

APPLIED MINDFULNESS & *neuro*plasticity



Evidence Based

- ***“Current brain research in a movement context... not just cognitive.”***
- ***“Finally, I, personally, got informed-touch -- entirely new and incredibly nourishing.”***
- ***“I sense my own nervous system, and my patients’ in an entirely different way.”***

SELF-CARE for CAREGIVERS
21 CEUs

COURSE OBJECTIVES

- End Compassion-Fatigue with more Organismic IQ.
- Embody mindfulness instead of talking about it.
- Decode the amygdala with presence and Pause.
- Learn to use Felt-Sense to fulcrum biomechanics.
- Reverse engineer past trauma for current healing.
- READ pain signals vs. REACTING (re-enacting).
- Revitalize the skeletal kinetic chain with one move.

10.18 - 10.20.19	Westlake Village, CA
12.06 - 12.08.19	Grass Valley, CA
01.24 - 01.26.20	Westlake Village, CA
03.27 - 03.29.20	Grass Valley, CA
05.01 - 05.03.20	Westlake Village, CA
07.17 - 07.19.20	Grass Valley, CA

More Dates TBA on cfrhealing.com

Schedule: 2.5 hours pre-course on-line EVIDENCE-BASED VIDEO LECTURES that are interesting and entertaining. Teacher/Participant Ratio 1:6 maximum

DAY 1 1pm-7pm DAY 2 10 am-6 pm DAY 3 10 am-4 pm

REGISTER: cfrhealing.com or 800-898-9588

CFR CORTICAL
FIELD
RE-EDUCATION

