

# Pain Management In Paradise

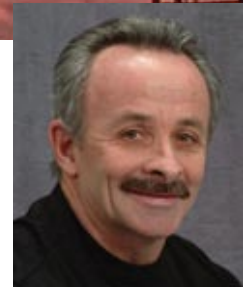
San Jose - Costa Rica



**Erik Dalton and James Waslaski**

**Pura Vida Resort**

**May 2 - 9, 2009**



## **CEUs... Cutting-Edge Therapy... Tropical Vacation!!!**

Set in a tropical paradise hidden in the hills of Costa Rica, renowned manual therapy specialists James Waslaski and Erik Dalton conduct lively, entertaining and informative 26 CEU certification workshops. Special video animation, anatomy dissection and hands-on demos stimulate the visual learner, while relaxed practice sessions delight kinesthetically-attuned therapists.

### **Dalton's Tune-up for: Neck, Locked Lumbars & Legs**

A good body mechanic doesn't treat a pronated foot, a bum knee or a whiplashed neck in isolation but searches for compensations that perpetuate pain-spasm-pain cycles. This long-awaited 'Myoskeletal Engine' workshop introduces a new approach for finding and fixing "kinks in the kinetic chain". **Empower** your skills and **Energize** your practice with Dalton's 20 deep tissue, muscle energy and joint-stretching routines. This lively presentation is designed for passionate massage, sports and structural integration therapists. It'll change the way you work!

Join us as we explore two hidden causes of neck, back and leg pain... **Ascending Syndromes:** pain arising from compensations in the lower legs that alter pelvic balance and **Descending Syndromes:** neck, jaw and ribcage 'kinks' that manifest as lumbar and sacroiliac pain. Enhance your palpation skills and technique repertoire with Dalton's new system for correcting stubborn conditions such as:

- Neck Cricks
- Scoliosis
- Facet / rib torsions
- Lumbago
- Sciatic & SI disorders
- Foot, knee and leg pain

*Erik Dalton, Ph.D., shares his passion and extensive background in somatic therapies such as Rolfing®, manipulative osteopathy, and the work of Vladimir Janda, M.D., in this innovative and entertaining pain-management workshop. Dedicated to research and treatment of chronic pain, Dalton introduced in 1994 his Myoskeletal Alignment Techniques® and founded the Freedom From Pain Institute®. For additional information about his pioneering approach to holistic 'hands-on healing' browse the Institute's web site at:*

**www.FreedomFromPain.com**

### **James Waslaski: Soft Tissue Research Revolutionizes Pain Management**

Based on new myofascial pain studies presented at Harvard Medical School and tendinitis vs. tendinosis research dating back to 1946, participants will learn techniques that will forever change the way they approach myofascial, trigger point, and tendon pain. These innovative structurally-oriented routines offer pain-free multi-modality methods for achieving immediate and permanent relief from complex disorders of the shoulder, elbow, forearm, hand and wrist. Ground-breaking frozen shoulder corrections are also presented in this dynamic interactive workshop. Theory, cases studies, and 70% hands-on training highlight this upbeat presentation.

James incorporates dazzling 3-D functional anatomy and human dissection models to support his multidisciplinary approach for assessment, treatment and self care for the following conditions:

- Shoulder Impingement
- Rotator Cuff Injuries
- Thoracic Outlet
- Frozen Shoulders
- Bicipital Tendinosis
- Medial / Lateral Epicondyle Pain
- Pronator Teres Syndrome
- Carpal Tunnel Syndrome
- Trigger Finger
- Joint Arthritis

*James Waslaski is an author & International Lecturer who teaches approximately 40 seminars per year around the globe. He's served as AMTA Sports Massage Chair and FSMTA Professional Relations Chair. He's developed 6 Orthopedic Massage and Sports Injuries DVDs and authored manuals on Advanced Orthopedic Massage and Client Self Care. James presents at state, national and international massage, chiropractic and osteopathic conventions including keynote addresses at the FSMTA, World of Wellness, and Australian National Massage Convention. His audience includes massage and physical therapists as well as athletic trainers, chiropractors, osteopaths, nurses, and physicians. James received the 1999 FSMTA International Achievement Award and is being inducted into the 2008 Massage Therapy Hall of Fame.*

Visit **www.orthomassage.net** for additional information.

**Enroll in this Exclusive Workshop (limited to 70 participants)**

**Call Sandi @ 800-709-5054 • www.erikdalton.com**

# Erik Dalton and James Waslaski Elite Bodywork Training in a Tropical Paradise!



Vacation while you learn in beautiful Costa Rica!



## *Energize Your Practice... Enhance Your Skills... Experience Paradise*

*Reconnect with nature in the pristine, lush environment of world famous Pura Vida Resort for only \$1345\**

Price includes:

- 26 hours of education, workbooks, diplomas.
- 7-night accommodations, free pick-up at San Jose Airport, free yoga classes, and three delicious home-cooked meals daily.
- Rain forest, beach, volcano, and rafting excursions available for a nominal fee or just hang out at the pool and spa and let Pura Vida staff pamper you.

Share this unforgettable experience by bringing a non-workshop companion for only \$1,045\*.

James Waslaski and Erik Dalton are continuing education providers through NCBTMB, AMTA, ABMP, Florida Board of Health and most state certifying agencies.

For further information, contact Dalton's Freedom From Pain Institute at **800-709-5054** or [www.erikdalton.com](http://www.erikdalton.com)

*Pura Vida Resort voted top 10 healthy-living spas in the world...USA Today*

\* upgrades available

