

THE ROLL MODEL METHOD: THE SCIENCE OF ROLLING WITH EMILIE MIKULLA

One day workshop for clients and teachers

Friday | 21 June

9am-5pm



The Science of Rolling training empowers you to personally adopt and teach simple and effective self-myofascial release regimens.

Roll Model® Therapy Balls are a soft-tissue conditioning tool that can be used as an adjunct offering within personal training, stretch, Pilates, wellness coaching, yoga, massage therapy, clinical or mental health settings, children or special populations. These on-the-go balls improve body coordination, reduce pain and improve movement. They can be used in a variety of settings; office, home, gym, clinic and yoga/Pilates studios.

Amplify your personal embodiment and learn applicable fascia science, bony landmarks, myofascial junctions, and pain physiology. Master specialized ball rolling techniques that penetrate into common high-tension areas. You will learn 6 head-to-toe series proven to affect profound change in the rotator cuff, upper back, neck, jaw, hips, lower back, IT Band, calves, and feet.

Investment: AED 1,325
(includes a set of Original Therapy balls, manual, online access to all sequences taught and optional certificate of completion)

**Early bird AED 1,130 by
30 May 2019**

Required reading material: The Roll Model, Jill Miller; Trail Guide to the Body.

Training available for CECs with Yoga Alliance, Nasm, ACE, ACSM, AFAA,

Prices are inclusive of VAT

Prior registration and payment are required
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