

## TRI TOWN BICYCLES

# SEMINAR SERIES

## ROSSITER FOR THE ENDURANCE ATHLETE

This seminar will introduce you to the “Rossiter Stretching Method”. Rossiter can help you experience immediate pain relief and help athletes get back to physical activity quickly and without pain.

This seminar is led by Ellen Argo, owner and founder of Treasure Valley Rossiter. Ellen trained in Boulder, CO and brought Rossiter to Boise as one of only 12 Rossiter Master Instructors in the world.

### WHAT IS ROSSITER?

The Rossiter technique is a method of relieving pain and tension in the body, particularly in the muscles and fascia. It is a form of soft tissue therapy that uses a combination of joint mobilization, stretching, and pressure to release tension and improve range of motion. These techniques are often used to treat conditions such as chronic pain, sports injuries, and tension headaches. It was developed by Richard Rossiter, a physical therapist, and is typically performed by trained therapists or practitioners.

### SEMINAR OVERVIEW

This 30 minute, free, Low Back and Hips Class will demonstrate three effective “Roll-It-Like-Rossiter” moves to help you with lower back, hip, and sciatic pain. Ellen will tell you more about how to mobilize your body without adverse side effects, learn what is causing pain and more.

This class will cover the topics of:

- Self release for low back pain
- Self Release for knee and foot pain
- Long-lasting pain relief
- Natural pain solutions

This class is FREE to attend. For a more in depth new client session with a certified master Rossiter practitioner, the first session is \$45.

### SEMINAR DETAILS

**PRESENTED BY:**

Ellen Argo  
Owner, Treasure Valley Rossiter

**DATE:** February 25TH

**TIME:** 10am ~ 10:45am

**PLACE:** Tri Town Bicycles (Basement)

**PRICE:** FREE

**RSVP:** antonio@tritownboise.com

**TRI TOWN BICYCLES**

1510 N 13th St.  
Boise, ID | 83702

208-297-7943  
www.tritownboise.com