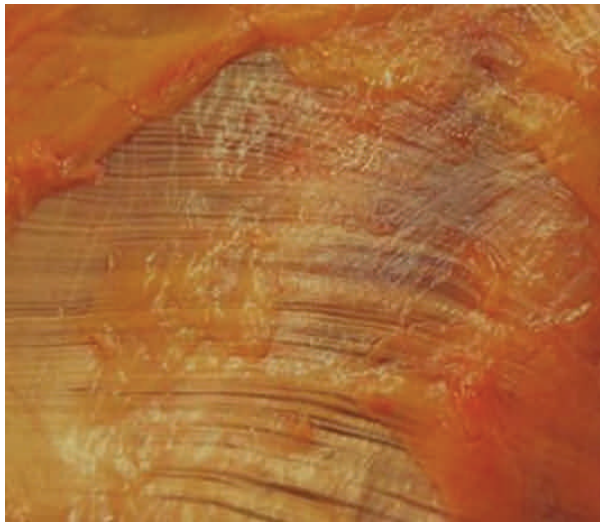


About Lynn Wind

Lynn Wind is an internationally renowned teacher and massage therapist with over 30 years of experience in a wide range of therapeutic modalities.

Originally trained in Ontario, Canada, Lynn founded and directed the Hawaiian Islands School of Massage on the Big Island for 22 years. Lynn is a dynamic teacher with unparalleled depth and breadth of knowledge and we are excited to welcome her as a teacher in MSTM's advanced certification programs. This year Lynn is being inducted into Massage Therapy Hall of Fame and will be offering a variety of courses through MSTM including her advanced certification program in the Lynn Wind Method of Medical massage.



This class is ideal for massage therapists and physical therapists wanting to expand their hands on skills while gaining an appreciation of the role of fascial release in alleviating chronic pain and enhancing postural alignment. Come join us for one of MSTM's most exciting and innovative new programs!

*Maui School of
Therapeutic
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Myofascial Mobilization The Lynn Wind Method

A 2-Part Seminar Series

Part I—February 24-26
Part II—March 16-18



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Massage*

Fascia

Fascia is the most abundant tissue in the body, making up more of the human organism than any other tissue. Fascia or connective tissue spreads throughout the body in a three-dimensional web from the head to the toes uniting into one continuous fascial network. It surrounds, suspends and penetrates almost every structure in the body.

The Lynn Wind Method of Fascial Mobilization consists of these fascial release techniques: **skin rolling, directional gliding (lengthening and de-compressing), gentle sustained pressure stretching, joint pull unwinding and transverse plane unwinding.** These techniques are applied to regions of the body in a sequential progressive order in which each body segment is emphasized to assist in reorganizing the body effectively to create balance.



Myofascial Mobilization

The Lynn Wind Method of Fascial Mobilization Workshop is offered as two weekend courses which may be taken together or separately in any order.

Part I - Torso & Lower Extremity

February 24-26, 2012

Friday 6 – 9:00pm
Saturday 9 – 5:30pm
Sunday 9 -- 5:30pm

Content: Theory of fascia, its composition and properties, how fascia works
Indications and contraindications

- Postural evaluation with each segment
- The Torso and Back Balance
- The Lower Extremity Balance
- The Core Balance – Thigh and Hip

Part II– Core & Upper Body

March 16-18, 2011

Friday 6 – 9:00pm
Saturday 9 – 5:30pm
Sunday 9 – 5:30pm

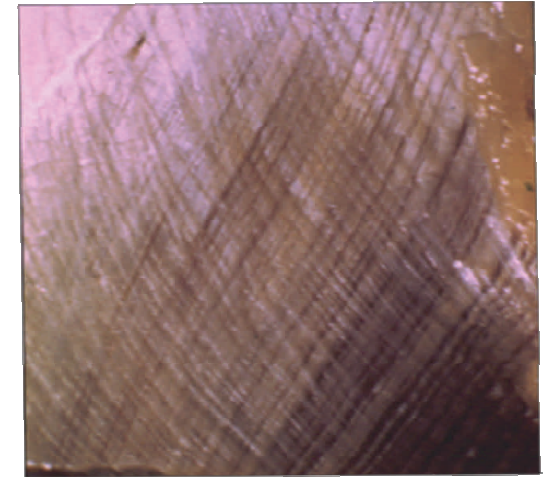
Content: Theory of fascia
(same info as presented in Workshop I)

- Postural evaluation with each segment
- The Core Balance – Abdominal, Pelvis and Leg
- Upper Body and Neck Balance
- Full body Unwinding

Fascial mobilization

is designed to:

- Balance postural distortions
- Decrease adhesions
- Soften and lengthen tissues
- Decrease pain & stress
- Increase range of motion
- Enhance energy flow
- Balance body, mind and emotions



Tuition: \$350* for each segment
\$325* for early registration paid
in full 2 weeks before class
\$650 for Part I and II, \$350 payable for
Part I and \$300 balance for Part II
payable 2 weeks before class.

18 Hrs Credit for each Course Applies to
MSTM's Advanced Certification
Programs in Structural Bodywork,
Orthopedic and Medical Massage.