

CORE Myofascial Therapy for Sports & Performance

George Kousaleos, LMT, Founder of CORE Institute and Director of the CORE Sports Bodywork National Team, will teach **CORE Sports & Performance Bodywork** in Tallahassee, FL on May 6-7 and June 3-4, 2017 at the **Abundance Wellness Center** in Tallahassee, FL. Each day is 7 CEs, approved in Florida and Georgia by CE Broker and nationally by the NCBTMB.

May 6th – **Myofascial Therapy for the Chest, Shoulder, Neck and Head:** This program will review the functional anatomy of the thorax, shoulders, cervical and cranial regions and teach clinical protocols to improve structural alignment, flexibility, balance and coordination, while decreasing chronic pain patterns. The focus will be on the thoracolumbar fascia and its relationship to upper appendicular and cervical movement restrictions.

May 7th – **Back Specific:** This program will review the functional anatomy of the paraspinals, scapular, lumbar, sacral and iliofemoral regions. Deeper clinical protocols for intrinsic tissues will help improve spinal flexibility and increase range-of-motion for the scapular and iliofemoral joints capsules. Improvement in pelvic position will increase stride frequency and help to maintain better structural balance.

June 3rd – **Myofascial Therapy for the Legs:** This program will review the functional anatomy of the hips and legs and teach clinical protocols that will improve structural alignment and flexibility, while increasing stride length and stride frequency. Improvement in weight distribution and balance are primary goals of these procedures.

June 4th – **Foot Specific and CORE Release:** This program will teach two clinical protocols, one for the ankle and foot and the other for the sacrotuberous ligament and multifidus. Foot Specific will increase ankle mobility and improve the arch structure of the foot, improving balance and foot power. CORE Release will reduce tension in the sacrotuberous ligament and multifidus, increasing pelvic stabilization and decreasing chronic lumbar and hip pain.

Payment Structure: 1 day - **\$175**
2 days - **\$325**
3 days - **\$475**
4 days - **\$600**

To register please contact the CORE Institute at 850-222-8673 or email Patty Kousaleos at pattykousaleos@gmail.com.