



CSFA and Boulder Country Club are proud to offer:



Saturday, September 16
9:00 am - 6:00 pm

Sunday, September 17
9:00 am - 6:00 pm

Active Isolated Stretching (AIS) Lower Body for Massage Therapists & Personal Trainers

presented by Bruce Baltz, LMT, BCTMB and Founder of SpiriPhysical

Boulder Country Club • 7350 Clubhouse Road, Boulder, CO 80301

Day 1 of this 2 day workshop (8 CEs) will focus on principles of AIS and the major muscles of the hips and lower back.

Day 2 (8 CEs) We will recap what we covered on Day 1. We will also add new stretches and shift our focus to the lower extremities.

NOTE: Day 1 is a pre-requisite to day 2. Only those that have trained with Bruce Baltz within the last 12 months, or register for day one, may register for day 2.

WORKSHOP PRICING:

CSFA Member: \$225

Non-Member: \$325

- 16 CEs are accredited by NASM and NCBTMB
- Limited class size of 15 people

What to bring:

- Lunch
- Loose fitting clothing for stretching
- Massage table
- Paper and pen for notes



Bruce Baltz, founder of SpiriPhysical LLC and a founding member of Deep Freeze Team LLC. He is licensed massage therapist in the States of New York, Florida and North Carolina while maintaining his Board Certification in Therapeutic Massage & Bodywork. He is an internationally recognized educator with over thirty-seven years of experience in the fitness and bodywork industry. Bruce has developed Deep Tissue Healing; "The Art of Stone Massage" in 1999 and in 2004 started to offer Active Isolated Stretching (AIS). Bruce is a former Chair of the Board for NCBTMB.

Please click here to register: shopCSFA.com

csfassociation.com • 786-554-2933 • info@csfassociation.com

For more information contact: Nicole Mains at nmains@bouldercc.org

