



Moving form into function

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**Holistic Biomechanics:
Forward and Backward Motion of the
The Coordinated Vertebral Column™
Arching and Rotation**

Course Date: Sunday, July 15th, 2018

Course Times: 12:00 noon to 2:30p.m.

Course Study: This course will briefly cover the following areas:

- Mobilization of the Coordinated Vertebral Column™
 - 1) Arching
 - 2) Rotation

Course Fees: **Early Registration Fees:**

\$40.00

Late Registration Fees:

\$45.00

Course Participants: This workshop is designed to introduce you to the concept that all body movements are either forward motions or backward motions of the Coordinated Vertebral Column™. You will learn the basic components of the pelvic girdle and shoulder girdle wheels of motion in arching and rotation. You will learn how these wheels of motion set the CVC™ into action. It is helpful if participants have some basic knowledge of the pelvic and shoulder girdles of the body as well as the basic motions of the arch and curl.

Course Registration: Early Registration needs to be turned in by July 1st, 2018.

For more information please contact Alicia Fajardo at 503.888.8241 or by email at transformationspdx@gmail.com