



Synergy Healing Arts Center and Massage School

Instructor: Margie Schaeffer

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Lymph Muscle Massage

Participants will first be presented a basic introduction to the physiology of the lymph system. Next, participants will study where individual muscles are located within the lymph watersheds of the body and then how to apply basic lymph techniques to specific muscles that are hypertonic or in chronic contracture. These lymph techniques applied strategically within the lymph watersheds will allow tox-

ins too large to re-enter the blood capillaries to flow into the lymph capillaries removing the toxin build-up on the muscle causing the excessive muscle contraction. Lymph watershed massage techniques are easily integrated with a regular massage session whether the intention is a therapeutic relaxation or medical massage treatment and yield amazing gentle muscular releases.



Sunday September 12, 2010 from 1-7 pm at
Synergy Healing Arts Center and Massage School,
13593 Monterey Lane, Blue Ridge Summit, PA

For directions please visit our web site at www.synergymassage.edu

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