

**January 25, 2020 | Seminar 2**

**The Head & Neck: *What can keep the head and body connected?***

People with head and neck symptoms suffer with dysfunctional physiology, often with few therapy options that offer normalization and return to homeostasis. Manual therapies can promote improved functionality to assist in resolution of causative factors.

**March 7, 2020 | Seminar 3**

**Beyond Palpation: *When you touch the patient's skin/subcutaneous tissues/and connective tissue, what does the information you see and feel indicate?***

The skin is the largest organ of the body and rests upon subdermal and connective tissues. Practitioners with developed palpation and clinical observation skills can discern information about overall health and specific areas of concerns, from actual skin conditions to nutrient insufficiencies, and more. Through skilled palpation, the practitioner can deliver types of treatment to the patient for their individual needs.

**May 23, 2020 | Seminar 4**

**The Upper Limbs & Thorax: *How do compensations in the rib cage, its contents, and the upper limbs affect well being?***

The function of the thorax and its contents is key to a good quality of life for without that the organs within, i.e. heart and lungs etc., could unknowingly deteriorate long before symptoms appear. Assessing for compromised function long before pathologies arise can be seen in the upper limbs, ribs, sternum, diaphragm, spine, clavicles, breathing patterns, heart and pulse rhythms etc. Dysfunction can be treated through manual therapies along with other modalities to improve and promote repair and restoration.

**September 26, 2020 | Seminar 5**

**Connecting the Lower Limbs up into the Pelvis: *What keeps a connection from lower limbs into the pelvis?***

Assuring that lower limb functionally lasts a lifetime depends upon the neuro-musculo-skeletal integration to the rest of the body, particularly the pelvis. When the pelvic floor and core muscles are not working in concert with the lower limbs, due to injury or pelvic organ dysfunction, the natural harmony of movement in spacial relationship to gravity decompensates resulting joint deterioration, organ malfunction and metabolic stasis. Assessment and treatment of the connection between the lower limbs and pelvis begins at birth until the elder years, often beginning and ending with imbalance and many injuries in between. Manual therapies can alleviate and treat the cause to ensure optimal movement for a lifetime.

**November 7, 2020 | Seminar 1**

**The Belly: *What is going on in there?***

People have various kinds of abdominal discomfort and they come to your office seeking relief. External manual palpation can reveal many things, including things not visible on x-ray or MRIs. There is often a lack of functional movement in the connective tissue and fascia and/or lack of movements of the various organs in the abdomen. External manual treatment can correct positioning and assist in function.

All seminars will be held at Viriditas Herbal Products, Ltd., 2775 Dundas Street West, Suite 101, Toronto, ON

Registration forms available online at [beingwellcommunications.com/events](http://beingwellcommunications.com/events).

Class size is limited to 15 participants. Register early to save your place.