



**CANADIAN INSTITUTE OF  
MASSAGE THERAPY & REFLEXOLOGY  
(CCIMTR)**



You will learn everything you need to know from our comprehensive courses, hands-on practice for 2 days for a total of 15 hours to complete the basic and advanced techniques

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15 hours instruction

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All supplies included in price

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Course in a private setting

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Hands-on experience

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Accredited Course

**\$575.00 +GST**



**Instructor Arnelia Cortez  
Certified**

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## Myofascial Cupping Therapy



Workshop course on basic and advanced Myofascial Cupping Therapy. A modern version of cupping, presenting a unique understanding of the role of fascia in healthy movement and postural distortion. It is a technique between a traditional cupping and myofascial release.

There are many therapeutic benefits which includes relaxation effects on the body, improves blood and lymphatic circulation, reduces tension and adhesion in tissues, preventing fibrosis (scarring), correctly aligns collagen and assists the reduction of localized inflammation and aids faster recovery of an injury and potentially enhance athletic performance. This course is ideal for all professionals like massage therapists. In this course, students will learn the following:

- History of cupping therapy
- The difference between traditional Chinese cupping and myofascial cupping
- Types of cupping and the types of cups
- Myofascial Cupping techniques
- Myofascial meridian lines and meridian points
- Theory behind meridian lines and cupping therapy
- What can Cupping Therapy treat
- Fascia and Fascial adhesions
- Understanding scar tissues
- Indications and contraindications of cupping
- What to do and what to avoid after cupping
- Preparation for cupping practice, informed consent and practice management strategies
- Review on upper body, spine and lower body muscles (anterior and posterior).
- Benefits of myofascial cupping

