

List of offered courses for 2016

Schedule subject to change. Please see most current schedule on our website. Mary Biancalana, Seminar Instructor

Date	Time	Description	
January 2016			
Saturday & Sunday January 9 th & 10 th	9am-5pm	**Advanced Trigger Point Techniques for Head, Neck and Jaw 14 CE's	\$375
Monday January 25 th	7pm-9pm	Dynamic Movement as Self-Care for Massage Therapists 2 CE's	Free
February 2016			
Wednesday February 10 th	7pm-9pm	Dynamic Movement as Self-Care for Massage Therapists 2 CE's	Free
Saturday & Sunday February 13 th & 14 th	9am to 5pm	**Advanced Trigger Point Techniques for Shoulder, Chest and Upper Back 14 CE's	\$375
March 2016			
Saturday & Sunday March 12 th & 13 th	9am to 5pm	**Advanced Trigger Point Techniques for the Arm, Elbow, Wrist and Hand 14 CE's	\$375
Friday March 18 th	6:30 – 9:30pm	Movie Night Fascinating Fascia: Strolling Under the Skin Part 1 3 CE's	\$80
April 2016			
Saturday April 9 th	9am to 5pm	**Advanced Trigger Point Techniques for Sports Injuries Upper Body 7 CE's	\$185
Sunday April 10 th	9am to 5pm	**Advanced Trigger Point Techniques for Sports Injuries Lower Body 7 CE's	\$185
Monday April 11 th	9:00am-12:00pm	Preventing Massage Therapist Injury with Self-Care (Section 1) 3CE's	\$80
Friday April 22 nd	6:30 – 9:30pm	Movie Night Fascinating Fascia: Strolling Under the Skin Part 2 3 CE's	\$80
May 2016			
Monday May 9 th	9:00am-12:00pm	Preventing Massage Therapist Injury with Self-Care (Section 2) 3CE's	\$80
Friday May 13 th	9am-5pm	Using Trigger Point tools for Self-Care Upper Body 7CE's	\$185
Saturday May 14 th	9am to 5pm	**Advanced Range of Motion Assessment Upper Body 7 CE's	\$185
Sunday May 15 th	9am to 5pm	**Advanced Range of Motion Assessment Lower Body 7 CE's	\$185
June 2016			
Friday June 10 th	9am-5pm	Using Trigger Point tools for Self-Care Lower Body 7CE's	\$185
Saturday & Sunday June 11 th & 12 th	9am to 5pm	**Advanced Perpetuating Factors of Muscle Pain and Dysfunction 14 CE's	\$375
Monday June 13 th	9am to 5pm	Techniques for People with Fibromyalgia 7 CE's	\$185
Monday June 20 th	9:00am-12:00pm	Preventing Massage Therapist Injury with Self-Care (Section 3) 3CE's	\$80

July 2016			
Saturday & Sunday July 9th & 10th	9am to 5pm	**Advanced Trigger Point Techniques for Thigh, Knee, Lower Leg and Foot 14 CE's	\$375
Monday July 11th	10am to 5pm	Treatment for People with Hypermobility 6 CE's	\$160
August 2016			
Saturday & Sunday August 13th & 14th	9am to 5pm	**Advanced Trigger Point Techniques for Low Back, Mid Back and Abdominal 14 CE's	\$375
September 2016			
Saturday & Sunday September 10th & 11th	9am to 5pm	**Advanced Trigger Point Techniques for Buttocks and Hip 14 CE's	\$185
October 2016			
Saturday October 8th	9am to 5pm	**Foundations of Trigger Point Techniques 7 CE's	\$185
Sunday October 9th	9am to 5pm	**Business Concepts for Myofascial Trigger Point Therapy 7CE's	\$185
November 2016			
Friday November 11th	6pm-9pm	Ethics: Ethical Considerations for Massage Therapists 3 CE's	\$40
Saturday & Sunday November 12th & 13th	9am-5pm	**Advanced Trigger Point Techniques for Low Back, Mid Back and Abdominal 14 CE's	\$375
December 2016			
Monday December 5th	9am-4pm	Fascinating Fascia 6CE's	\$160
Friday December 9th	6pm-9pm	Ethics: Ethical Considerations for Massage Therapists 3 CE's	\$40
Saturday December 10th	9am-5pm	Frozen Shoulder Treatment Protocol 7 CE's	\$185

All classes are stand-alone classes and CAN BE TAKEN IN ANY ORDER.

(**) These classes are part of the Core Curriculum for our Trigger Point Therapist Training Program.

All Classes are taught at our beautiful and custom-designed and built 2,000 sq. ft. Clinic in Chicago. Lots of windows, FREE PARKING for 400, and lots of healthy restaurants nearby.

Registrants are asked to bring a set of sheets, bolster, and wear comfortable clothes. Be prepared to bring a treatment table if you have one. We will let you know via email more specific details about what to expect and pre-class homework.

Expected reading materials; For (**) marked "Core Classes" registrants should have the two volume Set; Janet G Travell and David G Simons; The Trigger Point Manual; Upper Body (second Edition); and the Lower Body.

- *Host a class at your school or workplace! Mary Biancalana teaches all over the country and beyond! Call today to talk to us about our Host Provider Location special offers and discounts.*