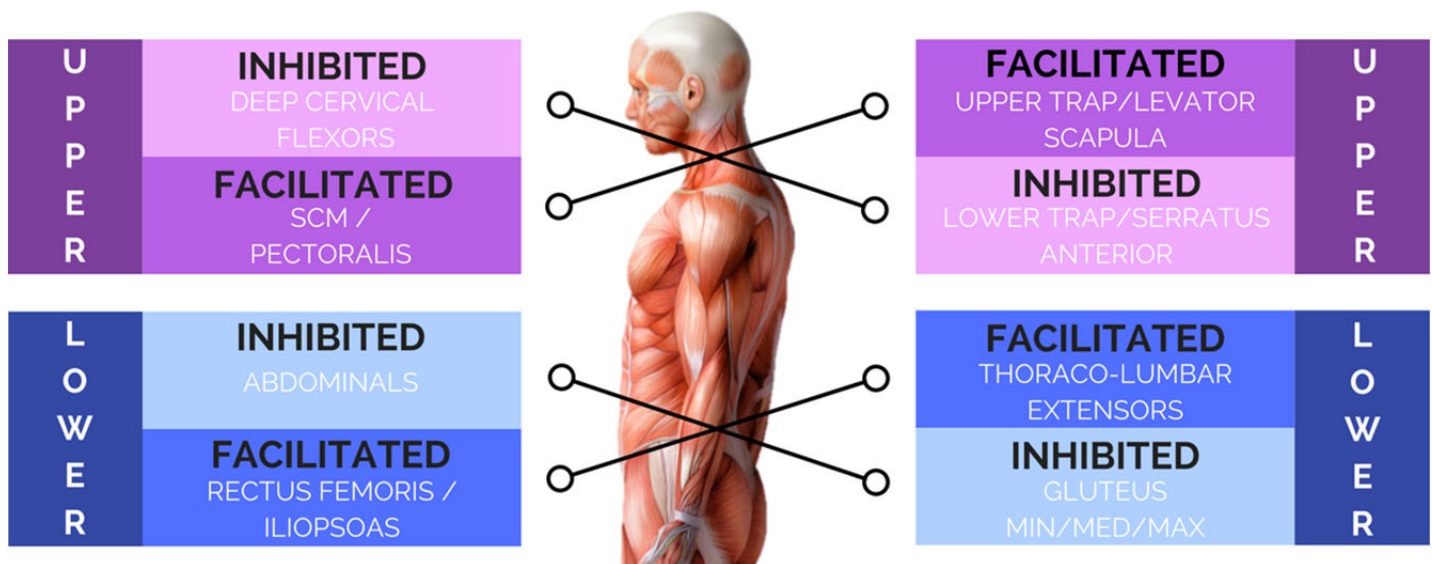


# Muscle Imbalance Therapeutics Workshop

**April 3-5, 2020 with Karen Claffey**

*For Fitness Professionals, Body Workers, and Yoga Teachers/Therapists.*



*In this 3-day 20-hour workshop participants will learn about muscle imbalance based on anatomy and science, and how to address and rehabilitate these imbalances with specific targeted exercises. Participants will have the opportunity to assess, identify and treat muscle imbalances by partnering with fellow participants.*

*Topics include:*

- ✓ *How to assess and identify muscle imbalances visually, manually, and through range of motion testing.*
- ✓ *How to define optimal muscle firing patterns for the upper and lower limbs, including the common dysfunctional patterns.*
- ✓ *How to establish optimal postural alignment in standing, sitting and functional movements.*
- ✓ *How to balance and treat muscle imbalances, and sub-optimal muscle firing patterns with specific targeted exercises.*

Schedule: Friday 12-6 pm; Saturday 9 am-6 pm; Sunday 9 am - 4 pm.

Location & Registration Contact:

admin@heaven-onearth.ca | Phone: 905-664-9099

Heaven on Earth & Integrated Health - Osteopathy Yoga Wellness

188 Green Mountain Rd E, Stoney Creek, ON L8J 3A4 Canada

Tuition: \$495.00

Early Bird 2 Months Prior \$455.00

Includes HST and handout.

Registration Deadline:

Wednesday April 1st, 2020