



## Gently helps

posture, tension,  
stress, pain  
& mobility

**Susan Green** B.Sc. (Hon)

Certified Teacher of the  
Mitzvah Technique

416.781.5126 | [susangreen@sympatico.ca](mailto:susangreen@sympatico.ca)

[mitzvahtechnique.ca](http://mitzvahtechnique.ca)



## Mitzvah Technique

- dynamic method designed to help improve postural alignment and release tension and stress
- composed of gentle exercises and therapeutic table work
- readily utilized before, during and after massage and other activities.
- all ages and fitness levels benefit from the Mitzvah Technique.

**Level 1 Apprentice Teacher of the Mitzvah Technique Course Introductory Workshop**  
First in a series of four weekend workshops leading to Apprentice Teacher of the Mitzvah Technique.

**Introductory Workshop Course: February 24 to 28, 2011**

**Individual Session Workshop Dates:**

Thursday, Feb 24, 2011 - Monday, Feb 28, 2011

**Introductory Weekend Workshop Dates:**

Friday, Feb 25 - Sunday, Feb 27, 2011

**Location:** Greenwood Inn and Suites, Corner Brook,  
Newfoundland & Labrador



Massage Therapists registered with the College of Massage Therapists of Newfoundland & Labrador can **earn up to 8 Category A CEU'S** in the Introductory Mitzvah Technique Weekend Workshop Course without leaving NL. Completion of all four weekend workshop courses **provides 28 Category A CEU credits**. The Introductory Workshop Course is intended for Registered Massage Therapists, but others will greatly benefit.