



Learn about Self-Myofascial Release

The Body Resonance Myofascial Wellness Center will be offering two-hour workshops on June 13, from 5 to 7 p.m. and June 19, from 6 to 8 p.m., that include a beginner's guide to self-myofascial release (SMR) techniques to address pain, fatigue, stress, insomnia, and bowel and bladder dysfunction. BYO yoga mat.

SMR has become a popular form of self-treatment of self-massage to improve posture, reduce soft tissue stiffness, aid post-workout recovery and maintain normal bodily and muscular function. In conjunction with myofascial release treatment sessions, self-treating enhances and expedites the healing process.

Rowena Cua, LMT, owner and founder of Body Resonance, and Dr. Rosemarie Cua-De Leon, PT, DPT, will illustrate how setting aside at least five minutes a day for self-myofascial release treatment and self-unwinding can aid in bringing us back to health and improving our everyday function.

Workshop cost is \$20. Attendees receive a \$10 gift certificate toward treatment. Location: 5463 S. Durango Dr., Ste. 120/E, Las Vegas. For more information and to RSVP, call 702-776-8881 or visit BodyMFR.com. See ad, page 22.