



Continuing Education Credits for Massage Therapists

lial, Lumbar, & Thoracic Mobilization Workshop

Integrated Restoration Techniques by Ira Wikel

April 23 – 24, 2016, 9:00 am – 5:00 pm each day

14 CEU's – Hands On, NCBTMB Approved

Registration: \$275

In this workshop you'll learn how to improve your client's structure, balance and movement through the use of specific Muscle Energy, Joint Mobilization and Myofascial release techniques.

Integrated Restoration Techniques {IRT} is the brain child of Ira Wikel, LMT. A massage therapist since 1982, Ira had been looking for techniques that would produce excellent results without taxing his body. After several hundred hours of continuation education , he put together this "greatest hits" package based on the therapeutic options that work for him. He continues to use them in his practice today and looks forward to teaching more massage therapists these methods.

This is a hands on class please wear comfortable, loose clothing and shorts as we will be both assessing and correcting both the hips and thoracic spine. Massage oil is not required. Please bring sheets, both top and bottom; We have 6 massage tables on-site, please inquire about bringing one with you. All of Ira's classes come with a 50 page workbook. This is not a chiropractic course. Refunds: No refunds within 2 weeks of class. If there is a documented emergency, you may transfer after to a later class by this instructor.

You can read more about IRT
and Ira's work at: <http://www.irawikel.com>

Upcoming IRT Workshops

Cervical, Cranial & Sacral Mobilization
June 4-5, 9am-5pm

Myofascial Release
August 13-14, 9am-5pm