



This is a 4 hour workshop to allow the chance to practice and integrate techniques and have case study discussions. Workshops are great but often can get lost in the everyday return to busy practice. Going deeper was created to allow for us to come together post workshops , reconnect with each other as well as the material . also a chance to practice on one another and have some self care and a good luck or beverage.

## Going Deeper : 3 case study workshops

3 classes to explore further the world of fascial release and nervous system healing .

### What this workshop includes:

- Opportunity to go deeper with the fascial techniques and learn more about integration into your other techniques
- Share experiences with using the workshop information with your clients and create discussion about new possibilities
- Reconnect with others attending the course, allow for the energy of serendipity in making new professional connections or having a chance to spend more time with our peers.
- Take advantage of some CEU hours while allowing ourselves some self care
- Three 4 hour sessions available to cover all 5 of the workshop series

## Workshop Details:

This is a 4 hour in person workshop presented by Dr. Susan O'Leary .

REGISTER via the shop page

your course details and registration will be sent by email [soleary@soulwellbeing.ca](mailto:soleary@soulwellbeing.ca)

Some testimonials:

-I absolutely loved the classes , the breathing has been my go to on my lunch breaks and things I didn't know were bothering me are releasing .Having these tools is exactly what I needed. MF

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

## About your Instructor



**Dr. Susan O'Leary**

**SOuL Wellbeing**

[soleary@soulwellbeing.ca](mailto:soleary@soulwellbeing.ca)

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 25 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 25 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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