

## Updates for **November, 2006 Workshop-Philadelphia**

### MYOFASCIAL THERAPY FOR THE NECK, SHOULDERS, & CHEST

**The workshop focused on upper quarter pain impacts cranial, cervical, and upper thoracic myofascial structures. It also focused on alleviating forward head posture, chronic whiplash pain, and altered respiratory function. Presented were deep tissue, myofascial therapy, and powerful yet gentle therapeutic approaches which enhanced the participants' clinical expertise and client base.**

#### **This highly acclaimed educational workshop included:**

- Myofascial anatomy and cadaver video presentation
- Tableside instruction of all myofascial techniques
- Illustrated handouts and research studies
- Clinical applications for forward head posture
- Soft tissue approaches to ease breathing restrictions
- Workshop manual, resources, and certificate of continuing education

#### **Feedback from the participants:**

"I enjoyed the workshop tremendously. The techniques in myofascial release have been extremely helpful in my practice. I have gotten great feedback from my clients. The techniques have also been easy on my hands and body which is another great benefit"  
by Evelyn Riehl

#### **Announcement from the chair:**

"Kevin Minny from California taught an awesome workshop. He presented the 1st module of 7 to our class in the beautiful Crowne Plaza hotel in Harrisburg, PA. This technique is an immensely power tool! Bowenwork is a pain relief and injury recovery modality that really does provide accelerated hearing results while greatly reducing the therapist's efforts. This is quite easy! The secret of Bowenwork's light touch techniques, that helps the body remember how to heal, was finally revealed & it's so simple! The AMTA is making a consertive effort to arrange to bring Kevin Minny back to PA to teach the other modules. Announcement of that workshop will be in the Balanced Body Newsletter & on our website @ [www.amtapa.org](http://www.amtapa.org). " by Gina Washlaski