

# Anatomy & Physiology Weekend Immersion

"Bridging the gap between 200 & 300 level TT"

**Saturday April 30, 10am—5:00pm &  
Sunday May 1, 9:30a-4:30pm**

with a therapeutic yoga class the first 75min each day

**Location: Yoga Room Little Italy, Cleveland**



Empower your body. Choose optimal.

The Schatz Method™ is a system of bodywork proven to permanently alleviate pain by treating the source not the symptom of function. This open forum course will empower you to confidently take on more clients with pain and injury— and help them.

## Is this workshop for you? It is if you:

- ✓ Crave more practical anatomy (vs. memorization) and functional movement knowledge to support your practice
- ✓ Didn't get the anatomy you needed in your TT
- ✓ Know the value of continual study as a practitioner of the human body
- ✓ Value an alignment based practice and therapeutic skills

## What you'll learn & What's included:

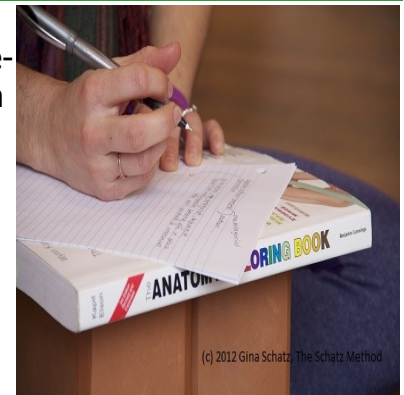
- ✓ How movement occurs in the body with interactive illustrations
- ✓ Assessment skills to identify misalignments and ample practice time
- ✓ Strategic thinking about therapeutic alignment and the anatomy to base your findings
- ✓ Which muscles are the most important in an asana and how to identify them
- ✓ Why you need to address the nervous system as the most important organ in any asana
- ✓ What to recommend therapeutically
- ✓ And more ...

## Prerequisites:

LMT w/ 800 education hours + 2 years work experience

RYT 200 or higher + 2 years teaching experience

Personal Trainers w/certificate/degree + 2 years work experience



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## Registration

\$260 for the wknd  
\$197 if registered and  
paid 2-weeks prior to the  
workshop.

Fees waived for all  
Schatz Method trained  
practitioners.

Full refund for cancella-  
tions accepted one week  
prior to workshop date.  
Otherwise, funds will be  
applied to future course.

You can register now at:  
[ginaschatz.com](http://ginaschatz.com)

## Yoga Alliance CEU's— For RYT's and ERYT's

Gina M Schatz  
BA LMT NCTMB E-RYT  
Ohio | New York | California  
NCTMB Approved Provider #451747-11

"Gina M. Schatz 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 "