

Innovation
Integration
Integrity

New Horizons in Healing

Continuing Education with
Jocelyn Chouinard RMT, BA
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(902) 640-2473 (514) 969-2220 cell

- * 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

MYOFASCIAL RELEASE AND MOBILIZATION Level 1

Saturday and Sunday, October 23rd and 24th - 10 am to 5 pm

Location - 67 Cherry Brook Rd. Dartmouth, B2Z 1A8 (lots of free parking)

Myofascial release is a unique, whole body approach, which focuses on the entire connective tissue (fascial) system to successfully treat long standing chronic pain, postural problems and movement restriction/discomfort that resist other conventional treatments. This very non-invasive and highly effective approach to manual and massage therapy is based upon the work of John Barnes, PT who made an amazing contribution to the growth and development of the Healing Arts by making his knowledge and skills accessible to countless therapists throughout the world. Jocelyn Has trained with John Barnes PT., as well as his highly creative and gifted protégé, Claudia Scrivener, PT. Jocelyn will present fundamental anatomy and physiology, assessment and treatment principles and wide variety of applications for different areas and many of the most common chronic musculoskeletal dysfunctions. She guarantees a direct and individual hands-on experience in this course to assure that each student will be able to **work with the client's fascia, like a sculptor, to find and release the specific areas that are the causes of these problems**, allowing the body to restore itself to a healthy state. Myofascial Release compliments all other massage and manual therapy techniques for optimal results!

----- UPCOMING WORKSHOPS in 2010/2011 -----

MYOFASCIAL RELEASE AND MOBILIZATION - LEVEL 2

MUSCLE ENERGY TECHNIQUE - Vertebral Column 1 and 2

Muscle Energy Technique is a gentle, non-invasive form of Proprioceptive Neuromuscular Facilitation, which uses the body's innate reflexes to restore 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.

PARADOXICAL MYORHYTHMICE RELEASE - Level 1

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 movements patterns.

Name: _____ email: _____

Phone: h _____ w _____ cell: _____

Address: _____

MFR /Mobilization – Level 1 Oct 23/24, 2010 _____ \$350 if fully paid by Oct. 10th ; _____ \$395 after Oct 10th
MTWPAM members will receive a \$75 introductory discount if paid IN FULL for early registration _____ \$275

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