

Fundamentals of Myofascial Release & Deep Tissue Body Work

Fundamentals is the foundation training in this advanced system of bodywork. The principal being to directly work with the fascia (the bodys connective tissue), muscles and joints to create fundamental change.

In this training the student will learn:

- The theory and philosophy of Myofascial Release.
- Effective, powerful techniques for the shoulder girdle/neck, lower back & pelvis.
- How to effectively use their body weight for maximum efficiency and minimum fatigue.
- Effectively assess and treat musculoskeletal pain.
- Dramatically improve clinical results in the treatment of neck and shoulder pain, pelvis and lower back.

In this training we will explore:

- How Myofascial Release affects the emotional feeling body.

Cost of Training: \$400

Duration of Training: 2 days

On completion of this training the student will have journeyed deeply into their own process, emerging with a greater sense of their souls purpose as healers on the planet.

These workshops have been developed from the result of thousands of hours of clinical practice and extensive training in Myofascial Release, Deep Tissue Massage and Trigger Point Therapy

Send a 50% deposit with your registration form to secure a place to:
Infinite Horizons (NSW) Pty Ltd
3 Kims Ave
Lugarno NSW 2210

ATMS Accredited for Continuing Education Points

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

Location – Bondi, Sydney

**For more information contact
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DEEP CORE BODY THERAPY

Myofascial Release and Deep Tissue Training

Incorporating direct and indirect

Myofascial Release, Muscle

Energy Techniques and Deep

Tissue Massage. Through the

vehicle of bodywork, we

endeavour to teach the student the

heart and essence of healing.

Presented by Chris O'Brien

Applied Myofascial Release

Applied Myofascial Release will take the student deeper into the art of Myofascial Release and Deep Tissue Bodywork.

In this training we will explore:

- The healing relationship.
- The body's own innate wisdom and its capacity to self correct.
- Common conditions of the myofascial and musculoskeletal system.
- The body's innermost fascial tracts.

Training Outline:

PART I Working with the deep core of the body. Advanced techniques for the ankles and feet, tibialis posterior, iliacus and the diaphragm.

PART II Assessment & Treatment of sacro-iliac dysfunction. Advanced techniques for the lower back and pelvis.

PART III Treatment of Thoracic Outlet Syndrome. Advanced techniques for the shoulder girdle and neck. Working the fascia of the anterior thorax.

Pre-requisite – Fundamentals of MFR

Cost of Training: \$550

Duration of Training: 3 ½ days

Deep Core Jaw/Neck

The Jaw/Neck Complex is one of the major sites of emotional & physical holding within the bodymind.

In this training the student will learn:

- How to assess and treat Temporomandibular joint dysfunction, a major source of chronic neck and shoulder pain.
- How to unwind the mandible and maxilla.
- Advanced techniques for the medial and lateral pterygoids, masseter, temporalis and buccinator.
- Advanced techniques for the superficial and deep fascia of the anterior neck.
- How the nervous system processes shock & trauma.

In this training we will explore:

- The emotional and physical causes of chronic jaw and neck pain.
- The body/mind split.
- Unwinding as a method to uncover & heal the somatic effects of trauma
- The spiritual dimensions of bodywork.

Pre-requisite – Fundamentals of MFR

Cost of Training: \$550

Duration of Training: 3 days

Deep Core - Mastery

Unwinding the Fascia

In this training the student will learn:

- Indirect Myofascial Release of the Cranium, Deep Posterior & Anterior fascia of the neck, limbs, thorax & lumbar spine.
- Powerful, effective techniques for the Pelvis, Sacrum & Sacro-tuberous ligaments.
- How to unravel energetic & fascial confusion in the body that perpetuates pain & disharmony in the bodymind.
- The physiology of trauma & shock.
- Unwinding as a method to uncover and heal the somatic effects of trauma.

In this training we will explore:

- The fascinating phenomenon of fascial unwinding.
- The concept & experience of embodiment.
- The body's own innate wisdom and its capacity to self correct.
- The organic consciousness of the body.
- How the healing of trauma leads to expanded states of consciousness.

Pre-requisite – Fundamentals & Applied MFR

Cost of Training: \$700

Duration of Training: 4 days