

Registration for April 28-29, 2017

Name

Address

City/State/Zip

Phone Number

Email

APTA Member #

Total Enclosed for Registration _____

**Please Make Registration Check to:
Arkansas Physical Therapy Association
P.O. Box 202
Conway, AR 72033**

STATUS —please indicate category— early bird registration requires pay- ment of the fee before April 10, 2017	Fee
ArPTA Member— After April 10, 2017	\$249 <input type="checkbox"/> \$299 <input type="checkbox"/>
A-State Faculty After April 10, 2017	\$199 <input type="checkbox"/> \$249 <input type="checkbox"/>
Non-Members After April 10, 2017	\$299 <input type="checkbox"/> \$349 <input type="checkbox"/>

Your registration confirmation will be sent by email.

**Deadline to Register is April 24, 2017
To register online visit
www.arpta.org/calendar.html**

About our Speaker...

PIERRE BOLSZAK holds an M.A. in Physical Education from the University of Lille, France. He is certified in the Feldenkrais Method, the Hanne Marquardt's Zone Therapy of the Feet, and Dr Vodder's Manual Lymph Drainage. His studies also include Eutony at the Gerda Alexander School of Eutony in Copenhagen; and F. Matthias Alexander Technique. He has taught and worked in Europe, California, Tennessee, North Carolina and Arkansas for the last 40 years. He has also been practicing Tai Chi Chuan for many years.



He is a tenured professor at the University of Paris 5 where he is in charge of the department of "Adapted physical activities for the disabled and the elderly".

He is a continuing education provider for health care providers in France and in the USA.

Credits—This course has been approved for 15.0 contact hours by the Arkansas State Board of Physical Therapy and the Arkansas State Board of Massage Therapy.

For more information or questions call
ArPTA Executive Director
Becky Crenshaw
501-499-6163 ph or 479-858-2760 cell

Eutony & Feldenkrais Method

Presented by

Pierre Bolszak

Paris 5 University Tenured Professor

Learn how to:

- **RELEASE** tension, diminish stress and free the breathing.
- **RELIEVE** lower back, hip, neck and shoulder discomfort, and neuromuscular problems,
- **EXPLORE** new and more efficient ways of organizing movement and posture,
- **BALANCE** muscle tone for more fluid and comfortable movements,
- **IMPROVE** flexibility, kinesthetic sensitivity and body image at one's own rhythm.

April 28-29, 2017

Fri 9:30am to 6:30pm

Sat 9:00am to 6:00

A-State

Nursing Building, Rm 118

104 North Caraway Road

Jonesboro, AR

Sponsored by





Eutony & Feldenkrais Method

(15.0 Contact Hours)

Description

This is a two day workshop teaching hands-on techniques and movement exercises for the management of low back, hip, foot, shoulder and neck issues. Eutony and Feldenkrais method is used to improve body awareness and create a wonderful way of using oneself. These techniques address the young, the old, those suffering from the after effects of injuries, handicapped, athletes, performing artists, or anyone interested in developing their potential.

Course Objectives

Upon completion of this course, the participant should be able to know how to:

- Detect unnecessary tensions
- To have better control over the movement
- To improve movement dissociation
- To spread a movement through all the joints
- To move from one point of the skeleton
- To move the bones in relation to the skin

- To “elongate” the bones before moving
- To “push” the floor in order to move
- To be active and passive at the same time.

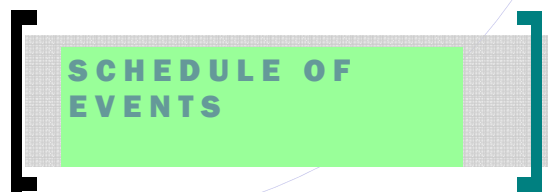
Check out www.arpta.org/calendar.html for information on other upcoming continuing education opportunities. You can also register and pay online at the website.

Location:

The course is being co-sponsored by the A-State Department of Physical



Therapy located in the Nursing and Health Professions Building located at 104 North Caraway Road, Jonesboro, AR. Public parking is available in the parking deck across the street.



Friday, April 28, 2017

9:00am Registration

9:30am-1:00pm

- Principles of Eutony
- Precautions
- Techniques used in Eutony
- Management of Low Back Issues
- Management of Feet Issues

2:30pm-6:30pm

- Principles of the Feldenkrais Method

- Precautions
- Techniques used in the Feldenkrais Method
- Management of Shoulder Issues

Saturday, April 29, 2017

9:00am-1:00pm

- Awareness of the Bones
- Body Alignment
- How to Push the Floor in Order to Move
- How to Spread the Movement Through the Joints
- Proximal and Distal Movements
- Management of Hip Issues

2:30pm-6:30pm

- Bone Movements in Relation to the Skeleton
- How to Move from one Point of the Skeleton
- How to Elongate the Bones Before Moving
- Movement Dissociation
- How to be Active and Passive at the Same Time
- Management of Neck Issues

ARKANSAS PHYSICAL THERAPY ASSOCIATION

P.O. Box 202

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