Assess and address soft tissues from a functional perspective. In our two-day intensive, practitioners will utilize a simple to follow systematic formula for assessing and addressing the soft tissue complex. Soft tissues function in response to joint motion. Therefore, assessing MOTION as opposed to muscles is foundational. In this class we will analyze motion with an emphasis on aberrant tension development followed by strategies to address findings. This system is built to fit within other models. Attendees will spend hands-on time adding to their assessment skills both globally (off table) and locally (on table). This course is designed by practitioners for practitioners and is 95% hands-on-learn-by-doing therefore strengthening your practical day-to-day skill set. We hope to see you soon.
Lenny Parracino, CMT, FAFS (Fellow of Applied Functional Science) Gray Institute Faculty

Lenny  is a former author, hands on instructor, and clinician for The National Academy of Sports Medicine. Currently, he serves as a faculty member of the Gray Institute of Applied Functional Science, and operates a soft tissue therapy business. Lenny has recently authored seven manual therapy manuals (Functional Soft Tissue Transformation) and the Gray Institute’s Certified Applied Functional Science (CAFS) curriculum for manual/movement practitioners of all levels. Lenny has spent over 25 years serving the health industry as an international lecturer and a soft tissue therapist. Lenny has performed over 300 lectures/ workshops and has written educational materials and consulted/lectured in the fitness/therapy industry and for various medical organizations around the world. Lenny has earned his degree in Health Science, is a Fellow of Applied Functional Science, holds a California certification/license to practice soft tissue therapy, and holds a certification in nutritional therapy. Lenny continues his studies under the world-renowned physical therapist, Dr. Gary Gray, and Dr. David Tiberio, as well as studying under various experts of structural integration. As a full time practitioner, Lenny integrates an eclectic approach of Soft Tissue Therapy with Brandi Marshall at Soft Tissue Therapy in Torrance, California

Brandi Marshall

Brandi Marshall has 25 years of experience working with clients helping them move with more ease and efficiency. Early in her career, she earned her Bachelor's degree in Nutritional Science from Pepperdine University, and shortly after earned certifications with the American College of Sports Medicine, American Council on Exercise, and National Academy of Sports Medicine. Additionally, Brandi is a proud Fellow of Applied Functional Science with the Gray Institute. Throughout her career, Brandi has explored various courses in myofascial techniques and their applications. She has worked with a wide variety of clients from children to elderly, amateur to professional athletes of all levels and has taught fitness to groups large and small. She believes in using a principle based, systematic approach to optimize each individual’s authentic function.
**Important Course Information**

**Course Location:**
Soft Tissue Therapy 18119
Priarie Ave. Suite #117
Torrance, CA 90504

**Class Times (each day):**
Class Times (each day Saturday and Sunday):
7:30-7:45 - Registration
8:00-10:00 – Guiding Principles of Movement/Connective Tissue
10:00-11:00 - Assessment techniques of the applicable topic
11:00-12:00 - Soft tissue techniques of the applicable topic
12:00-1:30 - Lunch Break
1:30-5:00 - Soft tissue techniques of the applicable topic/Practical case study example for the applicable topic
5:00-6:00 – Questions/Review

Always wear comfortable clothing to class. Always have appropriate clothing, quick on hand for receiving tissue work.
Bring note-taking provisions - paper, notebook, pencil, etc.
Bring your own water bottle for use in class. Manuals will be provided.

**Hotel Information:**
Staybridge Suites (close to Soft Tissue Therapy)
19901 Prairie Ave.
Torrance, CA 90503
310-371-8525

Ayres Hotel (3 miles from Soft Tissue Therapy)
14400 Hindry Ave.
hawthorne, CA 90250
310-536-0400

Best Western Redondo Beach Galleria Inn (1.5 miles from Soft Tissue Therapy)
14400 Hindry Ave.
hawthorne, CA 90250
310-536-0400

**Register today by simply:**
1. Logging onto [www.grayinstitute.com](http://www.grayinstitute.com)
2. Hover over the EXPLORE tab
3. Select (FSTT) Functional Soft Tissue Transformation

**2016 Schedule**

**June 4th & 5th**

**Upper Extremity**

**Sept. 10th & 11th**

**Lower Extremity**

**ONLY $595 for the entire weekend!!**

“the flow and creativity of the FSST approach to soft tissues are supported by the science of fascial release. The tools that I have acquired attending this course truly is priceless to any hands on therapist"

Henry Rivera, LMT, ART, FAFS
Who Should Attend?
A practicing practitioner (all excepted)

How is this different than other soft tissue courses?
Although we believe you should learn from everyone. Our course is founded on movement, functional-individual movement. Therefore, in evaluation/assessment your focus will be on how the patient/client moves not listed/labeled structures. This changes the application of techniques dramatically as it involves an immediate thought process as opposed to a memorized protocol. No protocols only processes that empower you to be a more proficient practitioner.

What should I wear to the course?
This course is 90% hands-on, which means you will be moving and being moved. Please bring or wear shorts for the lower extremity courses and sports bra for the spine and upper extremity courses.

What is the attendee instructor ratio?
All attendees will practice with instructors with EVERY procedure. The class size is small for this reason. We want to ensure you feel comfortable applying what you learned immediately. In fact we will stay late if needed.

Do I have to attend the classes in order?
No, you can take any class at anytime

Will I receive materials at the course?
Yes, you will receive a comprehensive manual with all materials covered in course. Many past attendees have stated the manuals are the most helpful when they returned back to practice, helping them strategize “what’s best” for their clients/patients.

Is this like massage therapy?
No, although instructors have extensive backgrounds in soft tissue therapy what you’re learning is a unique “blend” of many years of practice using the unifying principles of human movement combined with an understanding of how soft tissues function within movement. Therefore, the techniques are based on function not structure or symptoms, which makes FSST very unique.

Can the courses be purchased on-site or are all courses held in Torrance CA?
Yes, courses can be taught at your facility. Please contact Keith Bozyk for more information.

If I have questions regarding the course content whom can I contact before deciding?
Lenny Parracino @ lparracino@gmail.com or 805-404-1066 or Brandi Marshall 805-813-0632

If I have questions regarding registration, whom can I contact?
Keith Bozyk @ KBozyk@grayinstitute.com or 517-266-4653