



View video clips at  
**www.atpeacemedia.com**

- > Click on DVDs/Video
- > Click on Bodywork Pro Collection
- > Click on Forearm Dance



## Forearm Dance DVD

Retail Price: \$74.50

Total Run Time: 3+ hours

Contact: Sherry Donovan, Sales Director  
800-619-1410 [sherry@atpeacemedia.com](mailto:sherry@atpeacemedia.com)

A portion of the proceeds from purchases of Forearm Dance are donated to the non-profit, charitable organization, *Share Our Strength*.

*Discover an invigorating, groundbreaking massage technique that combines efficient body mechanics with the use of only the Forearm and Olecranon as tools. Forearm Dance™ focuses on giving a full body circulatory massage combined with the depth and muscular separation found in deep tissue work.*

*This in-depth, almost four hour instructional program offers a variety of instructional techniques in easy-to-access DVD chapters, presented in a captivating coastal setting, accompanied by an inspiring musical score.*

During my massage career of over two decades, I had to develop an effective way to sustain my clientele, teaching schedule, and my own health.

Practice Forearm Dance and you will learn more efficient work habits, while having fun and feeling good. Enjoy the dance.

*- Val Guin  
Creator, Forearm Dance*



AT PEACE<sup>®</sup>  
MEDIA



## Forearm Dance DVD PRODUCT DETAILS

Val Guin's Forearm Dance™ is a NEW practitioner-friendly, instructional massage program. This DVD is 3+ hours. It includes invigorating, innovative massage techniques that combine efficient body mechanics with the use of only the Forearm and Olecranon as tools.

### DVD MENU - THREE PROGRAM OPTIONS

#### OPTION 1: Forearm Dance

An in-depth, comprehensive training session of the Forearm Dance

##### Forearm Dance

##### Instructional - Run Time 49:30

Detailed explanations of stances, body mechanics and tool usage for each stroke, concept and technique used to give a Forearm Dance massage to the entire body. Includes nine chapter stops.

##### Forearm Dance

##### Demo 1 - Run Time 44:34

Val demonstrates a full body Forearm Dance massage with four chapters covering the back, legs, abdomen and chest.

##### Forearm Dance

##### Demo 2 - Run Time 44:34

Val demonstrates a full body Forearm Dance massage with voice over.

#### OPTION 2: Special Features

Chapter stops include the following:

Tools & Positions  
Glossary of Terms  
Q and A with Val Guin  
Workshop and classroom footage and more.

**Total Run Time 54:30**

#### OPTION 3: Spiral

Val teaches a group of students the "Spiral" exercise, which opens the body, allows Qi to flow and grounds energy, enabling the practitioner to sustain their work and health with increased vitality.

**Total Run Time 13:05**

#### ABOUT: Val Guin

Val Guin is an internationally known certified massage therapist who has been doing bodywork for over 23 years. She is a founding member of the Santa Monica Center of Healing Arts where she maintains a private practice. She is also a Director of Education for the Institute of Psycho-Structural Balancing (IPSB) and she has been a presenter for the AMTA. After suffering severe injuries in her back and arm after being hit by a drunk driver, Val created Forearm Dance as a self-healing and practitioner-friendly form of massage.

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

At Peace Media is the exclusive wholesale distributor of Val Guin's Forearm Dance DVD