



Ortho-Bionomy®

Fluids, Fascia and the Lymphatics – Lower Body

With **Liz Olivas**

Registered Instructor with the Society of Ortho-Bionomy

February 19 & 20, 2011

Saturday and Sunday

9am - 6pm

Fluids, Fascia and the Lymphatics – Lower Body

In this class you will learn how Ortho-Bionomy® can facilitate the natural ability of the lymphatic system to function well. The focus will be on understanding the nature of the lymphatic system and its relationship to the fascia and the fluids. The class will include discussion in the following areas:

- Basic anatomy and physiology of the Lymphatic System
- Relationships between the parts; Fluids Fascia and the Lymphatic's
- Techniques presented will release structural binding and blocking of the Lymphatic System
- Scar Tissue refinement
- Specific techniques to work with post surgical cancer and non cancer treatments will be presented with a lower body focus.

This method will gently reduce general pain, refine post surgical scar tissue and promote edema reduction. It is also an effective adjunct to CDP in the treatment of primary and secondary lymphedema. Ortho-Bionomy promotes working with ease and comfort for the client as well as the practitioner.

Liz Olivas earned her Bachelor of Fine Arts degree from the School of Dance at Ohio University in 1985. A strong background in kinesiology, anatomy and physiology and movement based therapy inspired her interest in therapeutic bodywork. In 1987 Liz became licensed as a Massage Therapist in the State of Florida. She also holds certifications in Ortho-Bionomy from The Society of Ortho-Bionomy International and Manual Lymph Drainage from The Dr. Vodder School North America.

Liz opened The Therapeutic Alternative where she works with people who suffer with a variety of symptoms including: Acute and chronic pain, headaches, neck pain, back pain, repetitive motion injuries as well as primary and secondary lymphedema.

Over the last 15 years, Liz has developed her unique skill of combining Ortho-Bionomy and Manual Lymphatic Drainage in the treatment of post surgical lymphedema. As a Registered Instructor of Ortho-Bionomy, Liz brings a rich background of over 20 years in private practice. Liz has a deep grounding in Ortho-Bionomy as a practitioner that is reflected in her ability to clearly convey the essence of Ortho-Bionomy in the classroom.

Early Registration Fee: \$285.00 must be received by January 31, 2011

Regular Registration Fee: \$350.00 if received after January 31, 2011

Registration Form



Ortho-Bionomy® Fluids, Fascia and the Lymphatics – Lower Body

NCBTMB 289 729 – 00 & FL CE's, FL - MT & OT CE's Provider # 50-2028.

For information on class and/or location, please contact **Karen Mobilia** at **786-797-6273** or karen@healinghandsseminars.com

Please make checks payable to: **The Therapeutic Alternative**

Mail checks to: **199 W. Palmetto Park Road, Suite 6
Boca Raton, FL 33432**

Make online payments at www.thetherapeuticalternative.com/classes.html

Name _____

Address _____

Phone _____

Email _____

Can you bring a massage table? Yes ___ No ___

* Please bring linens and a pillow with your table and wear comfortable clothing.

Class Location:
Healing Hands Seminars
110 North Federal Hwy, Suite 204
Hallandale Beach, FL 33009

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