

Innovation  
Integration  
Integrity

# New Horizons in Healing

Continuing Education with  
Jocelyn Chouinard RMT, BA  
www.kinetherapy.com kinetherapy@eastlink.ca  
(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, July 24<sup>th</sup> and 25<sup>th</sup> 10 am to 5 pm

Lower Sackville Wellness Centre 546 Sackville Dr. Unit 400, Lower Sackville, NS B4C 2S2

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 -----

#### 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.

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Name: \_\_\_\_\_ email: \_\_\_\_\_

Phone: h \_\_\_\_\_ w \_\_\_\_\_ cell: \_\_\_\_\_

Address: \_\_\_\_\_

Myofascial Release/Mobilization – Level 1 July 24/25<sup>th</sup>, 2010 \_\_\_\_\_ \$350 by July 14<sup>th</sup> \_\_\_\_\_ \$395 after July 14<sup>th</sup>  
MTWPAM members will receive a \$75 introductory discount if paid IN FULL for early registration \_\_\_\_\_ \$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