



Costa Rica School Of Massage Therapy Launches Deep Massage, The David Lauterstein Method Course

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The Costa Rica School of Massage Therapy in Samara, Nicoya, Costa Rica, has announced that they are introducing a new study abroad continuing education option with world famous instructor David Lauterstein. The deep massage course focuses on the Lauterstein method, which has been internationally acclaimed for its excellence. Full details about the course can be found at <https://crsmt.com/deep-massage-lauterstein-method/>, where it is also possible to book a space.

"The Lauterstein Method is a unique approach to structural and energetic bodywork," explains Tammy McGee, Director of Admissions for CRSMT. "David Lauterstein developed this originally at the Chicago School of Massage Therapy in 1983 and has been refining and teaching it worldwide ever since. This method integrates both the art and the science of bodywork, with roots in the traditions of Rolfing, Myofascial Release, Cranio-sacral therapy, and Zero Balancing."

Those who will participate in the workshop will be introduced to 25 fulcrums, which are soft tissue massages. These will be offered for the arms, front torso, legs, pelvis, cranium, neck, shoulders, and back. Additionally, the course will teach the basic theory of deep massage, which includes an integrated structure-energy model,

how to create soft tissue fulcrums, and the working signs of mind-body healing. Tammy McGee continues: "Time permitting, David will also be sharing some demos, discussions and a few techniques drawn from Zero Balancing, which focus on the skeletal (and energetic) side of the muscle-skeletal system."

The course will be offered from November 26 to December 1, 2018 at the CRSMT campus at Playa Samara, Costa Rica, considered to be one of the world's most beautiful places. It offers a relaxing environment in which people can also spend time reflecting on themselves and finding their own inner peace and happiness. Tammy McGee says: "Enjoy strolling the streets of the small downtown area and visiting the many local and international restaurants, bars and discos, and cute gift shops. The beautiful and tranquil Samara Bay is surrounded by miles of palm tree lined white sand beaches and provides a perfect and safe location for kayaking, snorkeling, surfing, SUP, and swimming as well."

Those interested in the course are advised to book their place as soon as possible.

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For more information about Costa Rica School Of Massage Therapy, contact the company here: Costa Rica School Of Massage Therapy Tammy McGee 1-800-770-9893 ext 1 info@crsmt.com Costado norte de la plaza de deportes Samara, Nicoya 50205, GTE Costa Rica

Costa Rica School Of Massage Therapy

The Costa Rica School of Massage Therapy is the premier study abroad program in the world for Massage Therapy Certification, Yoga Training and Continuing Education!

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