



### **Sports Cupping & Gua Sha:**

Sports Cupping combines soft tissue palpation assessment skills with a holistic sports therapy approach to the ancient treatment tools of Cupping, Skin Rolling and Qua Sha (commonly known as scrapping or spooning). The therapeutic effects of cupping can be profound, the practitioner uses applied suction over the soft tissue to create a negative pressure on the underlying tissue. This assists the tissue to loosen and stretch while aiding in the separation of muscles and connective tissue layers. Cupping and Gua Sha also sedates the nervous system, may assist and relieve joint and muscle pain, restore muscle tone and aids in the elimination of toxins and excess heat trapped in tissues. As suction cups (non flame) and Gua Sha tool will be required for this workshop, practitioners have an option to purchase a \$65 cupping set and/or a Gua Sha tool for \$12 (pre ordered and prepaid).

Facilitator: Kaitlin Edin (Acupuncturist/TCM) (visit <https://www.massageschool.com.au/our-teachers>)

Dates/CPE Pts	Location	Events 9-5pm unless stated - 1 ATMS CPE pt per hr	*2 Prac EARLY BIRD	*EARLY BIRD	FULL FEE
30,31/5/20 - 14hrs	Charmhaven	Sports Cupping and Gua Sha	\$746	\$398	\$498

Book online or call 02 4393 1200/ complete enrolment form and return  
School of Integrated Body Therapy - 1 Callaghan Close, Charmhaven 2263 NSW  
Ph: 02 4393 1200 Fax: 02 4393 3333  
[admin@massageschool.com.au](mailto:admin@massageschool.com.au)  
[www.massageschool.com.au](http://www.massageschool.com.au)