



# A & H T

53 Marshall Street  
Newton, MA 02459-1657

*Maxine M. Shapiro*

Tel: 617-965-5251

Fax: 617-395-2621

thai @ fixitmaven.com

## **5 ELEMENT CUPPING** ©2008Maxine M. Shapiro 617-965-5251

**Developed by Maxine M. Shapiro, Lic. Ac., NCCAOM, LMST, NCBTMB**

**Save your hands, massage effortlessly, work smarter and relieve pain.**



Cupping is a method used in oriental medicine to relieve stagnations, promote circulation, ease muscle tightness and increase the flow of Qi throughout the body. As massage therapists we use the cups, sliding, gliding and other techniques to relieve pain for clients and reduce the finger and hand injuries of the therapist. 3 CE.

### **Benefits:**

- \* Opens fascial Restrictions of muscles of the back, neck, shoulders, arms and legs.
- \* Relieves trigger points, adhesions, fascial bubbles.
- \* Opens pathways of meridians.
- \* Relieves tightness along the splenius capitus, levator scapula and rhomboid attachments and trapezius muscles.
- \* 5 Element Cupping can be integrated within any massage modality.
- \* Reduces headaches.
- \* Promotes healing on a deeper level.
- \* Saves the therapists hands from overuse.
- \* Increases the clients range of motion
- \* Increases deeper breathing.

### **You will learn:**

- \* To evaluate restrictions
- \* To use the cups and care for them.
- \* To treat carpal tunnel syndrome.
- \* To use the movement of 5 Elements.
- \* To integrate 5 Elements with cupping
- \* To balance the basic energy of the client

**3 CE**

**Cost: \$85.**

### **Therapists say:**

**Great class! I learned a lot!  
I see results quickly!**

**This is a fun , productive class.  
Maxine is an experienced teacher**