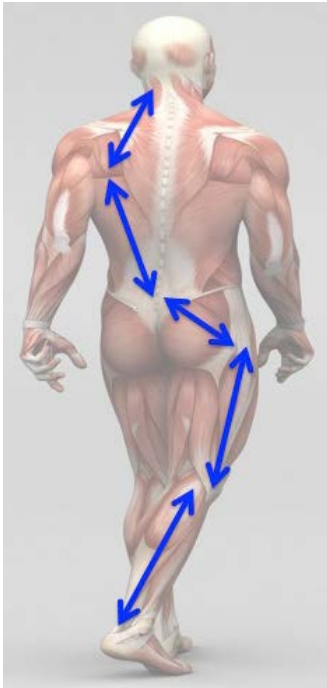




The concepts and principles of NeuroMuscular Reprogramming NMR®

# Mod 3: Kinetic Chains & The Neck

A continuous sequence of muscular activity creates the beauty and power of the expression of the human body. When these lines of force and movement become inhibited, we feel glitches and restrictions when sequencing a movement. In Mod 3 we learn to re-condition full and graceful movement top to bottom and front to back.



**The Extensor Line** from the eyebrows, down the back to the soles of the feet, is wired up neurologically with the body's startle reflex. Fixations in this kinetic chain will refer into the felt sense of anxiety or fear or defensiveness, almost always out of conscious thought and control.

**The Flexor Line**, inhibited often by hyper-toned extensors, fails to balance those extensors, resulting in loss of height, increased spinal kyphosis/lordosis, and compression issues at the apexes of all the spine's transitions such as the neck base and lumbosacral junction.

**Flexibility in this flexor/extensor system is the Mission of Module 3 of NMR!**

**The Neck** is the most vulnerable structure in the body. The myriad of small muscles regulating the delicate balance of all its moving parts can easily become damaged and entangled, putting pressure on vital nerves and drainage systems, compromising several of our regulatory systems: immune response, balance, fluid elimination and therefore the CSF pumps.

Learn a safe protocol for rebuilding support in the cervical spine for an immediate improvement in ROM.

Addressing body energy resources and readiness for change in the context of your treatment will enable your treatment to be noticeably more effective. There will be further discussion of kinesthetic tools available for accomplishing this.

**Fri: June 2 7 - 10 pm**

**Sat/Sun: June 3, 4 9:30 am - 6 pm**

**Class Hours: 18**

**Cost: \$550.**

*Save 10%*

*when paid in full four weeks in advance*

**Jocelyn Olivier, CMT MBW**

is the developer of NeuroMuscular Reprogramming®. She has been a visionary and innovator in the fields of rehabilitation and education for 40 years.



As founder and director of the Institute of Conscious BodyWork, Alive & Well! Jocelyn has trained over 10,000 senior bodywork practitioners. She has advanced our understanding of the value of integrating neurological reprogramming with functional re-education to accomplish the highest level of recovery from acute and chronic injuries.

*Presented by*



*Location*

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Mill Valley, CA 94941  
**415.945.9945**

Email [contact@alivewell.com](mailto:contact@alivewell.com)

◆ Apply the NMR protocols to resolving sequencing problems among the muscles responsible for flexion and extension from head to foot.

◆ Rebuild the support and free the expression of the neck.

◆ Learn a safe protocol for rebuilding support in the whole spine.

*Alive & Well Institute of Conscious BodyWork is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider and is also sponsored by NCBTMB to teach New York LMTs continuing education that is accepted by the state of New York for license renewal. Provider #451689-11*