



Rehabilitate Feet, Spine, and Neck

with Touch To Inform & Optimal Walking

Based on Dr. Feldenkrais' Neuro Science Approach

#20-882858 | 15 CEs for LMT

This Touch to Inform seminar focuses on seeing, sensing and studying, in detail, elements for optimal walking so that injured backs, necks, and feet are seen as part of an integrated whole. Learn to guide a client's nervous system to disrupt muscular holding patterns inhibiting optimal action. Take an individualized approach to a long-term solution, customized for each person's unique walking strategy to create freer and more efficient moving spines, necks, and feet with less pain.



Learn to:

- Use sensory learning to clarify diagonals through the torso and even muscular tonus between flexors and extensors.
- Use Touch to Inform methods to involve extension of the spine and ankles in walking.
- Use *Touch To Inform* methods to lengthen the thoracic spine and enhance its ability to rotate.
- Use touch to quiet and communicate information about the feet and ankles to clarify the brain map for the feet.
- The ability to mobilize rib area, connecting to whole.

IN PERSON Seminar

Orlando February 25-27

Seminar Fee \$400

10% less with 3 week early registration
Packages Available

www.TouchtoInform.com

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Provider # 452056-12 "Touch to Inform Seminars is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider." CEBroker #50-1980

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