FOAM ROLLING
Principles & Practices

Location
SDSU Aztec Recreation Center
5301 55th Street
San Diego, CA 92182

Date 10/26/14

Time 12:45-4:45

4 Hour Workshop

Approved CECs

Self-Myofascial Release [SMR] has been shown to relieve muscle and joint pains and improve flexibility and range of motion. This 4 hour workshop teaches the fundamentals of myofascia, reviews the latest SMR research and the dives into the TriggerPoint™ SMR movement philospogy using the GRID® Foam Roller.

Course Includes:
• Hands On Coaching Experience
• Cueing Application with the GRID® Foam Roller
• Pre & Post Workout Foam Rolling Techniques

Pricing $150.00

This course requires a GRID foam roller. Participants may bring their own GRID or purchase at the time of registration for $25.

CECs: ACE - .4 CECs, NASM - .4 CEUS, AFAA - 3.4 CEUs, BOC - 3.5 CEUs

For More Info regonline.com/FRSanDiego
Contact molly@tptherapy.com