



Neurostretch

Bill Polk, LMT

<http://www.hsacupunctureandmassage.com/index.html>

Sunday, May 11

10:00 am – 3:00 pm

\$100 before April 27 (\$125 after)

4 CAEUs

Feeling low motivation? Tight, lower back pain, neck or shoulder tension? Legs and arms hurt? Do you need your engine jumpstarted to enhance yourself for the rest of your life? Get unknown strength and enhancement through Fascial Activation. This Human Enhancement Factor will cause a mind and body awakening. It is what all people (you) are looking for to make everything in their life better. The body triangles, or matrix, are located here within the Fascia. These powerful positions offer a new realm of movement, rehabilitation, and enhancement to all. Age or physical prowess does not matter. It's perfect for ridding yourself of nagging injuries. Lost faith in conventional therapy? Activating your Fascia is the way to improve all physical endeavors.

This hands-on seminar includes discussion of the technique and demonstration of this fascial stretching technique. Students will learn the application of the stretches and practice them both alone and with one another.

Bill Polk, LMT, began working with athletes for rehab and sport enhancement in 1975. The past two years at Harvard Square Acupuncture and Massage has put Bill's healing and massage techniques into a realm of its own. The practice has evolved into Harvard Square Acupuncture and Massage, a wonderful four treatment space. The combination of Acupressure, Acupuncture, Ayurveda Therapies, Shiatsu, Deep Tissue, Heated Sport Massage, Holistic Nutritional Counseling, and several other modalities of massage and alternative therapies has brought something unique to Harvard Square.

Shiatsu/Acupressure so inspired Bill, it has become an intricate part of treatment for his Massage and Neuromuscular stretching techniques. While in Thailand the art of Thai massage and reflexology (foot massage) became an intriguing part of a very enriching experience for Bill that is now standard part of treatment received by all clients. The combination of meridian, deep tissue, sport massage and five element fascia theories is a very unique and effective experience. Combined, these theories help to describe and

determine treatment for the symptoms and asymmetries that cause the problems associated with everyday chronic and asymmetric pain.

Bill has been an active Martial Artist since 1973 has been a nationally ranked competitor for four decades. He has been teaching at Northeastern University since 1978. He is known for his martial ability, shamanistic qualities, methodical and precise treatments, and around the world as an adept practitioner.