



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELP YOUR BODY EXHALE WITH FASCIAL STRETCH THERAPY



FST(fascial stretch therapy) is a unique and pain free assisted stretching technique that is individualized and table based. The practitioner works with the client’s breath and performs stretches to target tight muscles, fascia (connective tissue), and in the joint capsules. In as little as 1–3 sessions FST can help reduce the following:

- Pain and soreness
- Increase flexibility and range of motion
- Improve muscle function/movement performance
- Decrease joint compression and impingement
- Improve circulation
- Reduce stress
- Improve sleep and energy levels
- Reduce risk of injury of motion

Traditional methods of assisted stretching generally focus on isolated muscle stretching, which is often uncomfortable, jams joints, and only offers temporary results. FST offers an alternative, gentler approach that regulates the nervous system and facilitates your body’s amazing ability to create lasting change in your fascia.

Stretch Therapy Packages: Choose Half or Full Hour

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|-------------------------------------|---------------------------------|
| ■ 1 session / Half Hour / \$60 | 1 session / 1 hour / \$85.00 |
| ■ 5 sessions / Half Hour / \$275.00 | 5 sessions / 1 hour / \$400.00 |
| ■ 10 sessions / Half Hour \$500.00 | 10 sessions / 1 hour / \$750.00 |

Contact

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