



School of  
Structural  
Therapy

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## CONTINUING EDUCATION FOR MASSAGE THERAPISTS, ATHLETIC THERAPISTS & PHYSIOTHERAPISTS

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### CURIOUS ABOUT OSTEOPATHY & OSTEOPATHIC TECHNIQUE?

#### 6-part series in 'Manipulative Techniques'

*\*manual therapists may register for any 1-day course independent of any other, or may register for multiple courses of interest\**

**\*\*Registration specials as follows: (early-bird pricing before February 1<sup>st</sup>)**

- **Any 1-day course, \$300 (after Feb 1<sup>st</sup>, \$350)**
- **Any 2-part weekend series, \$500 (after Feb 1<sup>st</sup>, \$600)**
- **Entire 6-part course series, \$1200 (after Feb 1<sup>st</sup>, \$1500)**

**School of Structural Therapy**, Instructor: Mohit Khosla, M.OMSc., (cert.)OOA

**PART I: CRANIAL TECHNIQUES & APPLICATIONS**, Saturday February 22<sup>nd</sup> 8:30am – 5:30pm

**PART II: ADVANCED CRANIAL TECHNIQUES & APPLICATIONS**, Sunday February 23<sup>rd</sup> 8:30am – 5:30pm *\*(part I is a prerequisite for part II)*

**\*IF YOU ARE A THERAPIST INTERESTED IN CONCUSSION MANAGEMENT, THEN DO NOT MISS THE OPPORTUNITY TO ATTEND THE FOLLOWING: CRANIAL PARTS I & II, AND CERVICAL TECHNIQUES**

#### Technique focus:

Both courses will demonstrate cranial technique applications combining elements of cranial work following the models of Dr.'s Sutherland, Upledger, and Littlejohn. Full colour course manuals included with detailed photos and technique descriptions.

**Fee:** \$300 plus HST. Payment via PayPal. 2-week cancellation notice required for full refund. Late cancellations are subject to 50% of fees.

**Date:** Saturday February 22<sup>nd</sup> (Cranial I) and Sunday February 23<sup>rd</sup> (Cranial II) from 8:30am to 5:30pm

**Location & CEUs:** location to be determined & credits pending approval with MTANS, MTWPAM, and CATA

**Registration:** To register, please contact the School of Structural Therapy by email: [admin@ssttherapy.ca](mailto:admin@ssttherapy.ca) with your full name, primary contact phone number, and preferred mailing address

**Prerequisite:** Must be a practicing manual therapist.



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***PART III: LUMBOSACRAL & PELVIC SOFT TISSUE TECHNIQUES, Saturday February 29<sup>th</sup> 8:30am  
– 5:30pm***

**Technique focus:**

This course will demonstrate lumbosacral and pelvic soft tissue assessment, and integrated treatment approaches combining **myofascial release, muscle energy, strain-counterstrain, positional release,** and **oscillatory** techniques applied to the lumbosacral and pelvic regions.

You will be introduced to integrative treatment approaches based on structural findings, in turn providing a unique perspective when treating soft tissue dysfunction. Full colour course manuals included with detailed photos and technique descriptions.

**Fee:** \$300 plus HST. Payment via PayPal. 2-week week cancellation notice required for full refund. Late cancellations are subject to 50% of fees.

**Date:** Saturday February 29<sup>th</sup> from 8:30am to 5:30pm

**Location & CEUs:** location to be determined & credits pending approval with MTANS, MTWPAM, and CATA

**Registration:** To register, please contact the School of Structural Therapy by email: [admin@ssttherapy.ca](mailto:admin@ssttherapy.ca) with your full name, primary contact phone number, and preferred mailing address

**Prerequisite:** Must be a practicing manual therapist.



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### ***PART IV: CERVICAL SOFT TISSUE TECHNIQUES, Sunday March 1<sup>st</sup> 8:30am – 5:30pm***

#### **Technique focus:**

This course will demonstrate C-spine soft tissue assessment, and integrated treatment approaches combining elements of **myofascial release**, **muscle energy**, **strain-counterstrain**, **positional release**, and **oscillatory** techniques applied to the cervical spine. New concepts will be introduced providing a unique perspective when treating cervical soft tissue dysfunction and upper extremity pain complaints in clinical practice.

Full colour course manuals included with detailed photos and technique descriptions.

**Fee:** \$300 plus HST. Payment via PayPal. 2-week cancellation notice required for full refund. Late cancellations are subject to 50% of fees.

**Date:** Sunday March 1<sup>st</sup> from 8:30am to 5:30pm

**Location & CEUs:** location to be determined & credits pending approval with MTANS, MTWPAM, and CATA

**Registration:** To register, please contact the School of Structural Therapy by email: [admin@sstherapy.ca](mailto:admin@sstherapy.ca) with your full name, primary contact phone number, and preferred mailing address

**Prerequisite:** Must be a practicing manual therapist.



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### ***PART V: SCAPULOTHORACIC SOFT TISSUE TECHNIQUES, Saturday March 7<sup>th</sup> 8:30am – 5:30pm***

#### **Technique focus:**

This course will introduce new concepts relating to treatment applications applied to the scapula and thoracic spine, and integrative treatment approaches based on structural findings, in turn providing a different perspective when treating scapulothoracic dysfunction. Full colour course manuals included with detailed photos and technique descriptions.

**Fee:** \$300 plus HST. Payment via PayPal. 2-week cancellation notice required for full refund. Late cancellations are subject to 50% of fees.

**Date:** Saturday March 7<sup>th</sup> from 8:30am to 5:30pm

**Location & CEUs:** location to be determined & credits pending approval with MTANS, MTWPAM, and CATA

**Registration:** To register, please contact the School of Structural Therapy by email: [admin@ssttherapy.ca](mailto:admin@ssttherapy.ca) with your full name, primary contact phone number, and preferred mailing address

**Prerequisite:** Must be a practicing manual therapist.



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***PART VI: UPPER & LOWER EXTREMITY SOFT TISSUE TECHNIQUES, Sunday March 8<sup>th</sup> 8:30am – 5:30pm***

**Technique focus:**

This course will introduce new concepts relating to treatment applications applied to both upper & lower extremities and integrative treatment approaches based on structural findings, in turn providing a different perspective when treating upper & lower extremity dysfunction. Full colour course manuals included with detailed photos and technique descriptions.

**Fee:** \$300 plus HST. Payment via PayPal. 2-week cancellation notice required for full refund. Late cancellations are subject to 50% of fees.

**Date:** Sunday March 8<sup>th</sup> from 8:30am to 5:30pm

**Location & CEUs:** location to be determined & credits pending approval with MTANS, MTWPAM, and CATA

**Registration:** To register, please contact the School of Structural Therapy by email: [admin@ssttherapy.ca](mailto:admin@ssttherapy.ca) with your full name, primary contact phone number, and preferred mailing address

**Prerequisite:** Must be a practicing manual therapist.



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***Mohit Khosla, M.OMSc., (cert.)OOA***

Mohit first studied at the University of Ottawa where he completed his Bachelor of Science degree in Biology. Thereafter, he furthered his interests in health sciences and completed his Bachelor of Exercise & Sport Science degree in Athletic Therapy at the University of Manitoba. As a former Certified Athletic Therapist and Strength and Conditioning Specialist, he then became interested in Osteopathy and osteopathic philosophy.

As a graduate of the Canadian Academy of Osteopathy in both the Osteopathic Manipulative Sciences and Osteopathic Manipulative Theory & Practice, Mohit's osteopathic vision aims at providing exemplary clinical results that are second-to-none, accompanied by a high quality of professionalism. With a passion for continuing education and a dynamic learning environment, Mohit enjoys both a full-time clinical practice and part-time teaching. Following his academic training, he fulfilled the requirements of the Professor Training Program through his alma mater, the Canadian Academy of Osteopathy. Mohit continues to take great interest in osteopathic literature and applies this to his understanding of the unique complexity of the human body.

In his clinical practice, Mohit works closely with community physicians where he correlates his patients' structural findings to their medical diagnosis. This is determined by a thorough understanding of the interrelationship between the structure and function of the body.

In collaboration with a dynamic team of health professionals within his clinical facility, they provide highly specialized patient care for all of the following: treatment for musculoskeletal pain and dysfunction including bone, muscle, nerve, and joint Injury, and management of internal ailments relating to digestive issues, cardio-respiratory conditions, and neurologic disorders.