

2012 Training Schedule

Core Body Therapy will take the student deeper into the art of Myofascial Release and Deep Tissue Bodywork



Training Outline:

Level 1 - Fundamentals

Foundations of Myofascial Release

Level 2 - Applied Myofascial Release

Working with the deep core, treating the thoracic outlet, pelvis & lower back.

Level 3 - Jaw/Neck

Myofascial Release in the treatment of the temporal-mandibular joint and cervical spine.

Journey to Oneness

1 day Myofascial Unwinding Workshop

Advanced Pelvis

Advanced protocols in the assessment and treatment of complex pelvic conditions

Course Dates:

Level 1 - Fundamentals

- Saturday 14 – Sunday 15 April 2012

Level 2 - Applied Myofascial Release

- Friday 15 June – Sunday 17 June 2012

Level 3 - Core Jaw/Neck

- Friday 5 October – Sunday 7 October 2012

Journey to Oneness

- Sunday 25 March 2012

Advanced Pelvis

- Sunday 29 July 2012

Length & Cost of training	Fundamentals	- 2 days	- \$400
	Applied MFR	- 3 days	- \$550
	Jaw/Neck	- 3 days	- \$550
	Journey to Oneness	- 1 day	- \$160
	Healing & Transformation	- 1 day	- \$160

Location – Sydney, Australia

To ensure the highest quality training, numbers will be limited per workshop.

Accredited with the Australian Traditional Medicine Society for 26 Continued Education Points.

For more information contact Chris O'Brien 0405 386256
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