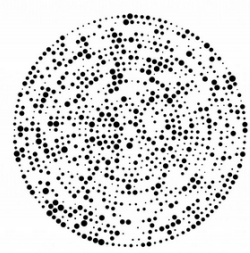


MODULE I

Cranial Fundamentals - Listening Hands - Sacral, Occipital and TMJ Techniques



This course is an introduction to the craniosacral concept. However, students will learn the fundamental skill that roots all of my work. What we call listening hands. We will spend time learning myofascial techniques for crucial areas that have a significant impact on the craniosacral system - which when not addressed, decrease the effectiveness of cranial work. The time spent on the myofascial skills is also excellent practice for developing and enhancing the hand-skills for CST.

We will identify patient groups for CST and a working model that includes physical (pain), physiological and mental-emotional-spiritual aspects of the work. This allows students to begin immediately developing their own conceptual lens through which they understand this work and integrate with how they care for their patients. We will include polyvagal theory and interpersonal neurobiology concepts in this discussion. We will continue exploring these ideas throughout the course series - particularly in our synchronous zoom sessions.

We will learn myofascial approaches for the thoracolumbar fascia, sacrum, anterior and posterior cervical fascia and the TMJ. In order to effectively perform this work we will also dive into the connective anatomy of these regions - this is often a highlight for participants, especially those who have previously struggled with anatomy.

We will palpate the cranial rhythm and learn the releases for the sacrum and the occiput.

MODULE II

Cranial Fundamentals: Cranial Vault Techniques

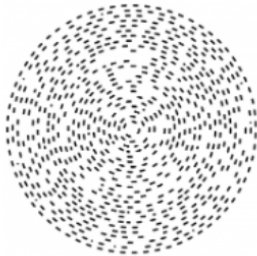


As explained above, this course continues the work we did in our previous module. We will continue to explore the listening hands concept and add to it osteopathic treatment principles. We will go deeper into our understanding of craniosacral system anatomy and how it relates to our work.

Students will learn cranial anatomy specifically for understanding the cranial vault and how to perform releases for the major cranial bones. These techniques will be integrated with the work from our previous module.

MODULE III

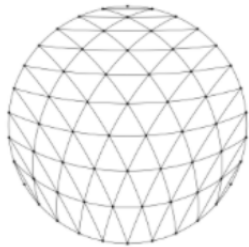
Cranial Wayfinding: Cranial Base Techniques and Sphenoid Releases



Onward we go! This course centers on treating the sphenoid and interpreting cranial patterns from the cranial base relationships and sphenoid patterns. The sphenoid work forms the core of interpreting craniosacral system patterns and organizing treatment flow. We will emphasize interpreting cranial patterns and technique combinations to address them. CS III marks participants' exposure to the foundational CST techniques and will include a facilitator supported in class practice session with feedback.

MODULE IV

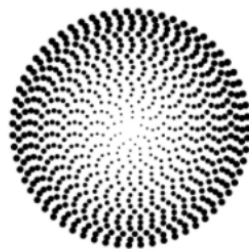
Advanced Techniques: Intra-oral and combined myofascial and cranial techniques



The first three modules offer students craniosacral therapy vocabulary and grammar. Advanced techniques is where students learn to fully express themselves with the work. In our Advanced module intraoral techniques will be introduced and integrated with both TMJ work and understanding how these forces will affect the sphenoid. Students will be encouraged to develop their own style and approach. Instruction throughout the hands-on sessions will be highly individualized - even more so right now due to limited class size because of COVID-19 restrictions. Our Advanced module presents three cranial holds that Michael utilizes for a majority of his diagnostic and treatment work. These are complex holds that often involve combining cranial techniques with myofascial techniques. Students will be working on developing full treatment approaches with in-session diagnostics and real-time clinical responses.

MODULE V

Cranial Diagnostics and Treatment



This course is scheduled for at least two months after students have completed Advanced Techniques. Students will be given a number of treatments to complete before Cranial Diagnostics and Treatment, peer to peer debriefs of these sessions and the opportunity to debrief sessions with facilitators in zoom sessions. All of this leading up to our final in person time together. There will be some new techniques presented for the oral-facial area. Participants will then give a full treatment to a MMI facilitator. Participants and facilitators will confirm patterns and diagnoses and treatment ideas. Participants and facilitators will then have a full debrief afterwards.



Moving Mountain Institute

Hybrid Craniosacral Foundations & Advanced Series Curriculum Snapshot, Schedule & Cost

Students who complete all of the assigned practice sessions and fulfill all course requirements for all CS modules will be certified by Moving Mountain Institute in Craniosacral Therapy. Any student who completes training will be eligible to apply to be a facilitator in the MMI CST course series.

A more comprehensive breakdown of the curriculum will be released soon!

SCHEDULE

Approximately 9 Months

Module I

May 15, 2021: Synchronous course launch
May 25, 2021: Synchronous Touch Point, 6pm - 7:30pm
June 10, 2021: Synchronous Touch Point, 6pm - 7:30pm
June 12 & 13, 2021 9:30-3:00 (both days): Live In-Person Clinical Workshop

Module II

September 9, 2021: Synchronous Touch Point, 6pm - 7:30pm
September 23, 2021: Synchronous Touch Point, 6pm - 7:30pm
September 25-26, 2021 9:30-3:00 (both days): Live In-Person Clinical Workshop

Module III

October 14, 2021: Synchronous Touch Point, 6pm - 7:30pm
October 23-24, 2021 9:30-3:00 (both days): Live In-Person Clinical Workshop

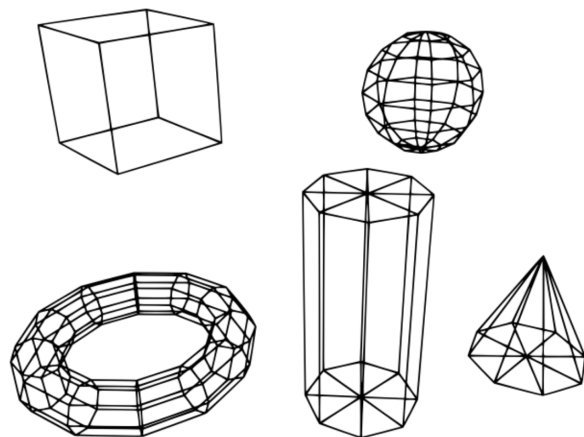
Module IV

November 11, 2021 Synchronous Touch Point, 6pm - 7:30pm
December 4-5, 2021 9:30-3:00 (both days): Live In-Person Clinical Workshop

Module V

February 17, 2022: 6pm - 7:30pm Synchronous Touch Point
February 26-27, 2022 9:30-3:00 (both days): Live In-Person Clinical Workshop

Note that all Asynchronous Classroom course work can be completed flexibly on your own schedule, but it will tie in with what we discover and learn in the Synchronous Touch Points and Live In-Person Clinical Workshops. There may also be some activities like participating in discussion forums or other simple assignments during these periods.



PRICING AND PAYMENTS

Tuition Pricing

All discounts are based on the regular tuition price of \$3950 and are being offered for a limited time only.

New Student Full Series - Introductory Price	\$ 3555 (10% discount)
New Student Foundations Series (Modules I-III)	\$ 2133
MMI Alumni Full Series - Introductory Price	\$ 3350 (15% discount)
MMI Alumni CS Foundations Series (Modules I-III)	\$ 2015 (15% discount)
MMI Alumni CS Advanced Series (Modules IV-V)	\$ 1343 (15% discount)
BIPOC (New Student or MMI Alumni) Full Series	\$ 2962 (25% discount)

BONUS: All students who enroll in the Full Series will also receive access to all video tutorials and lectures for 6 months after the course series ends. This is a limited time offer.

Payment Options

PAY IN FULL	Take an additional 5% off your total tuition base price
PAYMENT PLAN	- \$550 deposit, then 8 monthly payments after - First payment due before the synchronous course launch on May 15, 2021 - No additional fees