

# Manual Lymphatic Drainage Massage



Facilitator: Michelle Vassallo

## About the Instructor:

Michelle Vassallo, Director of Rhythm Massage Development and fellow therapist, has passionately designed these workshops with a focus on making them comprehensive and relevant to therapists. A dedicated educator with many years of experience in the classroom and in the field of bodywork, she guarantees a fun and dynamic learning journey for her students.

## Course Information:

Manual Lymphatic Drainage (MLD) is a highly specialized technique that can be used to treat many injuries and pathologies. It can be performed as a preventative technique that bolsters our bodies' ability to rejuvenate and resist all types of stress. MLD not only stimulates the vital functions of the skin, tissues and internal organs, but also serves to eliminate cellular waste and stimulate the parasympathetic relaxation response inhibiting muscle tonus and pain. It provides an excellent tool for massage therapists when regular massage is contraindicated

This unique training course covers the many dimensions of Manual Lymphatic Drainage. All areas of the body will be reviewed and students will be provided with an understanding of the lymphatic system and the implications and complications that are associated with MLD. By the end of this two day certification course, you'll possess the ability to understand and perform a full lymphatic drainage with confidence and skill.

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