

BETTER BALANCE I

IN ORLANDO, IN PERSON w Bonnie & Nikki
Refine Your Observational Skills using Three Planes of Movement

20-671688



Better Balance I* May 16-18

(2-5 F, 9:30-5:00 S & S)

15 CEs for LMTs #20-671688

Central Florida School of Massage

450 North Lakemont Avenue, Suite A

Winter Park, FL 32792

*previous experience necessary

"What I enjoyed the most was the collaboration we could have with others already studying TOUCH TO INFORM's neurological approach. We were much more able to verbally share our experiences and integrate the concepts."
PP

Refine
your Skills
& Customize your
approach

Expand the Image of
Action in the
Brain Map

Learn neurological
strategies
to work smarter

Engage
your clients as agents
of their own self-
change

Touch to Inform Seminars integrate principles of neuroplasticity from The **Feldenkrais Method®**, offering you a unique, neuromuscular-skeletal approach to use within your favorite modality. Learn ways to engage your client's natural movement patterns so that their nervous system will effortlessly release excessive tension. Through non-verbal, subtle touch, you heighten your ability to observe, support where needed, and inform in a way that allows the client's brain to discover new possibilities. Personal Experience is used as a learning tool, allowing you to sense the relationships of old patterns and new possibilities.

Learn to:

Break Up Old Patterns by using **neurological strategies** to release habitual movement restrictions and restore balance.

Guide clients to experience the related connections within their skeleton for improved function and long-term benefits.

Expand Brain Maps for more Optimal, Safe, and Effective Action.

Better Balance I (Prior experience required) is the first of two **In-Person Seminars that complete the TOUCH TO INFORM Program**. As you collaborate with your peers with hands-on coaching and real-time feedback, your observational skills improve as you connect with your clients more intuitively and effectively, refining your *Touch to Inform* practice. In **Better Balance I**, you gain a deeper understanding of the three planes of movement so that you can more effectively interrupt habitual movement patterns, both in yourself and your clients. These insights provide you with a **fresh approach**, enhancing your professional skillset while upgrading your ability to support your clients.

Upcoming TOUCH TO INFORM Seminars & Full Program

APR 23-27: Rehabilitate Feet, Spine, and Neck with

Touch To Inform & Optimal Walking (Online)

MAY 16-18: Better Balance I (IN PERSON/ORLANDO)

July 23-27: Release Your Jaw, Your Voice, Your Whole Self (Online)

Enroll: TouchToInform.com 941.587.4535

Facilitated by: Feldenkrais Practitioners, Bonnie Kissam, MA, MA36256 & Nikki Rollason, LMT, MA31953

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

