<table>
<thead>
<tr>
<th>Course</th>
<th>Myofascial Cupping (LEVEL 1)</th>
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<tbody>
<tr>
<td>Dates</td>
<td>13th &amp; 14th June 2015 (Weekend Course)</td>
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<tr>
<td>Times</td>
<td>9:00pm – 5:00pm (may finish earlier)</td>
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<tr>
<td>Fees</td>
<td>$450.00</td>
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<tr>
<td>Pre-Requisite</td>
<td>Certificate IV in Massage</td>
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<tr>
<td>CPD Points</td>
<td>This course is approved for CPD points, contact your provider for the amount</td>
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**Course Description**

The Myofascial Cupping technique provides profound benefits for your clients, particularly with assisting the body in maintaining Range Of Motion, eliminating Myofascial Trigger Points and reducing restrictive and sometimes painful fascial adhesions commonly found from repetitive movement originating from sports and the workplace. By reducing fascial adhesions, while encouraging optimal hydration levels of soft tissue, Myofascial Cupping can assist in reducing the incidence of injury and maintaining functional soft tissue.

**What’s Covered?**

- Current evidence-based research supporting the benefits associated with Myofascial Cupping.
- Use of equipment, infection control and contra-indications.
- Anatomy of the fascia and its inter-relationship with the musculo-skeletal system.
- After thorough demonstrations and discussion, students will practice exact area specific sequences including correct direction and amount of negative pressure to be applied.
- Specific clinical applications including the treatment for Myofascial Trigger Points, Plantar Fasciitis and various shoulder conditions will be explored.

**Your Facilitator**

David Sheehan is the Founder of ‘Complementary Health’ and is also a well-respected International presenter and has been for well over a decade. David has a Bachelor of Applied Science (Human Movement), Diploma of Health Science (Remedial Massage) and Diploma of Education. His career highlights include working as a lead sports trainer with various football clubs, which included the use of vacuum cupping for both prevention of and treatment for injuries.

**Equipment You Are Required To Bring**

- 1 Single flat Sheet
- 2 large bath towels
- 1 Hand towel
- Bottle of drinking water & Lunch
- Your preferred massage balm/cream/oil
- Clean wipes/baby wipes
- Notepad and pen
- $100 (cash only) to purchase your own cupping set (Optional)

**Please Note:** Payments must be made 2 weeks prior to course commencement.
The NHAA is easily accessible via bus:
Stop 8, South Road (Stop codes 13115 and 13120)
The following routes service these stops:
- B10
- B10C
- B10X
- B12

There is ample parking available on site (CCF - CivilTrain Car Park), additional parking is available at the Thebarton Community Centre which is just a short stroll from the NHA - refer to map above.

CCF also has a large cafeteria; however it is not currently open on the Sunday so we suggest that you bring your own lunch.

Also
If you prefer, there is a hotel just down the road where you will be able to purchase counter meals, or Henley Beach Road is just a short drive away where you can find many cafes and places to sit and relax for lunch.

If you have any queries or questions (about enrolment) contact us via email at admin@nhaa.edu.au or by phone on (08) 83518507.

For further course information please contact David at: http://www.comphs.com.au/store/home.php

Only a limited number of spots available, so book in quick!