**Advanced Fascial Approaches: Shoulder, Upper Limb & Trunk**

**Advanced Fascial Approaches: Shoulder, Upper Limb & Trunk** is a continuation of the Fascial Approaches: Shoulder course, where we apply the skills of sinking into the body and applying gentle pressure at the barriers on a multitude of structures. The techniques used will include vault holds, single and two-hand releases, compressions, unwindings, and the use of Chinese Gua Sha. We will learn releases for the shoulder, upper arm, forearm, wrist, hand, sternum, pectorals, back, ribs, vertebrae, and diaphragm. This is a packed course full of practical approaches, useful for many patients.

The course investment includes course lecture notes with clear colour photographs of techniques and step by step instruction. Guasha tools for use in the course are provided and available for purchase for a small fee.

**Participants of any “Advanced Fascial Approaches” courses must have completed a more fundamental “Fascial Approaches” course.**

Dates: Saturday & Sunday, November 6 & 7

Time: 9am-5pm

Location: CCMH, Halifax, NS

Investment: $475

CEU’s: MTANS 7 Primary, CMTNL 7 Cat. A, CMTNB 7 Cat. A

Instructor: Peter Stuart

Peter Stuart has been a practicing massage therapist, fascial release specialist and educator since 1993, specializing in the assessment and treatment of chronic conditions and transformation from the negative effects of trauma.

**To register, or for more information:** [**peterstuart@me.com**](mailto:peterstuart@me.com)

**902.452.4730**