



**THE “K3D” THERAPY SEMINARS  
“MYO-LYMPHATIC DECONGESTIVE THERAPY”  
EARN 8 CE Credits**



**Cost: \$200.00**

**Early Registration : \$175.00** \*Payable 3 weeks prior to seminar

**Late Registration: \$220.00** \*One week prior to seminar date.

**Cash at the door :\$220.00** \*Payment on the day of the seminar.

**DESCRIPTION**

**Instructor: Shelly Kalef, LMT, NCTMB. #MA56019**

**NCBTMB Approved Provider # 51611-11**

**CE Broker Provider # 50-11686**

**Experience and learn a new approach to decongestive therapy presenting how to remove chronic inflammation both superficial and deep and release pain.**

**A Decongestive, Detoxifying and Deep Therapy that addresses the body in 3 Dimensions, by addressing the back, side and front simultaneously.**

The focus of this class is to remove chronic inflammation toxicity, stagnation, edema, lymphedema, cellulite and other blockages in a side lying massage, utilizing a combination of breath and pressure directed towards the lymphatic system and its ports of exit .

You will learn special techniques for decongestion of the the neck & shoulders , lower back and the extremities.

You will learn proper draping for a side lying position. In this class you will also have ample time to practice the art of palpation, identify issues and know how to resolve them.

You will understand the importance of the BREATH in therapy and how it is connected to decongestive therapy.

This technique is excellent for the release of many dysfunctions such as Sciatica, Carpal Tunnel, Fibromyalgia, Lymphedema, Edema, Cellulite, Sinus Congestion, Tight Muscles, Trigger Points and much more. . It will help increase ROM and reduce inches as a side effect. This treatment has been known to have long lasting effects in the release of pain.

This technique complements existing modalities with a new perspective in decongestive therapy.