physical injuries – and focuses very specifically on sports-type injuries.

Ampuku Psoas Release™ deals with the abdomen (or Hara) as both the center of movement & posture and the focus of energy for the whole body – as well as the major key to the back & hip areas. We will explore the relationship of the Psoas muscle to every other area of the body – and how we can combine this technique with others (such as sports massage or physical therapy) for extremely effective, yet non-invasive, bodywork.

We will learn to work extremely effectively without pressure -- to release all of the muscles of the lower back, hips and sacral areas – thereby significantly reducing risk of injury to both client and therapist. We will also address such issues as carpal tunnel syndrome, tennis elbow, neck pain, TMJ and frozen shoulder in the upper

body. And in the lower body it is **especially effective when dealing with sciatic pain**, knee injuries, groin pulls ~ as well as injuries of the feet and ankles. We specifically address Fibromyalgia.

The main focus of the **Ampuku Psoas Release™** is that all of this work is done with **no pressure** – therefore we are not risking already injured tissues. We are not taking risks with the client's body in any way. This technique has been done on fragile clients, seniors and babies. It is extremely gentle – yet incredibly effective and it shows results very rapidly.

Another major feature of this class is how to do less work – with more results! How the therapists can use proper leverage and body movement to give an incredibly effective and healing treatment – while keeping their own self healthy and stress-free. This class will also concentrate on reducing injury in the workplace – showing the therapist how to prevent injury to their own back, neck, hands, wrists etc. while maintaining an extremely competent and professional level of bodywork.

Santa Cruz Integrative Medicine and Chi Center

831-465-9088 ~ www.santacruzchicenter.com

21511 E. Cliff Drive ~ Suite A ~ Santa Cruz, CA 95062



Class Fee

\$200

Pre-registration (Earlybird ~ before July 15th)

\$175

Deposit (non-refundable)

\$50

8 am to 5 pm – Limited Space Available

* Prerequisite – Minimum of 500 hours of professional training

Teri Rogers is an Acupressurist, Holistic Health Practitioner, Writer, Teacher, Healer, and Naturopath, who has been studying massage and Eastern healing arts since 1980 and teaching massage and Acupressure since 1985. She also traveled extensively throughout Asia, teaching her unique methods at various schools.

In 1990 she lived in Chiang Mai, Thailand and was the second foreigner invited to teach Traditional Thai Massage in Thailand – at the internationally renowned Old Medicine Hospital. She also studied extensively with many of the great teachers and masters throughout Asia and especially in Thailand, where she continues to study several months each year.

Teri currently maintains a successful practice working with Doctors (both Eastern & Western), Chiropractors, and Healers. For over 20 years, she taught at Mueller College of Holistic Studies in San Diego and is currently teaching at Western Institute of Neuromuscular Therapy in Laguna Hills, California. Her clients are people of all ages, and all walks of life. She loves working with animals as well. In addition, she also writes and produces educational videos and books and takes students on study trips throughout the Far East.



Teri Rogers ~ Instructor

NCBTMB Approved Provider

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