



EMM-Tech

Easy Muscle Management

Short course for Everybody

Do you want to discover simple muscle release techniques to benefit you, your family or your clients if you are a therapist or a trainer?

In 8 hours you learn how to:

- Improve body symmetry and balance
- Aid shoulder pain and function by releasing restrictions
- Improve strength in grip and alleviate pain in wrist and elbow
- Assist with neck rotation
- Aid in breathing difficulties
- Assist with leg cramping
- Improve strength and function in lower legs

Apply skills for all age groups - get enrolled today!

WHEN: 13th October or 8th December 2018

TIME: 9.00am - 5.30pm

WHERE: The Quaker Centre, 1 Oakley Gardens, Downhead Park
Milton Keynes, MK15 9BH

COST: £100 including Training Guide and DVD for revision &
certificate of Attendance, Repeaters 50% discount: £50

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Photo: Sabine Metzger