



Fascial Approaches: Head, Neck, & Jaw

Instructed by Peter Stuart, MT (Stuart Therapies and Seminars)

Registration Deadline: 11 May 2019

Date:	May 25-26, 2019 (2-days)	Maximum Registrants: 16
Time:	9:00am–5:00pm (Saturday & Sunday)	
Location:	Atlantic College of Therapeutic Massage Unit #2, 1040 Champlain Street Dieppe, N.B.	
Fee:	\$325.00 (ANBMT members-only) Non-Member: \$400.00 (PAYMENT <u>MUST</u> ACCOMPANY REGISTRATION; <u>NO RESERVATIONS ACCEPTED</u>)	
CEUs:	7 category A CEUS (CMTNB Approved)	

Preferred Room Rate: Quality Inn Airport, 370 Boulevard Dieppe, NB. \$105.00 + HST standard room.
Phone 506-858-8880 and ask for the corporate rate for the Association of New Brunswick Massage Therapists.

Course Details

It is absolutely incredible how our bodies are constantly trying to correct our alignment. In doing so, we end up with so many muscle imbalances leading to increased tension and poor posture. When the fascia and musculature of our upper body and neck region become tight from postural strains or injuries, it can create pain and tension in our anterior, lateral or posterior neck regions, as well as pain and dysfunction at our temporomandibular joints.

Please join me in exploring how to assess and treat this area using fascial techniques and exercises to bring about decreased tension, pain, and dysfunction while restoring alignment.

What You Will Learn

- How to assess for head, neck, and jaw imbalances.
- The relationships that the muscles of the upper body and pelvis region have with each other; their role in imbalances of the head, neck, and jaw.
- How to address the fascial tension of the anterior and posterior upper body; as well as, the head, neck, and jaw.
- How to put an effective treatment plan together to treat the head, neck, jaw region, and surrounding tissue.
- Hands-on techniques and practice to treat the head, neck, and jaw region.
- Stretches to isolate specific muscles and their matching fascia.

What to Bring

- Sports bra/tank top (comfortable clothing)
- Sheets/Pillow
- Snacks/Lunch/Water

About the Instructor

Peter Stuart has been a massage therapist and educator since 1993, specializing in myofascial release within heart-centered therapy; treatment of chronic pain conditions, and transformation from the negative effects of trauma. He is the founder and lead instructor for Stuart Therapies & Seminars Inc.



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(Please print clearly)

Name: _____ RMT #: _____

Address: _____

Telephone: (Home) _____ (Work) _____ (Cell) _____

Email: _____

Status: Member Non-member Association: _____

Method of Payment: Cheque Money order PayPal ***(Registration form must be submitted)**

E-transfer (please make known your security answer by email if it is not your RMT#)

No refunds will be given after the registration deadline

In the unforeseen circumstance of bad weather, we will notify you by 7:00 a.m. (at the very latest) on the day of the workshop.

Please Return Registration Form and Payment:

Association of New Brunswick Massage Therapists (ANBMT)

P.O. Box 323, STN "A"

Fredericton, N.B. E3B 4Y9

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