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## *Services offered*

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*Registered massage therapist  
Practitioner in Trager® Approach  
Tai Chi instructor – Arthritis Program*



## *Serge Cusson*

**Member of FQM & l'Association  
Trager<sup>md</sup> Québec**

**819.210.3649**

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[www.sergecusson.com](http://www.sergecusson.com)

Receipts for insurance provided.

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## *Serge Cusson*

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I am fascinated by all aspects pertaining to people's well-being in general.

My working objectives are to help people find their motricity, decrease stress, release all tensions and physical pain and encourage them to maintain good physical health.

My treatments offered are tailored to each person's needs.

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## *Massage therapy*

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Massage helps us to become aware of registered tensions in our body, as a result of conflicts, stress, fatigue, bad posture etc. It is also a wonderful way to relax, decrease stress, and improve digestion and sleep.

Here is the list of the types of massages that I propose:

- Amma massage;
- Californian Massage;
- Trager®.

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## *Amma massage*

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Amma, a form of Japanese massage, relies on pressure much like acupuncture, shiatsu and other forms of acupressure massage. Amma massage can provide relief to persons with an illness or mental health issues, as the massage therapist works to correct physical, emotional or mental imbalances.

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## *Californian massage*

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Long, graceful movements and vigorous muscle manipulations are utilized in the Californian massage. A Californian massage is a sensual full-body massage. Californian massages are very relaxing and give a chance to reconnect with his or her body.

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## *Trager®*

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Trager® Approach is based on the premise that discomfort, pain and reduced function are physical symptoms of accumulated tension that result from accidents, weak posture, fear, emotional blockages and daily stress. It focuses on reducing these unnatural patterns of movement and eliminating neuromuscular tension by using gentle, rhythmic rocking motions.

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## *Classes & training*

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### **Tai Chi :**

The Tai Chi is a moving form of yoga and meditation combined. It consists of a sequence of movements derived from the martial arts.

### **Initiation to Trager® :**

The Trager® Approach is a unique method of "body education" that involves extremely gentle and painless hands-on manipulation of the limbs, joints, and muscles by a trained practitioner. It also includes the teaching of free-form movement sequences to increase body awareness and enhance agility.