

# FIRST BARRIER OF RESISTANCE:

## The Key to Highly Effective Myofascial Release Treatment

NCBTMB Approved Course - 8 Hours CE

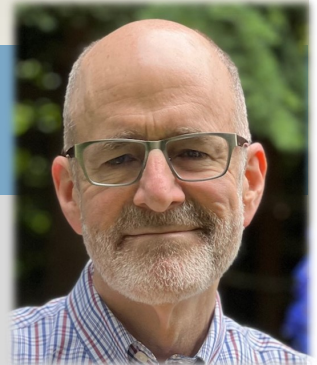
I slept  
and dreamt  
that life  
was joy  
I awoke  
and saw  
that life  
was service  
I acted  
and behold,  
service  
was joy

Rabindranath  
Tagore

Come and learn one of the best kept secrets in the world of bodywork - the First Barrier of Resistance. In this introductory experiential class you will be exposed to a powerful approach for getting at stubborn areas of tightness that are generating pain in your client. Bring presence throughout the process of assessment and treatment, using minimal force that produces lasting results. Develop effective touch that is deep, but never aggressive. Begin the journey of learning to sense and engage tightness in the body three-dimensionally. Experiential learning will occur through self-treatment and treating other participants. Group size limited to six maximizes individualized attention.

- Demystify your understanding of Myofascial Release (MFR)
- Understand how MFR treats chronic pain and tightness in the body at the causal level
- Learn the principles of MFR starting with your own body
- Learn to treat your own body tightness with lasting results without ever pushing yourself
- Begin the journey of taking your touch sensitivity to a whole new level
- Learn how presence and resonance powerfully affect session work

### Cedron Sterling, L.M.T.



**Cedron** Sterling, now in his 43rd year of practice as a dynamic and skilled bodyworker, holds diplomas from the Pacific School of Massage & Healing Arts, the Transformational Bodywork<sup>SM</sup> Certification Program, the Seattle Massage School Advanced Program, and the Hurqalya Heart Energy Healing School.

Cedron currently enjoys a flourishing full-time practice in Seattle devoted exclusively to Myofascial Release and enjoys a diverse clientele, many of whom are health care professionals themselves. Cedron's teaching experience includes courses in Myofascial self-care for repetitive strain injury at the UW School of Nursing Continuing Education Conference, the City of Seattle, and the Boeing Company. For eight years, he facilitated a weekend-long Myofascial study group annually in the Seattle Area.

### Blue Light Healing Arts Studio

4015 NE 113th Street, Seattle WA 98125

Saturday, November 16th 8:30 am to 5:30 pm

Pre-registration required. Cost: \$225 | Early registration \$200 by November 1st  
Fee includes an extensive myofascial self-care manual & inflatable exercise balls & pump

To Register or for additional questions, contact Cedron Sterling at  
206.972.3486 or [cedron@cedronsterling.com](mailto:cedron@cedronsterling.com)

Refund Policy: [www.cedronsterling.com/upcoming-courses](http://www.cedronsterling.com/upcoming-courses)