

Better Balance

Improve balance for
you and your clients



Practical applications using strategies & concepts from *The Feldenkrais Method*®

DISCOVER Your
Ability to:

embody
components
of optimal
balance

enhance the
ability to create
new patterns
for action

affect change in
functioning using
neurological
strategies

TOUCH TO INFORM - Better Balance Part I: Planes of Action

15 CEs for LMTs

Pre-requisite: Previously completed minimum 24 hours of TOUCH TO INFORM Seminars.

Better Balance Seminars offer gentle self-exploration and partner work to deepen knowledge of the elements required for an efficient balanced walk and how using these elements can prevent falling.

Better Balance I focuses on the three planes of movement; sagittal, frontal and horizontal, and teaches how to disengage habitual patterns clients have developed, in order to support better functional balance.

Better Balance II focuses on neurological aspects of finding and maintaining balance. This includes learning how to fall and reverse it.

TOUCH TO INFORM Seminars aim to familiarize Licensed Massage Therapists and other professional participants to applicable concepts from sensory learning that can enhance outcomes for clients using neurological strategies from **The Feldenkrais Method**®

BETTER BALANCE I

CEBroker: #20-671688

OCTOBER 19-21, 2018

Ionie's Retreat

1241 Fruitville Rd, Sarasota, FL 34236

Friday, 10/19 6:30 pm - 9:30 pm

Saturday, 10/20 9:30 am - 5:00 pm

Sunday, 10/21 9:00 am - 4:00 pm

To REGISTER or further information:

www.feldenkraisinsarasota.com

bonnie@feldenkraisinsarasota.com

or 941.587.4535

FEE: \$350

(Early registration discount available)

Facilitated by:

Feldenkrais Practitioners, LMTs:

Bonnie Kissam, MA, #MA36256

Nikki Rollason, #MA31953



NCBTMB Provider #452506-12 TOUCH TO INFORM Seminars is approved by National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider.

CEBROKER Provider #50-1980, Reports to CE Broker