

EMMETT Technique

The Chameleon Approach to Body Therapy



Reduce pain and discomfort
Improve movement

Course Dates for 2019

Sunday, 24 March

Saturday, 31 August

Sunday, 17 November

(Others by arrangement)

EMM-Tech

Easy Muscle Management - Short Course

The EMMETT Technique is an internationally recognised muscle release technique suitable for all ages. No bodywork experience required.

In 8 hours you will learn gentle, non-invasive muscle release techniques to benefit you and your family

TECHNIQUE BENEFITS

- improve general mobility and flexibility
- Aid forearm weakness and grip strength
- Improve neck rotation
- Aid shoulder pain and restrictions
- Improve balance and stability
- May assist with general pain & discomfort



walker
wellness

HOLISTIC SOLUTIONS Find us on 

Location:

Venues to be confirmed

Dates:

As above

Price:

\$250.00

Contact:

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For more information visit www.emmett-technique-hq.com