



Using Fascial Work to support the nervous system

A 1 day course for bodyworkers in learning fascial unwinding techniques specific to supporting vagal nerve tone

Exploring the Vagal Nerve for Wellness Series.

This course is a full day session. It can also be bundled with a half day workshop for \$350 +hst

This course covers:

- Focus on 3 key areas for supporting vagal tone and learning practical fascial unwinding techniques that can be integrated into your practice
- areas of focus include release of the diaphragm , pelvic floor and thoracic outlet
- Learning and Integrating a vagal breath technique that Susan uses with all her clients as part of your session and as post treatment support that improves results
- Using “non-force” techniques to work to get deep and how to integrate fascial unwinding into your sessions .
- How to add Nervous System integration into your treatment session , use the general knowledge as a part of your patient education in self care, wellness and to enhance the work you do.

Workshop Details:

This is a 7 hour in person and hands on workshop

*CMTNL approval for Cat A CEU's 3.5 hrs

also CEU approved :MTANS ,PEIMTA, CMTNB , Atlantic physio branches

REGISTER vis the shop page

final course details & registration form will be sent via email from soleary@soulwellbeing.ca



Dr. Susan O'Leary

SOuL Wellbeing

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.

