

# Massage Cupping

## Therapy that really sucks

April 24 & 25, 2021

Saturday & Sunday 9 am - 6 pm

\$175 plus tax (includes materials) - Saturday only (8 hours)

\$325 plus tax (includes materials) - both days (16 hours)

Price includes a 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!**

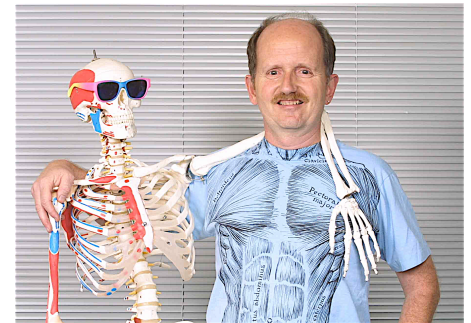
Workshop topics include:

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

On the second day of this workshop we will cover:

- Pin and Stretch techniques with multiple cups
- Use of cupping with scar tissue treatment
- Use of cupping with trigger point therapy
- Cupping to relieve nerve impingement issues

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.

  
**Springs Bath House**  
**School of Massage Therapy**  
1111 S. Miller Avenue  
Mitchell, South Dakota 57301  
605-999-0064  
[www.sbhsmt.com](http://www.sbhsmt.com)

Workshop Location:

Ramada Hotel & Conference Center

1525 West Havens Ave.

Mitchell, SD 57301

605-996-6501

Discounted room rates for attendees \$69.99 + tax per night