

American Bowen Academy

Postural Assessment and Dysfunction

“If you always put limits on everything you do, physical or anything else, it will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them.”

— [Bruce Lee](#)

Instructor: Sean Wolf Info@BodyRestorationClinic.com 408-457-1719

CE Credits: 16

Cost: \$395

Pre-requisites: Open to any Bodyworker including non-Bowtech registered learners for an additional fee of \$75.00.

I. Rationale:

This course was developed after several years of other practitioners asking me how I can find the source of clients' dysfunctions so quickly. I have taken things I have learned over the years and formatted them in a way that makes it easy to find dysfunctional holding patterns simply by watching a client walk into the room.

II. Course Aims and Outcomes:

What if you could know the cause of your client's musculoskeletal pain within 5 minutes of them walking into your office? In this 16 hour class you will learn how to do a full body postural assessment, head to toe. You will learn how to find all of your client's postural deviations and which ones to start with for long lasting relief. You will also start you on the journey of how to read basic non-verbal communication and emotional holding patterns.

Specific Learning Outcomes:

By the end of this course, students will learn:

- The importance of looking at the body as a whole
- How to look at the body parts and recognize their relationship with each other
- The body's relationship with gravity, and how gravity can affect chronic tension
- The importance of load-bearing joint alignment
- How to read tension patterns to find the cause of the clients musculo-skeletal pain
- Emotional holding patterns
- Basic body and face reading
- How to correct tension patterns to help correct joint alignment
- Most importantly, where to focus releases for the most long-term and fastest results

III. Course Requirements: None, it is suggested to be familiar with anatomy trains or fascial lines.