

# FIRST LINE EDUCATION INC.

Be **First** in Line  
for **Success**

## 2019 In Class Course Dates

**June & 2:** Assessment From The Ground Up – Posture, Balance & Gait Basics

**June 8:** The Mighty Core - Exploring The Fascial Connections Between The Upper & Lower Body

**June 9:** Pelvic Floor Workshop

**June 22 & 23:** Buteyko Breathing, Meditation, & Relaxation Techniques

**July 6 & 7:** Case Study Day & Assessment Day

**July 13 & 14:** Clinical Assessment Of The Lower Body - Ankle, Knee, Pelvis & L-Spine

**July 27 & 28:** Yoga for Better Movement

**August 10 & 11:** Movement Day & Case Study Day

**August 24 & 25:** Clinical Assessment Of The Upper Body - T-Spine, Scapulae, & C-Spine

**September 8:** Functional Anatomy & Physiology Review - A Back to Basics Refresher

**September 7:** Combining Nutrition, Digestive Health & Movement for Your Best Health

**September 28 & 29:** Training Movement Patterns for Sport Performance

**October 5 & 6:** Assessment Day & Case Study Day

**October 26 & 27:** Simple Movement Patterns For Better Motor Control

**November 9 & 10:** Fascial Stretching, Massage, & Manual Therapy Techniques

**November 23 & 24:** Building Therapeutic Exercise Progressions for Rehabilitation & General Fitness

**December 1:** Thai Foot Massage

**December 7 & 8:** Case Study Day & Movement Day

\* Check the [First Line Education website](http://www.firstlineeducation.com) for online courses introduced in spring 2019!

**Researched Based. Practically Balanced.**