

active balance

release your body

ABOUT GARRY NIMMO

Garry is now deemed the best Active Isolated Stretching and Strengthening therapist in the world today, continuing and evolving the initial concept that was founded by Aaron Mattes in Sarasota, Florida.

HOW IT ALL BEGAN

Garry, with an vastly experienced history in Manual Therapy, and a hugely successful clinic behind him, began his training in 2003.

He was then certified in Swedish Massage, Remedial and Sports Massage, and Advanced Remedial Massage. Later, Garry became certified in Core Structural Integration, from the renowned Core Institute led by George Koselous in Tallahassee Florida, and Orthopaedic Massage through top International Lecturer James Waslaski.

Garry now also boasts a Diploma in manipulation and a Honours Degree in Manipulation



THE TURNING POINT

It was during 2005, Garry was introduced to Aaron Mattes, who founded and developed Active Isolated Stretching and Strengthening Understanding its revelation, and even having been at the receiving end of this treatment himself, Garry started to introduce AIS into patient treatment plans. From this point things began to change.

Due to the phenomenal results produced by AIS, 2012 Garry decided to become a dedicated full time AIS specialist, and an international lecturer. Garry was able to change his patient treatment plans, now being able to treat the Medical and Physiological problems to which his patients presented him, which he felt he was unable to adequately treat with former Practices or Techniques.

Since then Garry has evolved AIS to another level, changing countless lives. From improving athlete champions to helping rehabilitate various illness, providing care thats second to none. In 2015 Garry sat the Certification exam in AIS, AISNCB (Active Isolated Stretching National Certification Board) in which he was successful in, making Garry the only Board Certified AIS therapist outside the USA and the Principle of the only AIS teaching Academy, Academy for Arron Mattes Therapies which is endorsed by Aaron Mattes. This means Garry now trains other therapists to learn how to practice through its Introduction/Basic Seminar to its 'Certificate of Proficiency' and its 'Diploma in AIS', which is the only one of its type in the world.

Garry continues to travel to Sarasota Florida, to the original home of AIS, where he observes founder Aaron's clinic, and assists in Arron's Advanced 5 day seminars on a regular basis with great passion.

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