

<b>DAY 1: Begins Friday Afternoon(May 3, 2019)</b>	
<b>2:00-2:30</b>	Welcome: Introductions and Overview
<b>2:30-3:00</b>	Level I Review
<b>3:00-3:15</b>	Importance of Listening: Ways to Listen- Guided Experience
<b>3:15-3:35</b>	Opening the chest: Arm pull Myofascial release
<b>3:35-3:45</b>	Inner Awareness of Respiration: Guided Experience
<b>3:45-4:00</b>	Anatomy and Physiology of Respiration: Power Source
<b>4:00-4:15</b>	Break
<b>4:15-5:00</b>	Evaluation and Treatment of Sternum: Demo and Lab
<b>5:00-6:00</b>	Evaluation and Treatment of Ribs: Demo and Lab
<b>6:00-7:00</b>	Dinner Break
<b>7:00-7:15</b>	Muscle Energy Technique (MET) Lecture
<b>7:15-8:15</b>	Lab: MET for SCM and Scalene Muscles
<b>5.0 Contact Hours</b>	
<b>DAY 2: Saturday (May 4,2019)</b>	
<b>7:00-8:00</b>	Optional yoga or other Program TBD
<b>8:00-9:15</b>	Breakfast
<b>9:15-9:30</b>	Review from day 1
<b>9:30-9:45</b>	Strain-Counterstrain (SCS) Lecture
<b>9:45-10:45</b>	SCS Demo and lab for SCM and Scalene Muscles
<b>10:45-11:00</b>	Break
<b>11:00-11:30</b>	Anatomy and physiology of the Mandible and TM Joint
<b>11:30-12:30</b>	Demo and Lab: Evaluation and Treatment of muscles of the face and jaw (including MET, SCS and intra-oral techniques for lateral pterygoid and masseter muscles).
<b>12:30-2:00</b>	Lunch (lunch served from 12:30-1:30)

<b>2:00-2:15</b>	Anatomy and Physiology of the Larynx: Influence on Voice and Swallowing. Guided Experience: The physical/emotional/spiritual voice
<b>2:15-3:15</b>	Demo and Lab: Evaluation and Treatment of the Larynx: Infrahyoid and retrohyoid muscles with MFR, SCS, and MET
<b>3:15-4:15</b>	Demo and Lab: Evaluation and Treatment of the Larynx: Hyoid, Thyroid and Cricoid mobilization
<b>4:15-4:30</b>	Break
<b>4:30-5:30</b>	Demo and Lab: Evaluation and Treatment of the Larynx: Suprahyoid Muscles with Intra-oral Technique and Muscle Energy Technique (MET). Intra-oral Release of tongue/hyoglossus Muscle.
<b>5:30-7:00</b>	Break-Dinner (Dinner served 6-7)
<b>7:30-9pm</b>	Optional Evening Program
6.25 hours	
<b>DAY 3 Sunday (May 5, 2019)</b>	
<b>8:00-9:00</b>	Breakfast
<b>9:15-9:30</b>	Nervous System- Craniosacral Therapy (CST) Lecture
<b>9:30-10:00</b>	CST: Fluid dynamics-hands on practice
<b>10:00-11:00</b>	CST: Vertical and Horizontal membranous system
<b>11:00-11:45</b>	Demo and Lab: Evaluation and Treatment of the hard palate
<b>11:45-12:00</b>	Review/Q&A
<b>12:00-1:00</b>	Lunch (lunch served 12-1)
<b>1:00-2:00</b>	Lecture: Trauma and Voice ---What is Trauma? ---Polyvagal Theory ---How can we help? The basics of grounding, tracking sensation, titration, and body centered dialogue
<b>2:00-2:15</b>	Break

<b>2:15-4:00</b>	Putting it all together: How to do the initial evaluation and form a treatment plan.
<b>4:00-4:30</b>	Q&A and closing statements
	6.0

1.7 ASHA CEU's