

# Integral Bodywork

with Ricky Fishman, DC



Dr. Fishman has been practicing and integrating many chiropractic and soft tissue techniques throughout his career.

He is now offering hour-long sessions that, depending on need, can include the following:

- **Deep Tissue**
- **Myofascial Release**
- **Trigger Point**
- **Neuromuscular Facilitation**
- **Craniosacral**
- **Chiropractic Adjustments**
- **CBD**
- **Stretching and/or Strengthening Instruction**

Fee: \$125

Berkeley practice

**(510) 387-7881**

San Francisco practice

**(415) 567-2225**

**[ricky@rickyfishman.com](mailto:ricky@rickyfishman.com)**