SOuL
Wellbeing

This workshop is a part of the Integrative Fascial work Series. It was created with the intention to advance possibilities in healing with manual therapy. In bringing together those of us wanting to explore deep Fascial work and its connection via adhesion release to viscera , fluid pressure and movement , electromagnetic meridians and the prevention of illness .To return to the magic of hands on healing and the wonder of the intuitive and instinctual energy of the body .

Integrative Fascial work : a deeper dive into the pelvis and rib cage

a 2 day course for manual therapists

This course covers:

- practical fascial techniques for releasing the deeper pelvis with releases of the pelvic floor , coccyx ,pubic bone, ileo-psoas & piriformis and inguinal canal
- Fascial release for the diaphragm and fascial adhesions affecting breathing , the thoracolumbar junction , the floating ribs and consider related nerve and vascular pathways
- Identify areas where restrictions are affecting lymph movement and drainage , concepts of congestion in the body and how fascial adhesions create pressure imbalances
- Introduction to working with the dura and understanding cerebral spinal fluid
- How to use “non-force” techniques to get into deeper structures & for bone release.
- Integration session Q&A with case studies and break out session where you create treatment protocols with the learned material so it can be used immediately in your clinic settingI

Workshop Details:

This is a 14 hour in person and hands on workshop presented by Dr. Susan O'Leary from 9:30-5:30 over 2 days

***CMTNL approval for Cat A CEU's**
also CEU approved :MTANS ,PEIMTA, CMTNB , Atlantic physio branches

REGISTER via the shop page

Cost : $500.00 +hst

final workshop details and registration form will be sent via email from soleary@soulwellbeing.ca

Some testimonials:

-It was such pleasure to be in attendance . I learned much more that I expected and Im very excited for the next event . BD

-Thanks to you Susan ! I am using the breathing and I also shared it with some clients who are reporting relaxation greater the they have ever felt in a session before. JD

-I learned a lot and I really enjoyed your informal and inclusive teaching method. I have already started using the breathing technique and some of the fascial release techniques in my clinic last week and the results in some patients have been remarkable. It is very interesting work and easy to incorporate into my existing treatment regime. Joanie Cranston PT

Thank you Susan,
I am so grateful for the opportunity to meet and learn from you. I really enjoyed the courses and the horses especially. KP

I have felt so much more peace within my body since the course!
It has REALLY changed the game regarding treatments for my clients :)
Thank-you!
AL



Dr. Susan O'Leary

SOuL Wellbeing

soleary@soulwellbeing.ca

About your Instructor

- Susan is a Dr of Chiropractic who has been using fascial techniques since her time in CMCC in Toronto. Her style is an integration of what was learned from her mentors at CMCC in cranial-sacral work and visceral manipulation , courses with the Upledger CST and John Barnes MFR. Her work has also in recent years expanded into training to work on horses and using integrative bodywork in what is now being called "sub-threshold techniques" that work with the nervous system to create tissue and systemic changes. Susan also has yoga teacher training and has been a yoga student for 30 years and this informs her approach and integrative style. In her undergraduate days, Susan graduated from MUN with a BSc in Psychology where she focused on Neuroscience .This was the starting foundation of her interest in studying the effects of the nervous system on healing, wellness and what we now call self care with our clients and ourselves as therapists. Over the last 28 years of her time as a healer and bodyworker, she has explored many courses on mind body wellness and techniques, including the endorphin effect with William Bloom in the UK, and the Polyvagal theory of Stephen Porges. As a wellness professional she has been an owner and partner in several wellness and integrative medicine clinics, and as a former high performance athlete in the sport of curling , she was able to learn how to manage the effects of adrenal stress on performance, tools for recovery, and management of flow of training for optimal results. Susan uses this mix of experiences to create and inform programs applicable to many performance needs , and in continued curiosity of how we can evolve our understanding of supporting people in healing, recovery and creating a healthy planet.

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Thank you for your contribution to

creating Wellbeing