



521 E. Hector Street • Conshohocken, PA 19428

All Classes held in Conshohocken PA unless stated otherwise.
Go to www.gotyourbackU.com or call 610 834 3992 for more information

2022 Spring - In Person Classes

FEBRUARY

MYOFASCIAL TECHNIQUES for CHRONIC POSTURAL FLEXION

Instructor: PAMELA WEST
Date: Sat, February 26, 2022
Time: 9am – 6pm
Cost: \$ 200 CE Hours: 8

EXPLORING the CORE

Instructor: SANDY O'BRIEN
Date: Sun, February 27, 2022
Time: 9am – 6pm
Cost: \$ 200 CE Hours: 8

MARCH

THAI MASSAGE

Instructor: BRADFORD NICARRY
Date: Sat & Sun, March 5 & 6, 2022
Time: 9am – 6pm
Cost: \$ 305 CE Hours: 16

INTRODUCTION to PNF STRETCHING

Instructor: BRADLEY MARTIN
Date: Mon, March 14, 2022
Time: 9am – 6pm
Cost: \$ 200 CE Hours: 8

TOOLS FOR THE TRADE

Instructor: DESMOND SLATTERY
Date: Tue, March 15, 2022
Time: 9am – 6pm
Cost: \$ 195 CE Hours: 8

LEARNING TO THINK MYOFASCIALLY

Instructor: PAMELA WEST
Date: Wed, March 16, 2022
Time: 9am – 6pm
Cost: \$ 200 CE Hours: 8

NECK CHECK

Instructor: SANDY O'BRIEN
Date: Thu, March 17, 2022
Time: 9am – 6pm
Cost: \$ 200 CE Hours: 8

WARM BAMBOO MASSAGE

Instructor: BRADFORD NICARRY
Date: Fri & Sat, March 18 & 19, 2022
Time: 9am – 6pm
Cost: \$ 305 CE Hours: 16

INTRO TO GUA SHA: THE LASH METHOD

Instructor: DR. HEATHER LASH
Date: Sun, March 20, 2022
Time: 9am – 6pm
Cost: \$ 205 CE Hours: 8

INTRO TO MASSAGE CUPPING

Instructor: AARON MITTICA
Date: Sat, March 26, 2022
Time: 9am – 6pm
Cost: \$ 200 CE Hours: 8

APRIL

MEDICAL MASSAGE 1

Instructor: BETH VILLANTE
Date: Sat & Sun, April 2 & 3, 2022
Time: 9am – 6pm
Cost: \$ 360 CE Hours: 16

SIDE "A"FFECTS

Instructor: SANDY O'BRIEN
Date: Sun, April 24, 2022
Time: 9am – 6pm
Cost: \$ 200 CE Hours: 8

MAY

HOSPICE MASSAGE

Instructor: BETH VILLANTE
Date: Sat & Sun, May 14-15, 2022
Time: 9am – 6pm
Cost: \$ 360 CE Hours: 16

YOUR AMAZING PSOAS

Instructor: PAMELA WEST
Date: Sat, May 21, 2022
Time: 9am – 6pm
Cost: \$ 200 CE Hours: 8



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COMING SOON!!

SEPTEMBER

ADVANCED MYOFASCIAL TECHNIQUES

LEVEL 2 PART 1

Instructor: with PAMELA WEST

Date: Sat & Sun, September 24-25, 2022

Time: 9am – 6pm

Cost: \$ 325 CE Hours: 16

ONLINE CLASSES

Ethics 4 CE \$34

Child Abuse Reporting 2CE \$19.95

Gua Sha (The Lash Method) 4CE \$99

Rotator Cuff 5CE \$99

Aromatherapy 2CE \$24.95

Super Serratus Anterior Muscle 2CE \$49

Advanced Online Classes

**Anatomy Cupping: Meningeal and Spinal
Release 2CE 50% OFF! \$ 115**

**Advanced Gua Sha: The Lash Method
201 2 CE 50% OFF! \$ 125**

**8CE Special Ethics/Aromatherapy/Child Abuse
Reporting \$80**

Heart Saver CPR & AED \$79

**Take the online class and come in for one-on-one
in person assessment!**

**Check the site for latest updates or call
610.834.3992 <https://gotyourbacku.com>**