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# CORE MYOFASCIAL THERAPY with George Kousaleos

## Sydney, Brisbane Sept-Oct 2015

*"George Kousaleos was one of the most influential people in the manual therapy profession on my career and my success. His amazing CORE Myofascial Therapy training should be the foundation of every manual therapist's practice. His incredible knowledge of the human body, his compassion, and his kind heart, make him one of my greatest mentors in the manual therapy" - James Waslaski LMT; Author & International Lecturer Integrated Manual Therapy & Orthopedic Massage CPT-*

### CORE Myofascial Therapy Certification

**Sydney (Venue: 5 Forbes St, Newtown)**

CORE Myofascial Therapy 1: 25, 26,27 September 2015  
CORE Myofascial Therapy 2: 28, 29,30 September 2015

An intermediate to advanced, six-day workshop designed to give practicing massage therapists in-depth knowledge and hands-on experience in full-body myofascial treatment protocols. With this knowledge and skill, you will be able to improve your clients' structural body alignment and increase their physical performance.

*"Getting the basic Myofascial Spreading done on my first day resulted in a dramatic improvement of my body alignment" Mic, Townsville*

### CORE Myofascial Therapy for the Back & Neck

**Sydney 3, 4 October 2015**

This 2-day seminar will focus on CORE myofascial treatment Back Specific and Chest Neck & Head protocols.

### CORE Sports and Performance Bodywork

**Brisbane 9,10,11 October 2015 (venue 41 Anzac Av. Redcliffe)**

This 3-day seminar will examine the basic styles of performance inherent in all athletic disciplines. Utilizing structural integration and myofascial therapy theories and techniques that are appropriate for each style of performance, we will focus on developing training and event protocols for endurance, sprint, power, and multi-skilled athletes.

**George Kousaleos, LMT** is the founder and director of the Core Institute, a school of massage therapy and structural bodywork in Tallahassee, FL. He is a graduate of Harvard University, and has practiced and taught Structural Integration, Myofascial Therapy and Sports Bodywork for the past 30 years. George has served as a member of the Florida Board of Massage Therapy and was Co-Director of the International Sports Massage Team for the 2004 Athens Olympics.

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# Functional Fascial Taping

with Ron Alexander

*“Evidence-Based Pain Relief”*

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This workshop teaches a fast and simple way for clinicians to reduce pain, improve function, encourage normal movement patterns and rehabilitation of musculoskeletal pathologies in a pain-free environment.

FFT has been shown to have a significant effect on Non-Specific Low Back Pain in a randomised double-blind PhD study. FFT is a non-invasive, immediate, functional and an objective way to decrease musculoskeletal pain.



## Presenter:

**Ron Alexander—**  
STT [Musculoskeletal],  
FFT Founder and Teacher

**Gold Coast, 14-15 Nov 2015**

**Sydney, 21-22 Nov 2015**

**Adelaide, 28-29 Nov 2015**

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*A great way to encourage  
treatments*

