

Ten 'Live' Online Courses!

Soft Skills and Business Development: Available in the summer of 2019

- 1) Business Management - Practice Start Up For Nutrition, Wellness & Movement Professionals
- 2) Soft Skills - Navigating New Referrals, Assessment Interviews & Other Random Client Challenges

Holistic Nutrition: Available in the spring of 2019

- 3) Introduction To Holistic Nutrition – Clean Eating, Menus & Recipes For Optimal Brain Health
- 4) Clear Your Skin With Simple Lifestyle & Clean Eating Habits
- 5) Increase Your Focus, Concentration & Memory With Whole Foods & Supplementation
- 6) Nutrition, Supplementation & Lifestyle Tips to Manage Anxiety, Stress & Depression

Anatomy and Physiology: Available in the spring of 2019

- 7) Comprehensive Anatomy & Physiology Review – a 150 hour online experience

Therapeutic Exercise: Available in the spring and summer of 2019

- 8) Introduction To Therapeutic Exercise - Screen, Select & Build Corrective & Progressive Programs
- 9) Hip & Knee Replacements – Pre and Post Surgery Protocols (**also offered in class**)
- 10) Combining Nutrition, Digestive Health & Movement For Your Best Health (**also offered in class**)

Over 25 In Class Courses and Experiences!

A Review of the Practical Basics:

- 11) Functional Anatomy & Physiology Review – A Back to Basics Refresher - **September 8**
- 12) Assessment From The Ground Up – Posture, Balance & Gait Basics – **June 1 & 2**
- 13) Clinical Assessment Of The Lower Body – Ankles, Knees, Pelvis & L-Spine – **July 13 & 14**
- 14) The Mighty Core - Exploring Fascial Connections Between The Upper & Lower Body – **December 2**
- 15) Clinical Assessment Of The Upper Body – T-Spine, Scapulae & C-Spine - **August 24 & 25**

Researched Based. Practically Balanced.

Applied Skill Acquisition:

- 16) Simple Movement Patterns For Better Motor Control - **October 26 & 27**
- 17) Building Therapeutic Exercise Progressions For Rehabilitation & General Fitness - **November 23 & 24**
- 18) Hip & Knee Replacements – Pre & Post Surgical Protocols – **June 8**
- 19) Yoga For Better Movement - **July 27 & 28**
- 20) Combining Nutrition, Digestive Health & Movement For Optimal Performance – **September 7**
- 21) Training Movement Patterns For Sport Performance - **September 28 & 29**

Integrated Soft Tissue Applications:

- 22) Buteyko Breathing, Meditation & Relaxation Techniques - **June 22 & 23**
- 23) Pelvic Floor Workshop - **June 9**
- 24) Fascial Stretching, Massage & Manual Therapy Techniques - **November 9 & 10**
- 25) Thai Foot Massage - **December 1**

Personal Coaching

- 26) The Inspired Life Project – **stay tuned for upcoming dates in the fall of 2019**

Clinical Skills Days:

- 27) Assessment Days: **July 7, October 5**
- 28) Movement Days: **August 10, December 7**

Case Study Days:

- 29) **August 11, July 6, October 6, December 8**

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