



Rehabilitate Feet, Spine, and Neck

with Touch To Inform & Optimal Walking

Based on Dr. Feldenkrais' Neuro Science Approach
#20-882858 | 15 CEs for LMTs

This Touch to Inform seminar focuses on seeing, sensing and studying, in detail, elements for optimal walking so that injured feet, backs and necks 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 feet, spines and necks 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.

IN PERSON Seminar

St Pete March 31- April 2

ONLINE

July 12-16

Seminar Fee \$400

*10% less with 2 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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