

*Innovation  
Integration  
Integrity*  
**New Horizons in Healing**

Continuing Education with  
Jocelyn Chouinard RMT, BA  
Northumberland College of Massage Therapy  
1888 Brunswick St., Halifax, NS B3J 3J8

- \* Individualized hands-on experiential learning
- \* Easily integrated into your practise
- \* Easy to follow manual and handouts included
- \* Personal attention and interaction
- \* Therapist and patient friendly techniques
- \* Dynamic, innovative teaching methods

***Paradoxical Myo Rhythmic Release Workshop Level 1  
Dec. 5/6, 9:30 am - 6 pm***

Jocelyn's innovative approach to soft tissue treatment was greatly inspired by her 40 year career as a dancer and dance instructor. It combines elements of Trager, Korean Relaxation, Passive Range of Motion, Trigger Point Therapy and Passive Release Technique to allow profound release without tissue damage or discomfort. A joy for both therapist and client, this technique also teaches the client to associate release of pain and tension with healthy and natural movement patterns.

----- UPCOMING WORKSHOPS in 2010 -----

***MUSCLE ENERGY TECHNIQUE***

***Vertebral Column: Pelvis and Sacrum: Ribs***

Muscle Energy Technique is a gentle, non-invasive form of Proprioceptive Neuromuscular Facilitation, which uses the body's innate golgi tendon and muscle spindle reflexes to restores optimal function to joints which have been restricted by shortening and spasm of the surrounding musculature. This Effective, Safe and Simple technique also offers with immediate and verifiable results for clear documentation.

***MYOFASCIAL RELEASE AND MOBILIZATION***

***Introduction - Level 1 - Level 2***

Myofascial Release and Mobilization is a dramatically effective, non-invasive and interactive whole body therapy, which focuses on the fascial system as the missing key to the successful assessment and treatment of chronic pain syndromes, motion restriction, musculoskeletal dysfunctions and long standing trauma and injuries that resist conventional treatment. Myofascial Release and Mobilization is also an ideal technique to combine with Muscle Energy and Paradoxical Myorhythmic Release for even more profound results.

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Name: \_\_\_\_\_ email: \_\_\_\_\_  
Phone: h \_\_\_\_\_ w \_\_\_\_\_ cell: \_\_\_\_\_  
Address: \_\_\_\_\_

Myo Rhythmic Release – LEVEL 1 before Nov. 20<sup>th</sup> \_\_\_\_\_ \$350 after Nov 20<sup>th</sup> \_\_\_\_\_ \$395  
MTWPAM members will receive a \$75 introductory discount if paid IN FULL before Nov. 20<sup>th</sup> \_\_\_\_\_ \$275  
Please note that a \$100 non refundable deposit is required to hold your place in the course. \_\_\_\_\_ \$100

Method of Payment: cheque \_\_\_\_\_ money order \_\_\_\_\_ credit card with PayPal to kinetherapy@eastlink.ca \_\_\_\_\_

Please mail payment to Jocelyn Chouinard Box 508 Lunenburg, NS B0J 2C0

Registration and info: (902)640-2473 or kinetherapy@eastlink.ca ; www.kinetherapy.com