



# TRIGGER ZONE

## MASSAGE BALL THERAPY CLASS

### 2nd TERM 15th APRIL 2016!

This unique self care class will demonstrate techniques to release trigger points with therapy balls and deep breathing. Enjoy a simple flowing routine. You will learn how to alleviate the source of your trigger point pain. This is achieved through cycles of isolated "pressure and release" followed by soothing stretches.

#### Q: What is a trigger point?

A: Trigger points are constricted areas within your muscles that specifically prevent the muscle from working effectively. This causes restricted movement with a deep ache or pain.

#### Q: Why will this class help reduce my muscle pain?

A: If you spent too much time sitting or standing, or do strenuous activities, your muscles can often strain from being overworked. The pain or symptom is a trigger point within a group of muscles telling you that something is wrong. Releasing a trigger point will support and improve muscle function. As a result it will decrease your area of tension and often restore movement for most musculoskeletal conditions.

### Book yourself a spot on the mat !

SMS your name, mobile & date to **Charmaine 0431 683 116**.

Please note there are a limited number of spaces available and if you cannot attend your class please contact me asap so I can allocate your mat to some one who can.



Health & wellbeing workout for your tired, overworked muscles.

*Natural Pathways Studio*  
65 Percy Street, Mitcham.

2nd Term

*Begins Friday 15th April 9.30am*

**75 Minutes**

**\$20 per class**

**Book a trial Class!**

*Charmaine Trimble*

*(Nurture Massage)*

*Dip. Rem. Massage*

### Change the way your body feels:

- Relax & relieve discomfort
- Improve wellbeing
- Feel rejuvenated
- Be in tune with your body
- Release the stress and be calm

