

# DYNAMICS OF THE BREATH: RELEASING THE CORE OF PAIN

FLORIDA SCHOOL OF MASSAGE, GAINESVILLE, FL  
MARCH 9 - 10, 2024



Pete's been a licensed massage therapist since 1988. He is a founder and Past President of the Alliance For Massage Therapy Education and has dedicated his career to helping establish high standards in massage therapy education. He teaches throughout the US and is a frequent speaker at FSMTA, FCA and AMTA meetings and conventions.

Pete has served on the FL Board of Massage Therapy. He received the FSMTA Charles Canfield Award for service to the massage profession in 2004. He was inducted into the Massage Therapy Hall of Fame in 2016 at the World Massage Festival.

He lives in Fort Pierce, FL with his wife Lee. They travel frequently and would love to visit your town.

with PETE WHITRIDGE, BA, LMT

*Want to have fun while getting your CEU's? Spend two days with Pete Whitridge exploring the physical and emotional aspects of working with the breath and treating clients with breathing dysfunction.*

- Refine your touching skills and gain greater confidence
- Deepen your knowledge of anatomy and fascial structures
- Teach your clients to work *with* you during therapy
- Eliminate chronic pain by working below the client's pain threshold
- Slow down, focus your attention, be more effective with less effort

This class will offer a multi-disciplinary approach to working with the *Core of Pain*: the abdominal muscles, diaphragm, thoracic spine, rib cage, and scalenes. We will explore myofascial assessments, deep tissue techniques, passive and active stretching, muscle energy techniques, hydrotherapies, and self-care. We will also explore pranayama (breath) and relaxation techniques. We will review current findings from the Fascia Research Society and investigate the unique nature of the connective tissues.

Deepen your clinical skills by exploring how manual therapies can help clients with asthma, COPD and other breathing dysfunctions. This class is designed to help you pinpoint problem areas quickly, devise strategies to eliminate pain, and work collaboratively with your client. You will receive lots of bodywork, learn new ways to handle clients with chronic pain, and reconnect with fellow massage therapists. You will leave this class with new skills and confidence in helping your clients be pain free!

6421 SW 13th St.  
Gainesville, FL 32608

Time: 9 am - 6 pm

Cost: \$295 (before Feb 23)  
\$350

## **Register Here**

Lee Whitridge

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