



## Introductory weekend



The concepts and principles of  
NeuroMuscular Reprogramming

# Protocols for Hips and Low Back

with Jocelyn Olivier

**Learn safe protocols to address**  
sacroiliac joint pain, hip pain,  
"Military Spine", excessive lordosis,  
sciatica, and more.

- \* *Relieve compression effects from past falls on the sacrum and coccyx.*
- \* *Reduce the effects of shock and whiplash to the spine.*
- \* *Recondition active support of the erector spinae muscles.*
- \* *Learn corrective exercises to reinforce efficient use of the low back and hips.*

Fri: Nov 15 from 7 - 10 pm and  
Sat/Sun: Nov 16, 17 from 9:30 am - 6 pm  
CEU's 18 Hours **2019 LIVE COURSE**  
Tuition: \$550, **\$495 if paid in full by June**

**Place: Salons by JC**

333 North Main Street  
West Hartford, CT 06117

(Bishops Corner, West Hartford behind Marshalls, 2nd floor)

**CT Contact/Phone** Seth Levine / 860-878-2090

**Sponsored by**



**For more information contact:**

Phone **(415) 945-9945**

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

Register online at this link:

<http://www.neuromuscular-reprogramming.com>

**NMR provides fast, easy corrections** for complex coordination dysfunctions of the hips and low back. Correcting poor sequencing among the muscles controlling movement and stabilization in these areas quickly restores proper biomechanics and range of motion, alleviating chronic and acute pain of the Gluteals, SIJ and Lumbar Spine.

**Safely address** the neuromuscular and musculo-skeletal problems of the hips and low back at their source: in the motor coordination center of the brain. NMR reprograms the stored information governing coordinated movement.

**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.

*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*