

Massage Cupping

Therapy that really sucks

July 29, 2022

Friday 9 am - 6 pm (8 hours)

\$150 + \$27 materials

Price includes set of 4 silicone cups

Massage cupping is a powerful tool to enhance your practice. Adding movement makes it even more effective.

Kinetic Cupping is an innovative technique that involves moving flexible silicone cups over your client's skin, along with stretching. The combined effect lifts the skin and superficial fascia over the underlying tissues.

Most massage work involves compressing tissues, but Kinetic Cupping lifts tissues. Along with soft tissue release, the synergy of these techniques helps to:

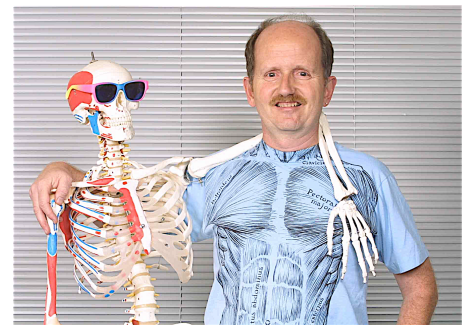
- Relieve chronic muscle tension
- Release adhesions
- Prepare clients for deeper work

The cups are transparent, simple to use, and don't require heat or combustion. Best of all, they're easy on your hands!

Workshop topics include:

- History of cupping
- Cautions and contraindications
- Unique ways cups can be used with movement

You'll leave the workshop with extensive notes, a set of four silicone cups, and a variety of ways to incorporate cupping with your next massage client.



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 10 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

