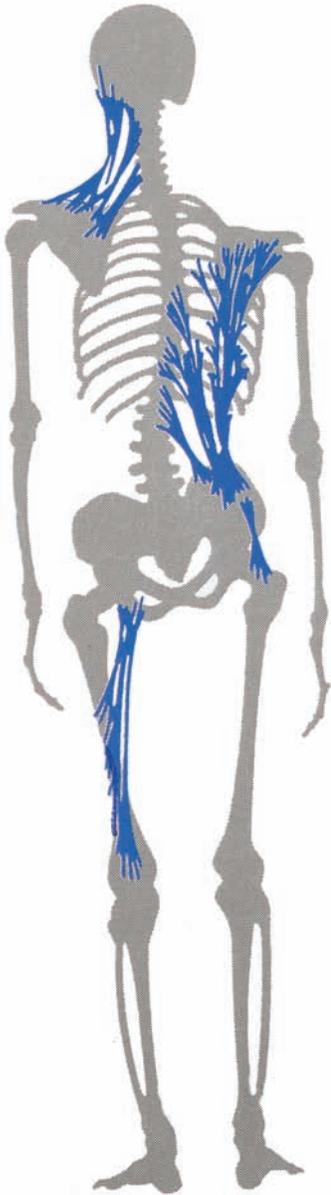


# Myofascial Release Center of New Jersey

137 Main Street, Chester, NJ 07930 • phone: 908.879.4020



Because of the fascial system's continuous, uninterrupted nature, a fascial pull or restriction in one area of the body can likely influence other areas distant to the site of injury or pain. Used with permission from RSI/John F. Barnes, PT

## 5-CONSECUTIVE DAY INTENSIVE

### A Comprehensive Therapeutic Program

with Sarah K. Borda, LMT, Board Certified in Therapeutic Massage and Bodywork

**This week-long program (*five consecutive days*) is specifically designed to overcome chronic pain and mobility issues. The three key elements are Evaluation & Education, Therapy, and Self-Treatment Instruction.**

- Program includes three treatments per day spread over five consecutive days, for a total of 15 one-hour sessions.
- Cost: \$2,625 (15 one-hour sessions @ \$175) plus 7% NJ sales tax

#### Each day includes:

##### • Evaluation & Education

- Visual assessment of gravitational pull on osseous (bony) structures
- Hands-on full body assessment of Myofascial connective tissue restrictions
- Education about the Fascial System and how it affects all systems in the body, producing symptoms and disease.

##### • Therapy

- One-on-one, individually designed hands-on treatment sessions using Myofascial Release techniques and MFR stretching
- At least one myofascial "unwinding" session (to alter habitual muscular responses, accelerating your body's inherent self-correcting mechanism)

##### • Self-Treatment Instruction

- A Personalized Myofascial Self Treatment Plan is taught and demonstrated so that you can continue on with your treatment success after returning home. Simple tools such as a small ball and/or foam roller enable you to reproduce the techniques that were helpful to healing and give you a sense of empowerment over discomfort.

**Sarah K. Borda, LMT, BCTMB has been successfully treating clients with chronic pain for more than ten years.**

Open 7 days, 9 AM - 9 PM, by appointment • Visa, Mastercard, Cash & Check accepted

[www.bodyHeartTherapy.com](http://www.bodyHeartTherapy.com) • 908.879.4020 • [www.bodyMovesSportsMassage.com](http://www.bodyMovesSportsMassage.com)