

Fascial Tools & Vagal Nerve tone for the therapists wellness

Experience a half day session of self care For body workers and Wellness professionals . Using tools to unwind your own fascia that also integrate vagal nerve regulation and self-healing.



SOuL
Wellbeing

This course covers:

- In this fun , practical and interactive workshop ,we will learn how to use self fascial release in 3 key areas for supporting and activating vagal tone & how it can reduce stress in your own body
- Learn fascial unwinding and release self care tools for common areas of strain in any therapists body like hands, neck , jaw and feet using fascial therapy balls. How “non-force” techniques work and how to use fascia to create unwinding and bone work .We will identify 1-2 key areas specific for your own facial release self care
- Learn a vagal breath technique that Susan uses with all her clients called the SOuL Breath Method that rebalances nervous system tone, improves release of held or collected tension & helps improve connection to the diaphragm and breathing
- How to add Nervous System integration into your sessions, as a part of your client education in self care, wellness and to better enhance the work you do and the way you feel while doing what you love.

Hear from past workshop participants

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

Thank you for a great weekend of wellness and knowledge.I look forward to what ever you plan to do next. I'm in ... let me know when and where! JH RMT

Thank you for providing the excellent training session 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. JC physiotherapist

Workshop Details:

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

***CMTNL approval for Cat A CEU's 2 hrs**

REGISTER via the shop page

course details and registration form will arrive by email from soleary@soulwellbeing.ca



- **About Susan and SOuL:** is a Dr of Chiropractic who has been using fascial techniques since her time in CMCC in Toronto. 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 full body 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 . Over the last 25 years of her time as a healer and bodyworker, she has explored many courses on mind body wellness and techniques. 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.