

# Rooted Movement Seminars

Aaron Gustafson LMT, CAMT, Reiki Master.

**Always knowing a comfortable, efficient home rests in you.**

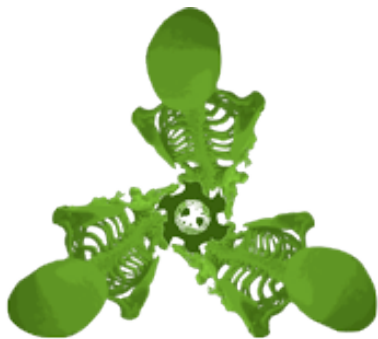
**Rooted Movement Corporate Seminars** empower individuals to care for and prevent the imbalanced postures, movements and pains of office work. Seminars can range from one hour in length to full day seminars.

**Rooted Movement** is synthesized from Myofascial Bodywork, Martial Arts\* (Wing Chun Kung Fu, JKD) and Chi-Cultivation techniques (Qi Gong and Reiki), Rooted Movement introduces the foundations of ease, balance and powerfully efficient body mechanics via the weight bearing and expression of force allowed by the unique human frame. Feel and focus on the musculoskeletal structures responsible for support from ground up, and learn the difference between hard and soft balance in tissues and joints. Feel tools to know your core and center, exploring freedom in sensations of support, soft balance and efficient force.

\*This class does not teach martial arts, Rooted Movement serves to pass on principles (gems of wisdom) from martial arts that can cultivate self-awareness, self-healing and efficient body economy- a roadmap to a supported, sustainable center.

**Aaron Gustafson LMT, CAMT, Reiki Master** is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. Aaron teaches accredited continuing education classes to other manual therapists and licensed massage therapists. Rooted Movement originated as one of these courses. Aaron has practiced in the healing arts since 1998. He began onsite-corporate chair-massage in 2000, gaining his unique insight into office related pain-relief. He publishes [www.TranscendBodywork.com](http://www.TranscendBodywork.com) and owns Transcend Bodywork LLC, a bodywork and education practice in Portland, Oregon. He specializes in chronic/acute pain relief and resolution through focusing on myofascia (connective tissue), skeletal alignment and energetic balance/economy.

Contact us: 503-407-6046 to arrange your seminar today.



TranscendBodywork.com

