

BEYOND TECHNIQUE; MERCING ENERGY SYSTEMS AND FASCIAL RELEASE

March 31st - April 2nd, 2023

True healing incorporates all aspects of one's mind, body and spirit.

Join us for our retreat weekend where we begin to explore exactly what this means.

During this 3 day retreat, we are starting at the root! You will be introduced to the many energy systems affecting us every day and learn how to merge these techniques within your treatment sessions.

This will be an opportunity to connect with like minded therapists in a beautiful setting for learning and treatment. Come, join us for an exciting weekend where you will have an opportunity to learn these advanced techniques, taking your manual skills to the next level.

Location:

Mercy By the Sea

Solarium Conference Room

167 Neck Road, Madison, CT

mercybythesea.org

Hosted by Align Therapeutics, LLC

Featured Presenter:

Jeannie Miranda PT, C/NDT

Jeannie is owner of Turning Point Therapy in New Hope, PA. Having graduated from Quinnipiac University with her Bachelor of Science degree in Physical Therapy and an acknowledged minor in Psychology, she has over 35 years of Physical Therapy experience.

A lifelong learner, she is uniquely trained as a manual physical therapist incorporating multiple methods of healing in her treatment approach, with Myofascial Release as the basis. In her quest for knowledge, Jeannie has studied exclusively with several masterful teachers including John F. Barnes (John F. Barnes Myofascial Release®), Lori Zeltwanger (Myofascial Mastery Academy®), Barry Gillespie (Gillespie Approach CFT®)-trained CFT practitioner in infants and adults, Judy Bierman where she received her Pediatric Neurodevelopmental Treatment Certification (C/NDT), Mary Massery and Annie Bond (Awakening Prana Healer School). Additional training includes several children's yoga methodologies including Special Child Yoga®, Child Light Yoga® and Grounded Kids Yoga®. In 2013, Jeannie went on to pursue her 200 level Registered Yoga Teacher training. She is an expert level MFR practitioner and has previously worked at John F. Barnes' Myofascial Treatment Center in Malvern, PA. Jeannie has also served as a full instructor teaching the John F. Barnes' Pediatric MFR course and assisting with John Barnes at his seminars.

Jeannie believes that authentic healing must include body, mind and spirit. To deepen and expand her healing abilities within the energy fields, Jeannie has studied Reiki (Level I and II), Therapeutic Touch (Level I and II) and Level I and II training with the Awakening Prana Healer School under the guidance and mentorship of Annie B. Bond. Jeannie's own personal experience in the healing arts is what propels her passion. She believes in the body's natural ability to heal and is passionate about using a whole-body treatment approach, seamlessly combining multiple healing modalities to promote a balance of mind, body and spirit that is unique to the individual.

Beyond Technique Workshop Objectives

**As a result of this workshop, the participant will be able to perform the following*
(*within the scope of their practice)**

- 1. Understand the differences between the concepts of 'grounding'; 'centering'; and 'heart center'.**
- 2. Demonstrate an understanding of the basic energy systems as they relate to our physical body (chakras / pranic tube / central line / torus / auric fields / nadis).**
- 3. Evaluate and assess the body in a holistic manner incorporating mind / body / spirit, with particular emphasis on the pelvic girdle and bring that into balance anatomically and energetically.**
- 4. Apply and differentiate principles to problems of the lumbopelvic region on a physical and energetic level.**
- 5. Examine and assess mobility dysfunction and energetic imbalance and apply specific techniques to address this.**
- 6. Refine MFR techniques**
- 7. Understand their unique skill set and strengths to confidently bring that into their practice.**
- 8. Explain and identify Pivot Points within the lumbopelvic region of the body and apply techniques to bring that into balance.**
- 9. Develop an appropriate self treatment plan incorporating the energy systems and fascial work for themselves and their clients to alleviate dysfunction / improve mobility / diminish pain / bring the lumbopelvic region into balance.**

OUTLINE

Day 1 - Friday, March 31st

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| 4:00pm | Check In |
| 5:00pm | Dinner |
| 6:00 - 9:00pm | Intro to Energy Systems
-Grounding / Finding yourself / Connecting |

Day 2 - Saturday, April 1st

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|--------------------------|--|
| 8:00am | Breakfast |
| 9:00 - 10:30am | Assessment / Review of the pelvis |
| 10:30am - 12:00pm | Hands on Lab / Review Photos |
| 12:00pm | Lunch |
| 1:00 - 2:30pm | Energy Systems / Assessment & Chakra Practice |
| 2:30 - 4:00pm | Hands on Lab / Review Photos |
| 4:00 - 5:00pm | Questions / Review |
| 5:00pm | Dinner |
| 6:30pm - 8:00pm | Meditation / Self-treatment / Review / Questions |

Day 3 - Sunday, April 2nd

8:00am Breakfast

9:00am - 12:00pm Putting it all together - Demo / Treatment

This seminar is limited to 10 participants.

REGISTRATION DEADLINE - MONDAY, MARCH 27TH AT 8:00AM

Beyond Technique Retreat Costs:

Seminar Only - \$289

Seminar with all meals - \$389

Seminar with Lodging and meals - Single (x 2 nights single occupancy room and all meals including dinner Friday night through Breakfast Saturday morning) - **\$659**

Seminar with Lodging and Meals - Dbl - (x 2 nights double occupancy room and all meals including dinner Friday night through Breakfast Saturday morning) - **\$599pp**

(Mercy By the Sea currently has 7 single rooms and 2 double rooms available. Other local options are available if the accommodations are filled)

Register for our program here - <https://forms.vagaro.com/641cf8adddb492fe049665ef8>

What to bring - Please bring a treatment table and anything else that you feel would make you comfortable - tank tops / loose fitting shorts / cozy blanket / pillow, etc. Please bring wedges if you have them.

Please contact Lyn Lunn at alignmfr@gmail.com with any questions.