



Structural Myofascial Therapy (SMFT)[™]

A continuing education curriculum developed by BetsyAnn Baron.

SMFT[™] is a full-body treatment approach that mobilizes the myofascial network, improving human structural and functional potentials.

SMFT[™] is created around two key principles - Postural Somatic Awareness and deep, hands on myofascial techniques

Postural Somatic Awareness

is an integral part of SMFT[™]. It is a subjective evaluation that involves a question and answer dialogue between the therapist and client. PSA helps bring your client into conscious awareness about how they stand or sit (weight bearing in gravity), how they breathe and how they move.

Deep, hands on myofascial techniques

Deep, hands on myofascial techniques are at the core of SMFT's full-body approach. Mobilizing the fasciae membrane embodies the fundamental manual skills taught in our workshops. Information gathered during PSA evaluations, brings structure and focus to our myofascial treatment protocols as we explore ways to increase the fascia's plasticity and bodies' ease of movement.

Who should attend this course?

- Massage therapists
- Physiotherapists
- Athletic therapists
- Osteopaths
- Health care professionals

Who benefits from this approach?

- Those with chronic conditions
- Physically active individuals
- People involved in heavy labour
- Athletes
- Dancers
- Musicians

Structural Myofascial Therapy Course Overview

LEVEL 1

CONNECTING WITH THE FASCIA

4 days • 7 hours per day

Prerequisite: at least one year of experience

- Myofascial techniques covering full body protocol
- Parasympathetic technique maneuvers
- Fascial pathologies
- Postural somatic awareness exercises and body reading
- Philosophy of somatic awareness and it's place in daily life
- Therapist body mechanics
- Integration of postural somatic awareness and manual techniques

LEVEL 2

CREATING SPECIFICITY

4 days • 7 hours per day

Prerequisite: Level 1

- Technique: specific maneuvers for back, hips, legs and feet
- Technique : psoas, iliacus and their fascial extensions
- Dural balancing techniques
- Fascial pathologies
- Advanced postural somatic awareness exercises and body reading

LEVEL 3 DELVING DEEPER

3 days • 7 hours per day

Prerequisite: Level 2

- Relational connectivity of myofascia and joints
- Fascial pathologies
- Intra-oral techniques addressing TMJ problems and possible origins.
- Advanced side-lying techniques
- Advanced techniques: sacro-tuberous ligament, coccyx and pelvic floor
- Strength and stability exercises
- Advanced postural somatic awareness exploration
- The art of working with the fascial system

By the end of each course, participants will be able to:

- Understand the anatomy and physiology of the myofascial system
- Apply and integrate PSA
- Apply the manual techniques
- Safely use this myofascial approach within treatment session

Curriculum accredited across Canada and in the USA.

Details available at baronbodyworks.ca

Why you should attend...

1. Learn to work the Myofascia - deeply and efficiently!

Baron Bodyworks' advanced seminars are dedicated to the learning and mastering of deep myofascial techniques while exploring the powerful subjective evaluation method: Postural Somatic Awareness (PSA).

2. Change the way you understand the body!

Our SMFT™ workshops engage participants in understanding how stiffness within the body's myofascial system can create postural problems, injury, pain and generally wreak corporeal havoc!

3. Empower yourself and your clients!

Rejuvenating myofascial tissue is just one of the many goals and benefits of this work. Clients suffering from stress headaches, postural problems, insomnia or chronic pain can benefit from this work!

Expand your personal knowledge and professional development.

To register for our SMFT™ course, more information or any questions:
514.577.5355 or education@baronbodyworks.ca

