



Fascial Approaches: The Pelvis

The pelvis is the foundation of the body. It is subject to many shifts and changes over time (like the foundation of your house) which can have a profound effect on other body regions. Structurally, if the pelvic foundation becomes unreliable, stability is compromised in more than one area.

Symptoms arise as the fascia of the body (acting like guy wires of support) tries to compensate for this misalignment. Once this process of compensation starts happening, the muscles and fascia will try to 'right the ship' by means of tightening down and starting to put abnormal strains and stresses into the system.

Effectively treating these structures is essential for restructuring and stabilizing a healthy body. I have yet to see a patient that does not require treatment to align the pelvis back to its neutral position. Once achieved, the body will ease its tension in all other areas, and start relieving symptoms.

WHAT YOU WILL LEARN

- How to assess for pelvic imbalances
- To understand the relationship between muscle imbalances around the pelvis and their role in creating symptoms
- How to put an appropriate treatment plan together to treat pelvic imbalances
- Hands-on practice & assistance treating pelvic imbalances
- Stretches to isolate specific muscles and their coinciding fascia

Peter Stuart has been a massage therapist and educator since 1993, specializing in myofascial release within heart-centred therapy, treatment of chronic pain conditions, and transformation from the negative effects of trauma. He is the founder and lead instructor for Stuart Therapies & Seminars Inc.

UPCOMING DATES FOR FASCIAL APPROACHES: PELVIS

Dates:	Sat & Sun, May 7 & 8, 2016; Halifax, NS Sat & Sun, June 11 & 12, 2016; Charlottetown, PE
Time:	9am - 5pm
CEUs:	7 MTANS; 14 Cat A PEIMTA; 7 Cat A CMTNL; 6.5 CMTNB
Cost:	\$350

**To register, or for more information:
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