



Leader in Holistic Education, Wellness & Healthcare

*The Cayce/Reilly® School of Massotherapy Presents*

## **Ortho-Bionomy®: Thoracic Outlet**

**Ortho-Bionomy®** is a gentle, highly effective and comprehensive system of natural healing for pain relief, alignment, endocrine balancing, self-awareness, postural re-education, self-care and deep relaxation. Techniques are comfortable for the client and the practitioner. With this light touch/deep work, releases often take place in as little as 10 - 60 seconds, and with more ease, immediacy and lasting effectiveness than you might think possible.

Pain, tingling, numbness, weakness, restricted movement of the arm, wrist and hand, pain in the neck, shoulder and back (paraspinal) muscles, occipital headaches may all be symptoms of Thoracic Outlet Syndrome, caused by restrictions in the thoracic inlet. Since lymphatic drainage for the whole body drains into the venous system through this inlet, restrictions affect our health in many ways, including how well we clear infections and toxins, our breathing, circulation, neural activity, not to mention the debilitating effect of the symptoms. Thoracic Outlet Syndrome often goes unrecognized because the tension builds gradually over time; clients may not notice nor exhibit all the symptoms. It is often a component in carpal tunnel. Cause may include poor posture or static posture, as in assembly-line or computer work, injuries (often with whiplash), constant muscle tension in the shoulders, repetitive overhead arm movement, carrying weight. Almost all athletes have some restrictions. Come and learn how to help the body release tension at joints, in muscles and fascia from the inside-out, relieving pain without causing pain. Help restore related alignment, function and well-being for your clients with this workshop, and enjoy the benefits of being on the table, too.



**When:** April 20 – 22, 2012

**Time:** Friday 4 pm – 8 pm  
Saturday and Sunday 9 am – 6 pm

**Continuing Education Hours:** 19

**Approved for CE Hours:**  
NCBTMB, Florida and Texas

**Cost:** \$425 (\$380, if paid, in full, at least 30 days in advance)

**Materials Fee:** \$15 (charged by the school)

***No Prerequisites***

***To Register:***

757-457-7134

[workshops@caycereilly.edu](mailto:workshops@caycereilly.edu)

[www.EdgarCayce.org/massageschool/CE](http://www.EdgarCayce.org/massageschool/CE)

### **About the Presenter:**



**Ann Hoeffel, LMT, CHt, BS-Edu**, has been in private practice since 1984 and has over 4000 hour hours of training in wholistic health and healing. Ann studied Ortho-Bionomy with founder Dr. Arthur Pauls and is a former Vice-President of the Society of Ortho-Bionomy International. Her certifications include Licensed Massage Therapist, Certified Hypnotherapist, NCBTMB-Certified as a Practitioner and Continuing Education Provider. Ann also earned a BS in Education at the University of Wisconsin-Madison.

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