

Cupping Applications

Learn more fun ways to use your cups

February 6, 2022

Sunday 9 am - 6 pm (8 hours)

\$150 + \$10 materials

This is an advanced workshop designed to help therapists integrate massage cupping into a clinical massage practice. It is for therapists who have already trained in massage cupping and wish to learn more.

In this workshop we will cover:

Pin and Stretch with Multiple Cups

Pin multiple areas at once to facilitate stretching and improve range of motion.

Cupping for Scar Tissue Treatment

Learn about the types of scars that can be helped with cupping.

Cupping for Nerve Entrapment Issues

Use cups to relieve pressure on nerves when doing nerve flossing.

Cupping to Enhance Trigger Point Therapy

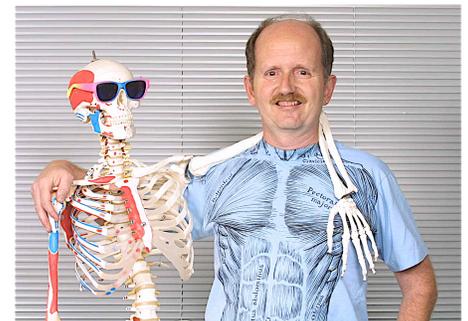
Cups can make trigger point work easier and more effective.

We will be using both silicone and plastic cups and will learn about the pros and cons of each with the different therapies that we practice.

Please bring a massage table and linens, shorts and a sports bra or swimsuit top for women, and a set of silicone cups. If you have a set of plastic cups please bring that as well. Silicone cups will be available for purchase at the workshop.



Cup and Stretch for the Rotator Cuff



Dr. James Mally (the one on the right)

James Mally, N.D. is an orthopedic massage therapist, teacher, and educational content producer with four decades of experience. He teaches workshops around the globe and founded MassageLibrary.com.

James R. Mally, N.D. is approved by the National Certification Board of Therapeutic Massage & Bodywork (NCBTMB) as a Continuing Education Approved Provider. Provider # 451329-10.



Class size is limited to 12 students, so register soon!

Please register by calling 916-847-9304 or register on-line at www.massagelibrary.com

The class will be held at our location at 112 Douglas Blvd., Roseville, CA 95678