

BodySense Online Course

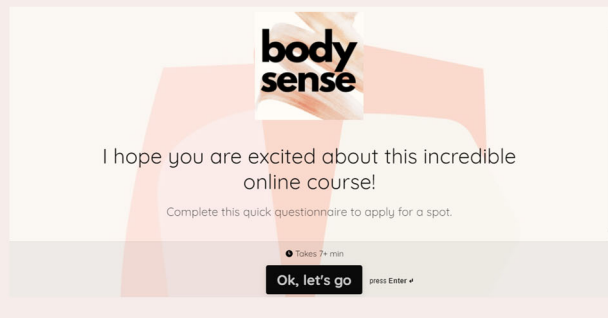
Learn practical treatment tools, build a supportive community, and deepen your knowledge of the body in this **live online** group program.

Over the past two years I have been teaching this exact online class at a college in Southern Oregon and am now opening it up to the public starting in August. I want to personally invite you to sign up for the waitlist for the online BodySense Course.

I'm here to take my decade of healthcare experience as a manual therapist, movement specialist, Guinness world record coach, international athlete trainer, and college educator to show you how to use treatment tools for clients and yourself.

Apply Today

Please know that since there are many applications going out, it's impossible to notify every person, but if you do get accepted, you'll hear from me by Monday July 26, 2021.



What is this course about?

The BodySense Course is for anyone who wants to gain expertise in the science of stress, the anatomy of breathing, and biomechanics of the body to better show up for yourself and others.

When does it start?

Applications open July 19, 2021 and the course starts at the beginning of August.

Is the class all online?

Yes, this course is designed to fit into your schedule with weekly record lectures and live Zoom calls. The main goal is flexibility in studying the course material and creating a sense of community.

How is the course structured?

The class size will be small so space is limited. We meet once a week for a Live Group Zoom call. If you cannot make it a recording will be sent the following day. There are also weekly self paced Recorded Lectures to review on your own time. The course will run for 10 weeks.

Who is this for?

Anyone who is interested in diving deep into the study of their body, how it handles stress, and learning actionable tools to incorporate self-compassion.

Who is this not for?

Anyone who does not have 1-2 hours per week to dedicate to the course or is not interested in learning through self discovery.

How do I apply?

[Sign up here!](#)

CA #79892

[BOOK NOW](#)



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