



**New York
COLLEGE**
OF HEALTH PROFESSIONS

**Expand Your Mind
Enrich Your Life!**
Continuing Education Department

Myofascial and Deep Tissue Release and Stretching Techniques of the Psoas, Iliacus, and Core Muscles

Gerald Basile, LMT, BCSI

This course gives a new look at the Psoas, Iliacus, Diaphragm, Internal and External Obliques, Transverse and Rectus Abdominus, and Quadratus Lumborum. You will learn how these muscles are all connected by fascia and can have an effect on: Lower back pain, pelvic alignment, breath and gait. Most of the class will be hands-on learning. You will learn various types of techniques: Myofascial, Deep Tissue, Pin and Stretching Techniques. You will learn techniques that you will be able to use immediately. This course will give you a better understanding of anatomy and address your client's areas of dysfunction, discomfort, and pain

This Course Awards 8 CE Credits

This workshop will include:

- * Assessment and Communication with your client
- * Neurological Laws relating to Deep Tissue work
- * Muscle origin/insertion and fascial connections
- * Working with your clients breath
- * Pelvic assessment and strategies for tilts, shifts, toques, and rotations
- * Direct and Indirect Psoas Release Techniques
- * Hands-on Myofascial, Deep Tissue and Stretching Techniques

Please bring a flat sheet, towels, pillow, and bolster. Attire is a sports bra for women and shorts for all.

Sunday, June 12 2020
9am - 6pm, Syosset Campus
10 students must Register by June 5th or class will be canceled
\$185 for 8 CE credits
After March 11th, pay \$200

To register please contact Jackie McIntyre 516-364-0808 ext 130