

College of Natural Therapies 2012

There is a variety of massages available in Term 1 & 2

Trigger point therapy involves body patterning using pressure on a point to relieve muscle tension and pain.



Sports therapy massage is designed to enhance performance and recovery, rehabilitation for athletes and common injuries.

Myofascial release therapy is a gently massage for advanced deep tissue work to free restrictions, blockages, pain and dysfunction. It is ideal for clients with impact injuries, chronic pain, a need to increase movement and release of muscle tension.



Cost per treatment \$30.00.

Please be advised that clinic dates may change.

Myofascial therapy clinic dates

**Monday appointments at:
9.45am, 11.30am & 1.45pm
for approx 1 1/2 hours**

JANUARY

Monday 16
Monday 23
Monday 30

FEBRUARY

Monday 6

**Please call Jo Woodroffe on
0410 067 703 to book your
appointment**

Trigger point therapy clinic dates

**Monday Evening appointments at:
6.15pm & 7.30pm for approx
1 hour**

JANUARY

Monday 16
Monday 23
Monday 30

FEBRUARY

Monday 6
Monday 13
Monday 20

**Tuesday appointments at:
9.45am, 11am, 12.45pm & 2pm for
approx 1 hour**

MARCH

Tuesday 20
Tuesday 27

APRIL

Tuesday 3
Tuesday 24

MAY

Tuesday 1

**Please call Jo Woodroffe on
0410 067 703 to book your
appointment**

Sports therapy massage clinic dates

**Thursday appointments at:
9.45am, 11am, 12.45pm & 2pm for
approx 1 hour**

JANUARY

Thursday 29

FEBRUARY

Thursday 2
Thursday 9

**Please call Jo Woodroffe on
0410 067 703 to book your
appointment**