

Name of Class: Roll Your Pain Away

Contact/Instructor Name: Anthony Chrisco

Contact Information:

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How to Register: Drop-ins welcome

Cost: \$10/class for MTA card holders
\$11/class for MTA guests

Date of Class: Tuesdays @ Rec 3: 9am – 10am
Wednesdays @ Rec 1: 7:15pm-8:15pm

Description of Class:

Roll Your Pain Away is open to all ages. Alleviate the symptoms of common musculoskeletal ailments with the Fasciation Method. This self-care method is like a toe to head self-massage of your muscles and fascia, the largest organ system of the body. Poor fascia has been determined to be the root cause of the majority of musculoskeletal ailments including: plantar fasciitis, knee pain, low back stiffness, shin splints, elbow tendonitis, carpal tunnel syndrome, trigger finger, Dupuytren's contracture, arthritis, frozen shoulder syndrome, sciatica, constipation and many more!

Without proper care, your fascia can exert up to 2000 pounds of tensile pressure per square inch on your nerves, arteries, veins, and lymphatic vessels preventing proper circulation and function.

Developed by Founding Members of the Fascia Research Society, this class will enable you to understand why you have aches and pains and how to mitigate those pains with simple and effective techniques using a Fascianator Roller. The body rolling techniques that you will learn will improve your flexibility, posture, circulation, and energy.

Bring a yoga mat, towel and water. Please dress comfortably. Exercise clothing or clothing that is not too baggy.

Registration is not required. Drop-ins are welcome.