

## **Myofascial Release Therapy Seminars**

**presented by Douglas Lee-Regier, MA, LMT**

### **Goals and Objectives**

**Goals: These seminars in Myofascial Release & CST Therapy will:**

- ✓ **demonstrate making contact with the fascia, sinking in and waiting to produce releases of fascial restrictions**
- ✓ **explain how following the fascia can produce fascial releases**
- ✓ **demonstrate palpating for and affecting the flow of the craniosacral rhythm (CSR)**
- ✓ **establish that affecting the fascia & regulating the CSR in one part of the body can produce releases in other parts of the body**
- ✓ **show that releases are produced by unwinding, the undoing of fascial trauma, which is described as local, regional, and whole body unwinding**
- ✓ **allow the participant to experience myofascial & CSR releases as a client & therapist**
- ✓ **describe and demonstrate various techniques for affecting releases in various regions of the body**
- ✓ **demonstrate how the therapist can increase results while decreasing physical strain and discomfort**
- ✓ **demonstrate how Energy Work can be used in the practice of myofascial release & CST**

**Objectives:**

**Upon completion of a course, participants will be able to:**

- **1) demonstrate the ability to palpate for and follow the fascia and affect the flow of the craniosacral rhythm, to bring it more into balance**
- **2) understand the nature of the craniosacral rhythm (CSR), its flow and bringing about balance, as well as following the fascia and releasing fascial restrictions**
- **3) describe myofascial & CSR releases from the therapist and client perspective**
- **4) utilize specific techniques for affecting releases in various regions of the body**
- **5) identify fascial & CSR changes throughout the body**
- **6) work effectively with ease and comfort**
- **7) use Energy Work in the practice of myofascial release & CST**

**About the instructor:** A licensed massage therapist and NCBTMB member since 2000, Douglas has taken over 200 hours of Myofascial Release training, as well as Craniosacral Therapy I & II, Heart Centered Therapy I, Therapeutic Touch and Reiki, Levels I, II, & III. Previously he was a college English teacher and adult educator for forty years. Since receiving a massage degree from the Universal College of Healing Arts in Omaha in 1999, he has taught massage classes including Myofascial Release, Advanced Massage, business classes and Reiki. He has conducted MFR Therapy Seminars as continuing education for massage therapists and other health professionals since 2001. Douglas is a Reiki Master Teacher and offers classes and attunements to Reiki I, II, & III.