

## Soft Skills and Business Development:

- 1) Setting Up Your Practice: An Intro For Entrepreneurs – June 1, 2019
- 2) Soft Skills for Therapeutic Movement & Nutrition Professionals – June 2, 2019

## Therapeutic Nutrition:

- 1) Introduction To Holistic Nutrition – Clean Eating, Meal Plans & Recipes For Better Brain Health – July 6, 2019
- 2) Increase Your Focus, Concentration & Memory With Whole Foods & Supplementation – September 15, 2019
- 3) Managing Anxiety, Stress & Depression – The Connections Between Food & Mood – November 24, 2019

## Anatomy and Physiology:

- 1) Anatomy & Physiology – A Therapist's Refresher – October 19, 2019

## Clinical and Functional Assessment:

- 1) Assessment From The Ground Up – Posture, Balance & Gait Basics – July 13 & 14, 2019
- 2) Clinical Assessment Of The Lower Body – Ankles, Knees, Pelvis & L-Spine – September 21 & 22, 2019
- 3) Clinical Assessment Of The Upper Body – T-Spine, Scapulae & C-Spine – January 25 & 26, 2020

## Therapeutic Movement:

- 1) Introduction To Therapeutic Exercise - August 10 & 11, 2019
- 2) Therapeutic Exercise Progressions - November 16 & 17, 2019
- 3) Pereira Patterns: Simple Movement Patterns For Better Motor Control – March 28 & 29, 2020
- 4) Yoga For Better Movement - July 27 & 28, 2019
- 5) Hip & Knee Replacement – Pre and Post Surgical Protocols – November 2, 2019
- 6) Combining Nutrition, Digestive Health & Movement For Optimal Performance – February 22, 2020
- 7) Breast Cancer Rehabilitation & Exercise Considerations – October 20, 2019
- 8) Rehabilitation Recommendations for Cancer Diagnoses – February 23, 2020

### **Soft Tissue Therapy:**

- 1) Pelvic Floor Workshop – November 3, 2019
- 2) Tensegrity Medicine Module 1 – June 22 & 23, 2019
- 3) Tensegrity Medicine Module 2 – September 7 & 8, 2019
- 4) Tensegrity Medicine Module 3 – January 11 & 12, 2020
- 5) The Benefits of Breathing, Meditation & Relaxation - June 8 & 9, 2019
- 6) Make Your Fascia Work For You - March 7 & 8, 2020
- 7) Thai Foot Massage - December 1, 2019

### **Clinical Skills Days:**

**Assessment Days:** August 24, 2019, February 8, 2020

**Movement Days:** October 5, 2019, December 8, 2019, April 18, 2020

### **Case Study Days:**

**2019:** August 25, October 6, December 7

**2020:** February 9, April 19