



SOuL
Wellbeing

This workshop is a part of the **Exploring the Vagal Nerve for Wellness Series**. It was created based on the findings of Polyvagal science, Heart Math Coherence and progressively elevated stress response patterns many people. Susan found significantly improved results, interesting ripple effects on overall wellness in clients when adding tissue releases integrated with vagal tone focus.

Fascial work, the cranium & unwinding stress in the head and face

A 1 day course for bodyworkers in learning techniques supporting the ventral vagal path to wellbeing

This course is a full day session. It can also be bundled with a half day workshop

Practical Understanding of the Nervous System .

Bundled Cost for both workshops is \$350

This course covers:

- Learning practical fascial techniques for releasing the facial cranium specific to the mandible, zygoma, occipital and temporal regions.
- Understanding on how these areas contribute to sinus problems, TMJ & vestibular issues.
- Learning how to use the releases to support & understand what is called ventral vagal nerve tone and the basics on the effects of probiotics and biome health in bodywork .
- Integrating a vagal breath technique with clients as part of your session and as post treatment support as part of an empowered client centred approach to building a wellness lifestyle
- Why “non-force” techniques can work to get into deeper structures and bone release and how to integrate fascial unwinding into your skill set and 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 presented by Dr. Susan O'Leary from 9:30-5:30

***CMTNL approval for Cat A CEU's 3.5 hrs**

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

REGISTER via the shop page

final workshop details and registration form will be sent via email from 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 a pleasure to be in attendance . I learned much more than I expected and I'm 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 than 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

-Try one workshop, do this one thing for yourself and just try. PF



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 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.



Thank you for your contribution to
creating Wellbeing