



BASICS UPPER BODY COURSE -24 CE HRS APRIL 23-25TH, 2022 CARLSON COLLEGE OF MASSAGE THERAPY

You've experienced the power of using the nervous system and gentle movement to release pain and restrictions for yourself and your clients. Now take your skills further in this 3-day course that accelerates your proficiency in clearing restrictions and conditions in the Upper Body.

YOUR LEARNING OBJECTIVES ARE:

- Applying the Kinesage® tenets at a deeper level
- Applying the Kinesage® Anatomy Shorthand to systematically work through the body quicker, more effectively while deepening your knowledge and application of kinesiology
- Learning additional Kinesage® Head/Neck, Shoulder/Arm/Hand protocol to further address client upper body conditions

Building Upon the Skills Learned in the Self Care and Introduction Courses You Will Apply:

- Joint movement to improve range of motion for the upper body
- Kinetic energy as a method of massage
- The use of mechanical advantage to prevent therapist injury
- Counter movement, myofascial release, and compression to clear restrictions
- The Kinesage® Anatomy Shorthand to systematically work through muscle layers in a thorough and effective manner
- Stretching for the upper body as a final reset button

COURSE INCLUDES: - 3 days training with 1-on-1 hands-on attention
- In color, graphically-rich student manual
- Certificate of Completion and 24 NCBTMB Continuing Education Credits

REQUIREMENTS:

Exercise Ball: After the Intro class this is likely to be your new best friend. Be sure to bring it to continue the learning and fun. Dress for partnered hands-on work.

Prerequisites: Completion of the Kinesage® Self-Care and Introduction to Kinesage® Massage Through Movement courses.

CAREER INVESTMENT: \$650. EARLY BIRD PRICING: \$550 IF REGISTERED BY APRIL 1ST