



# 2010 Continuing Education Workshop Canadian Hellerwork Association October 1 – 3, 2010 Naramata Centre, BC

## Dynamic Mobilization Techniques for Hellerworkers

With Laura Leslie BSC CAT(C) DO  
and Leslie Larson BA BSC CHSIP

***This comprehensive 3-day course with both theory and hands on learning can be applied immediately within your clinical practice.***

### Course Objectives

- Learn and practice how mobilization & Hellerwork techniques combine to give the therapist a practical and powerful new approach that can be applied immediately
- Gain insight into mobilizations of the lower extremity from an Osteopath's & Athletic Therapist's perspective
- Learn a unique integration of treatment approaches of myofascial chain and structural integrity from foot to psoas
- Learn concise and clear anatomical relationships between the myofascial chains and structural components

### Course Content

- Incorporates theoretical concept of osteopathic joint mobilization, including Dynamic Mobilization Techniques developed by Laura Leslie
- Practical sessions will be extensive and complete with Myofascial & Mobilization techniques
- Laura & Leslie have been teaching these courses and related courses together for the past 6 years across Canada which are fully accredited by the Canadian Athletic Therapist Association (CATA), National Athletic Trainer Association

### Schedule

**Friday October 1**  
1 – 6 pm

**Saturday October 2**  
9 am – 12 noon  
1:30 – 6 pm

**Sunday**  
9am – 12 noon  
1:30 – 4 pm

**12 of the Canadian Olympic medalists receive this kind of treatment!**

***For more information***

**Alison Child**

**Phone: 250 474-4764**

**E-Mail: [thursdaychild@hotmail.com](mailto:thursdaychild@hotmail.com)**



**Laura Leslie, B.Sc., CAT(C), D.O.** has over 17 years of clinical experience at the Concordia Physio Sport and teaching experience with the Department of Exercise Science, Concordia University and College D'Etudes Osteopathiques in both Montreal and Toronto. Laura completed her Osteopathic thesis dissertation on the cranial approach to treating post-concussion syndrome and head trauma. Laura has lectured to academic disciplines, organizations and businesses regarding sports injuries, posture, repetitive strain injuries and ergonomics and concussion treatments and management. Using her manual/hands-on approach to treating injuries has helped treat the cause of the problem and resulted in a quicker and more complete rehabilitation of the individual as a whole.



**Leslie Larson, B.A., B.Sc., CHSIP, Myofascial & Structural Integration Specialist**, has over 15 years of experience treating myofascial chain, structural & postural integration dysfunction. Leslie's systemic hands-on approach of soft-tissue / myofascial release aids in the restoration of joint function, mobility fascial fluidity. Leslie has helped many individuals in recovering from sports injuries including rehabilitation of professional and Olympic athletes, repetitive stress syndrome related to the work environment, and chronic pain. Leslie has lectured to businesses regarding workplace ergonomics and the role of myofascial and postural function in sports and daily life.

## The Venue: Naramata Centre

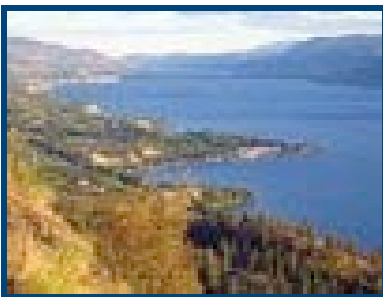
[www.naramatacentre.net](http://www.naramatacentre.net)

*Naramata Centre, an internationally known spiritual and personal growth centre, is located in the heart of Naramata Village, on the eastern side of beautiful Okanagan Lake. A private beach provides a perfect place for swims, conversation, or listening to the water lap gently onto the sandy shore. Walk the labyrinth set amidst orchards and clay cliffs or visit the Chapel to see why it is known as one of BC's sacred places.*

*The Mustard Seed Bookstore offers a large selection of books, journals and gifts. Pianos are found throughout the Centre. Volleyball, badminton, baseball, bocci, croquet and soccer equipment are available.*

*Wholesome breakfasts, lunches and full course dinners are served buffet-style in the sunny dining room.*

*Accommodations are either private or semi private. Most buildings, including accommodations, are accessible for people with disabilities. All are smoke-free. Naramata has requested that CTA handle the bookings, so please indicate your preferences on the registration form and include payment. Thank you.*



*Naramata Centre is located 15 kms north of Penticton on the eastern side of Okanagan Lake, a 5 hour drive (400 km) from Vancouver*

*There is a shuttle service to the Centre from Kelowna and Penticton Airports. Direct flights are available to Penticton from Vancouver and Calgary; and to Kelowna from Vancouver, Edmonton, Seattle and Toronto.*



**Canadian Hellerwork Association**  
**2010 CEW**  
**1 – 3 October 2010**

**REGISTRATION FORM**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**I can bring a table**

<b>Tuition</b>	<input type="checkbox"/> \$300 before August 15 <sup>th</sup>	<input type="checkbox"/> \$350 after August 15 <sup>th</sup>		<b>\$</b>
<b>Accommodations</b>	2 nights Fri & Sat	\$306.82 single	\$226.82 shared	<b>\$</b>
<b>Indicate which nights, single or shared</b> Includes dinners, breakfasts, lunch and GST *	For additional nights, add 184.99 (single) or 131.99 (shared) per night. Indicate which nights: <input type="checkbox"/> Thurs and/or <input type="checkbox"/> Sun	____ (# - 1 or 2) additional nights single	____ (# - 1 or 2) additional nights shared	<b>\$</b>
<b>Total enclosed</b>				<b>\$</b>

\* The BC government has proposed an HST tax to be introduced in July. If this passes, cost of accommodations will be increased by 7%.

**All amounts are in Canadian dollars.**

**Payment to:** Canadian Hellerwork Association

**Send to:** Alison Child, Treasurer  
Canadian Hellerwork Association,  
5115 William Head Rd, Victoria BC V9C 3Z1