

RELEASE WITH YOGALIZATION *Self-realization through yoga & fascia*

**A Comprehensive & Unique Approach
to Opening Myofascial Systems
with
Traditional & Restorative
Yoga Postures
Using Soft Tissue Techniques**

NJSBPTE Approved for 7 CE Credits
NJSBPTE Course Approval #2203-127

www.magicalhandstherapy.com

Maria Alfieris
ROM Kids Pediatric PT/Magical Hands PT
83C Dorset Lane
Monroe, NJ 08831

INFORMATION

Where: _____ **Time:** Registration at 9:30 am
Course from 9:45 am to 6 pm

INCLUDED: Workbook and Certificates will be issued

Please wear a sweatsuit or other comfortable clothing and a tank top or sports bra

Please bring a pillow and sheet with you to the Seminar

FOR FURTHER INFORMATION: Call (732) 740-5659

7 Contact Hours Fee: \$200.00

Please register me for the Release with Yogalization Seminar being held in _____ at a cost of \$200.00

REGISTRATION FORM

PLEASE INDICATE THE DATES YOU ARE REGISTERING FOR: _____

REGISTRATION FEE is \$200.00 by Check — MAXIMUM OF 10 STUDENTS PER CLASS

Name: _____ Email: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Return registration form(s) with check for \$200.00, payable to: MARIA ALFIERIS

Mail Registration to Maria Alfieris, ROM Kids Pediatric PT/Magical Hands PT, 83C Dorset Lane, Monroe, NJ 08831

COURSE DESCRIPTION

This hands-on course will teach the therapist advanced skills in myofascial release and soft tissue mobilization for reducing pain, soft tissue restrictions, and for promoting improvements in range of motion and circulation while placing the patient in traditional/restorative yoga postures. Improvement of neuromuscular and musculoskeletal impairments will be linked to achievement of functional goals and activities.

LEARNING OBJECTIVES

Therapists completing this course will be able to:

- Identify myofascial restrictions throughout the musculoskeletal system through palpation.
- Describe the state of the myofascial literature.
- Explain the clinical rationale for the effect that myofascial release has on pain reduction, postural alignment and improvement in mobility.
- Perform myofascial release techniques that utilize the therapists' fingertip pads, thumbs, elbows, and thenar eminences, while patient is in varied yoga postures, to enhance motion.
- Discriminate which yoga postures and myofascial techniques to use for specific conditions, e.g. piriformis syndrome, tendonitis, muscle strain, joint sprains.
- Affect positive changes in myofascial restrictions through myofascial release techniques in traditional/restorative yoga postures.
- Revise patients' plans of care based on objective findings.

COURSE OUTLINE

9:45 to 10:45 am

- I. **Lecture**
 - A. Theoretical and structural basis of the muscle-fascial system
 - B. Review of current myofascial literature
 - C. Patterns of structural dysfunction of the muscle-fascial system
 - D. Postural assessment and palpation
 - E. Explanation of importance of yoga postures and the affect on the myofascial system

10:45 am to 12:45 pm

- II. **Lecture & Lab: Evaluation**
 - A. Postural Analysis
 - B. Soft Tissue Mobility
 - C. Integrity of Movement/Muscle and Tissue Imbalances
 - D. Upper Quadrant Assessment
 - E. Trunk Assessment
 - F. Lower Quadrant Assessment
 - G. Yoga Posture Assessment

Break — 12:45 to 1:45 pm

1:45 to 4:00 pm

III. **Lecture & Lab: Yoga Postures, Mobilization & Release Techniques for the Cervical/Thoracic/Lumbar/Lower Extremity Regions**

Traditional Yoga Postures

- A. Connecting With Client/Feeling the System
- B. Determining Resistance Patterns/Contact with Tissue
- C. Child Pose Yoga Posture — Cervical/Thoracic/Lumbar Release
- D. Cobra Yoga Posture — Thoracic/Lumbar/Lower Extremity Release
- E. Pigeon Yoga Posture — Thoracic/Lumbar/Hip Release
- F. Frog Position — Anterior Hips/Quads/Adductors

Break — 4:00 to 4:15 pm

4:15 to 6:00 pm

Restorative Yoga Postures

- G. Reclining 90/90 Position
- H. Corpse Pose
- I. Back Supported Sidelying Position
- J. Back Supported Iron Cross Twist

WHO'S HELPING??

Maria Alfieris, PT

Maria was the owner of Range of Motion Physical Therapy in East Brunswick, New Jersey. Maria's professional concentration has been in evaluating, designing programs, and treating patients with soft tissue dysfunctions. She has given a series of courses under the topic of Myofascial Mobilization and has attended numerous seminars concentrating on Myofascial and Cranio-Sacral techniques in physical therapy. Maria also incorporates into her work the understanding of emotional causation with dis-ease and dysfunction. She is currently focusing most of her work on body/mind connections. See Maria's Instagram page @magicalhandsphysicaltherapy

**We Welcome All
PTs & PTAs to Join Us
Call 732-740-5659
For Information**