

# **MASS135W : Deep Tissue Massage**

A hands-on course, Deep Tissue Massage teaches the use of deeper strokes in massage therapy, including trigger point, myofascial release, and cross-fiber friction. Students learn how to apply deeper pressure without straining their bodies.

**Lecture Hours** 2

**Lab Hours** 2 **Credits** 3

**Prerequisite Courses**

MASS110W