

# FIRST LINE EDUCATION INC.

Research Based  
Practically Balanced

## 2019:

**June 1:** Setting Up Your Practice - An Intro For Entrepreneurs

**June 2:** Soft Skills for Therapeutic Movement & Nutrition Professionals

**June 8 & 9:** The Benefits of Breathing, Meditation & Relaxation

**June 22 & 23:** Tensegrity Medicine Module 1

**July 6:** Introduction To Holistic Nutrition – Clean Eating, Recipes & Meal Plans For Better Brain Health

**July 13 & 14:** Assessment From The Ground Up - Posture, Balance & Gait Basics

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

**August 10 & 11:** Introduction To Therapeutic Exercise

**August 24:** Assessment Day

**August 25:** Case Study Day

**September 7 & 8:** Tensegrity Medicine Module 2

**September 15:** Increase Your Focus, Concentration & Memory With Whole Foods & Supplementation

**September 21 & 22:** Clinical Assessment of the Lower Body - Ankle, Knee, Pelvis & L-Spine

**October 5:** Movement Day

**October 6:** Case Study Day

**October 19:** Anatomy & Physiology – A Therapist's Refresher

**October 20:** Breast Cancer Rehabilitation & Exercise Considerations

**November 2:** Hip & Knee Replacement - Pre & Post Surgery Protocols

**November 3:** Pelvic Floor Workshop

**November 16 & 17:** Therapeutic Exercise Progressions

**November 24:** Managing Stress, Anxiety & Depression – The Connections Between Food & Mood

**December 1:** Thai Foot Massage

**December 7:** Case Study Day

**December 8:** Movement Day

2020:

**January 11 & 12:** Tensegrity Medicine Module 3

**January 25 & 26:** Clinical Assessment of the Upper Body, T-Spine, Scapulae & C-Spine

**February 8:** Assessment Day

**February 9:** Case Study Day

**February 22:** Combining Nutrition, Digestive Health & Movement For Optimal Performance

**February 23:** Rehabilitation Recommendations for Cancer Diagnoses

**March 7 & 8:** Make Your Fascia Work For You

**March 28 & 29:** Pereira Patterns: Simple Movement Patterns For Better Motor Control