

Stretch Therapy Boston



Justin Chien is certified by the internationally renowned authors/experts Kit Laughlin and Olivia Allnutt through their Stretch Therapy Teacher Intensive training. It is based on their two best-selling books: “Stretching & Flexibility” and “Overcome Neck & Back Pain”.

By stretching effectively, your strength and flexibility can be built collectively.

Why Stretch Therapy? As a long-time Yoga teacher, Justin has been exploring an authentic progression of Yoga practice in the modern world. He found it! With the continuous support from the creators of Stretch Therapy, Kit and Olivia in Australia, Justin has gained an in-depth knowledge of this constantly evolving, empirical technique. Justin is honored to be part of the world-wide teaching circle for sharing this unique and effective approach in Boston. As one of the only five teachers in the world who are qualified to facilitate the Stretch Therapy workshops, he has been a hidden gem in Boston to help us move with grace and ease. Students range from professional athletes, yoga teachers, fitness trainers, dancers, to everyday people.

It is a terrific complement to your existing fitness routine and daily activities.

For everyone! Classes are held with a group of students to explore the benefits of practice together. Variations of the exercises are offered based on the individual’s needs. Students can focus on the proper technique of each exercise and experience the benefits from it. Variations of the exercises are gradually introduced following the principles of the Stretch Therapy system.

Date: Every Friday (Please visit the website for the latest schedule.)

Time: 6pm–7pm (60 minutes)

Price: \$20 per class. Drop-ins welcome!

Locations: Urbanity Dance, 725 Harrison Ave Suite 100, MA 02118

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