



***The Fascial Feel: An Introductory Course in Trauma-Informed
Myofascial Release for Hands-On Practitioners
Live & Online***

Instructed by Ailsa Keppie, BSc Hons in Physiology, RMT, MFR Practitioner

Registration Deadline: June 25, 2021

Date: July 9–July 11, 2021 (2.5 days) 16 hours **Maximum: 30 Registrants**
Time: 6:30pm–8:30pm (Friday); 9:00am–5:00pm (Saturday–Sunday)
Location: This is a 2.5-day Live, Online course offered through *Zoom* (the meeting platform)
Fee: \$300 (ANBMT/Student Member) Non-Member: \$400
***This course is \$500 (\$400 online) when offered by the Instructor.**
(PAYMENT MUST ACCOMPANY REGISTRATION; RESERVATIONS NOT ACCEPTED)
CEUs: 8 category A CEUs (CMTNB approved)
***Student members are eligible to take this course. Not eligible for the 50% offer.**

Course Details

This is a 2.5-day (16 hours), Live, Online course offered through Zoom (the meeting platform)

Myofascial release is a way of connecting to the body in a profound way. As a therapist, you will learn and experience ways to engage with the fascial tissue at the restriction or barrier, and learn to allow change, softening and releasing to happen. This physical and energetic communication between practitioner and client, and between the cells of the client's own body, facilitate transformation and release of old patterns, toxins and beliefs that have held the body prisoner to pain and restrictive forces, sometimes for years.

This light, gentle, but profoundly effective technique will greatly enhance your skills as a bodyworker and give you powerful options in your work with clients. Even your awareness of your own somatic tension will increase, as you touch in to the wisdom of the body. If you have found myofascial release challenging in the past, this course will help you to feel confident as a practitioner and in communicating the benefits to your patients.

We will explore the fascia through movement and body practices, as well as learning techniques to practice with another person. **Having a partner available to practice on is preferable, but not absolutely required.** Most of the techniques can be adapted to try on yourself and video demos of all techniques will be shown.

The following reading materials may enhance your understanding but is not required as we will be covering the important points in the course itself. I will also share various videos and research papers about fascia during the course and links will be shared at that time.

Suggested reading

The Body Keeps the Score - Bessel Van Der Kolk

When the Body says No - Gabor Mate

Trauma Releasing Exercises - David Bercelli

Waking the Tiger - Peter Levine

Healing Ancient Wounds: The Renegade's Wisdom - John F Barnes

Listening: How to increase awareness of your inner guide - Lee Colt

What to bring

- A massage table and also a yoga mat would also be recommended for this course.
- A device or computer that has the capability to join a Zoom call is required for this course-with a camera and microphone capability.
- **A Zoom meeting link will be sent to all course participants via email the day before the course is scheduled to begin.**

About the Instructor

Ailsa Keppie, BSc Hons in Physiology, RMT, and MFR practitioner has studied with John F. Barnes (10 courses) and has been mentored by Peter Stuart, RMT, MFR therapist, for the past decade. Ailsa uses myofascial release as her main mode of treatment in her practice in Halifax, NS. Ailsa has also worked with and was monitored by Dr. Fronie Leroy, OMD, from 2013-2015. During this time, she developed the Guasha Level 1 and 2 courses with Dr. Leroy. Ailsa has been teaching Guasha since 2014 and she has continued to practice and study Guasha therapy. Ailsa is a member in good standing with MTANS and she practices at Inner Ocean Healing Centre in Halifax.



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(Please print clearly)

Name: _____ RMT #: _____

Address: _____

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

Email: _____

Status: Member Student Non-member Association: _____

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

E-transfer (please indicate your security answer by email—if it is not your ANBMT#)

***DISCLAIMER: There is a PAYPAL transaction fee that is charged by PAYPAL to use this method of payment. Should a refund be requested or required, the refund will be based on the amount paid less the PAYPAL transaction fee.**

***No refunds will be given after the registration deadline**

Please Return Registration Form and Payment

Association of New Brunswick Massage Therapists (ANBMT)

P.O. Box 323, STN "A" Fredericton, N.B. E3B 4Y9

E-mail: anbmt@anbmt.ca Fax: 506-451-8173