



Myofascial Release Therapy Seminars

with Douglas Lee-Regier, MA, LMT

Visit our Website for complete seminar information:

www.newdimensionsinwellness.com

Myofascial Release Therapy is a safe & effective therapy for a variety of health issues, including, but not restricted to: chronic pain & dysfunction; back pain; neck pain; headaches; head trauma; fibromyalgia; scoliosis; chronic fatigue syndrome; TMJ; recurring sports injuries; plus inflammatory ailments such as arthritis, and other conditions. ***MFR is also a dynamic wellness treatment!*** Participants are encouraged to come prepared to learn MFR to use in their practice, but also to work on their own release of stress, anxiety, and physical and emotional pain.

Four seminars are presented here; each qualifies for state CEU credit in IA, SD, & NE.

Each seminar is three days - 6 CEU's per day. *Any of these seminars may be taken first or at any time.* For each seminar you may take one, two, or three days; but day one must be taken before day two, etc.

*** Calendar 2008 * (See p. 2 for locations.)**

- *March 29-31, Omaha, NE, Bouncing Back
- *April 12-14, Des Moines, IA, Healing Trauma
- *April 25-27, North Platte, NE., Healing Trauma
- *May 10-12, Omaha, NE, Lift Off
- *May 17-19, Omaha, NE, Walk in Balance
- *June 7-9, Sioux Falls, SD, Bouncing Back

HERE'S WHAT PEOPLE SAY ABOUT THE WORKSHOPS:

Loved the entire concept of MFR - great teaching style - a huge heart and mind opener for me.
My mind and being are buzzing - enchanted by the possibilities MFR Therapy presents.
Fun, accessible, non-intimidating ... a safe environment in which to learn magical work.
I ♥ this work - easier on the therapist - nourishing to the client's and the therapist's 3-fold self.
The techniques will help our everyday clientele; I feel I can help anyone who walks thru' the door.
The Formless / Freeform session was truly unique; a perfect end for the seminar....
The best workshop I've ever attended! Deeper, better, every session.
Amazing work, MFR ... powerful, profound, dynamic, non-intrusive, and deep.

ABOUT THE INSTRUCTOR: Douglas has a master's degree in English and has been a college teacher and educator for forty years. He has taken over 200 hours of Myofascial Release training, as well as many hours of consultation with other MFR therapists. Furthermore, he has taken Craniosacral Therapy II, Therapeutic Touch I & II, and is a Reiki Master and teacher. A 1999 graduate of the Universal College of Healing Arts in Omaha, he now serves on the faculty there where he teaches Myofascial Release in both the diploma and Associates Degree programs. Additionally, he conducts continuing education seminars for Licensed Massage Therapists and other health professionals throughout the Midwest.

Myofascial Release Therapy Seminars - 2008 Douglas Lee-Regier, MA, LMT, Instructor

Four seminars are presented here; each qualifies for state **CEU credit in IA, SD, & NE**. These seminars will be comprised of hands-on practice sessions – preceded by brief lectures and demonstrations of techniques. These seminars offer a unique and powerful healing technique that focuses on the release of restrictions within the fascia.

Each Seminar in Myofascial Release Therapy will demonstrate how to make contact with the fascia, sink in, and wait to produce releases; show how effects in one part of the body are produced by releases in other parts of the body; show that releases stem from unwinding, the undoing of fascial trauma, which is described as local, regional, and whole body unwinding; allow the participant to experience myofascial releases as a client and therapist; describe and demonstrate various techniques for affecting releases in various regions of the body; and demonstrate how the therapist can increase results while decreasing physical strain and discomfort.

Healing Trauma. Covers releases of the lateral body and extremities - arms, legs, pelvis , etc. On the second day unwinding will be shown to be a powerful tool for undoing trauma that utilizes the practitioner's intuition. Freeform MFR, on the third day, will show how to move smoothly, effortlessly and seamlessly from one technique to another.
* **April 12-14, 2008, College of Massage, 3601 Douglas, Des Moines, IA, 50310. Motel: Quality Inn, 4995 Merle Hay Road, Des Moines, IA, 50322 - mention New Dimensions in Wellness - \$59 - before 4/5/08.**
* **April 25-27, 2008, McKinley Education Center, 301 West F Street, North Platte, NE, 69101. Motel TBA.**

Bouncing Back - Central body MFR release techniques, including the technique of rebounding, will be utilized to move the client through restrictions. The second day will go into Cranio-Sacral Therapy (CST) practices, including diaphragm releases. The third day puts it all together with the most important aspect of MFR - following the client's fascia and the practitioner's intuition; this day is called Formless.
* **March 29-31, 2008, New Dimensions' Home Office, 3815 Charles St., Omaha, Ne. 68131. Motel selections available on the web or call us for recommendations.**
* **June 7-9, 2008, Sioux Falls, SD (Place TBA)**

Lift Off - MFR Techniques for Cervical/Thoracic releases of the fascia will be shown along with fascial body movement and fascial rebounding. The second day will incorporate CranioSacral Therapy with other Cervical/Thoracic release techniques. The third day will combine all of these approaches along with listening to the energetic nature of the fascia.
* **May 10-12, 2008, New Dimensions' Home Office, 3815 Charles St., Omaha, Ne. 68131. Motel selections available on the web or call us for recommendations.**

Walk in Balance - MFR Techniques for Lumbar/Pelvis will be shown to interface with fascial body movement and fascial bounding. The second day will incorporate more in-depth pelvic releases and fascial unwinding. The third day will combine all of these approaches along with listening to the fascia more intently.
* **May 17-19, 2008, New Dimensions' Home Office, 3815 Charles St., Omaha, Ne. 68131. Motel selections available on the web or call us for recommendations.**

Upon completion of each course, participants will be able to:

- 1) demonstrate the ability to palpate for and follow the fascia**
- 2) understand the nature of the fascia, fascial restrictions, and fascial releases**
- 3) describe myofascial releases, both from the therapist and client perspective**
- 4) utilize specific techniques for affecting releases in various regions of the body**
- 5) identify fascial changes throughout the body**
- 6) work effectively with ease and comfort.**