

DEEP CORE BODY THERAPY

Myofascial Release and Deep Tissue Training

2009 Training Schedule

Deep Core Body Therapy will take the student deeper into the art of Myofascial Release and Deep Tissue Bodywork.

Training Outline:

Fundamentals	Foundations of Myofascial Release
Applied Myofascial Release	Working with the Deep Core, treating the thoracic outlet, pelvis & lower back.
Deep Core Jaw/Neck	Myofascial Release in the treatment of the temporal-mandibular joint and cervical spine.
Deep Core Mastery	Indirect Myofascial Release – 4 powerful days of unwinding the fascia.
Unwinding & Breathwork Weekend	2 days of Inner work

Course Dates:

Fundamentals	- Saturday 18 – Sunday 19 April 2009
Applied MFR	- Friday 29 May – Sunday 31 May 2009
Deep Core Jaw/Neck	- Friday 10 July – Sunday 12 July 2009
Deep Core Mastery	- Thursday 27 August – Sunday 30 August 2009
Unwinding & Breathwork	- Saturday 28 March – Sunday 29 March 2009
Deep Core Annual Retreat	- Sunday 8 November – Saturday 14 November 2009

Pre-requisites for Applied MFR, Deep Core Jaw/Neck & Mastery is Foundations.

Pre-requisites for Mastery is Fundamentals & Applied MFR.

Pre-requisite for Annual Retreat is Deep Core Jaw/Neck OR Mastery

Length & Cost of training	Fundamentals	- 2 days	- \$400
	Applied MFR	- 3 ½ days	- \$550
	Jaw/Neck	- 3 days	- \$550
	Mastery	- 4 days	- \$700
	Unwinding & Breathwork	- 2 days	- \$280
	Annual Retreat	- 7 days	- TBA

Location – Sydney, Australia

To ensure the highest quality training, numbers will be limited per workshop.
Accredited with the Australian Traditional Medicine Society for 26 Continued Education Points.

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