

Saturday, May 31, 2025

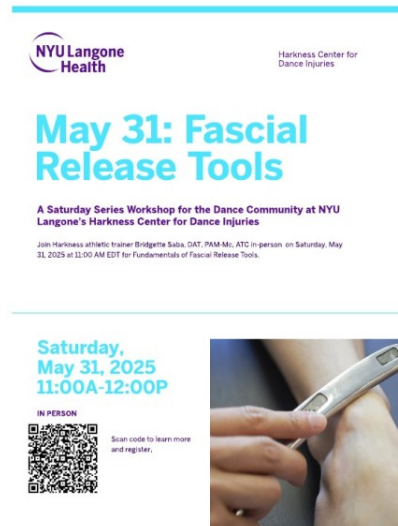
Harkness Center Saturday Series: Fundamentals of Fascial Release Tools

Company: Harkness Center for Dance Injuries

Venue: Harkness Center for Dance Injuries

Location: New York, NY

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IN PERSON WORKSHOP

Instrument assisted soft tissue mobilization (IASTM) is a skilled intervention that includes the use of specialized tools that manipulate the skin, myofascia, muscles, and tendons with various techniques. In this hands-on Saturday Series, you will explore how to properly and safely implement the use of stainless-steel instruments and cups by learning and practicing guidelines and techniques to help facilitate pain reduction, improve tissue function and range of motion, and promote faster tissue healing.

Participants are strongly encouraged, but not required, to bring their own instruments (e.g. steel, gua cha, cups, etc.). For questions on obtaining these, please email kristen.stevens@nyulangone.org. Participants are strongly encouraged to wear comfortable and flexible clothing.

Harkness Center for Dance Injuries

614 2nd Ave. 2G

New York, NY, 10016

2125986054

<https://www.eventbrite.com/e/harkness-center-saturday-series-fundamentals-of-fascial-release-tools-tickets-1270769007309?aff=oddtcreator>

Schedule

May 31, 2025: 11:00am

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