



## 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.

**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 over 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, exp 7/22/2020.*

AP Renewal in process.

- ✓ *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 activities to retrain efficient use* of the low back and hips.

## Fall 2020 LIVEstreaming COURSE

**Fri: Sep 11 from 3:30 - 6:30 pm PT** *and*  
**Sat/Sun: Sep 12, 13 from 8am - 4:30pm PT**

Class starts at 3:30pm PT on Sep 11th, 6:30pm the same day ET, 6:30pm the NEXT day in Australia. (Check times for Indonesia, India and Europe)

CEU's 18 Hours

**Tuition: \$300, or pay only \$270** (Reviewers \$135)  
*when paid in full by Aug 11, 2020.*

Register online at [NeuroMuscular-Reprogramming.com](http://www.NeuroMuscular-Reprogramming.com)

NMR Mod 4 Graduates can repeat for FREE.  
You MUST register to participate however.

Sponsored by

**415.945.9945**

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

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



7/10/2020