

2019 NAPLES, FL *SPINAL CURVATURES 3 SEMINAR* CLASS ITINERARY

(Bring this paper with you in the car; you might need it along the way)

LOCATION: Courtyard by Marriott Naples 3250 Tamiami Trail North Naples, FL 34103

HOTEL PHONE: 239-434-8700 (For directions and reservations).

DATE / TIME: July 1, 2019, a Monday. 7:30AM – 8PM w/breaks and 30-min. lunch.

SEMINAR DIRECTOR'S Cell: (Diana): 561-846-9717 **E-mail:** ceu@somtherapy.com

WHAT TO BRING:

1. MASSAGE TABLES (**Leave in car. Pair-up later & one LMT brings in table**).
2. ACCESSORIES: Linens to cover table/partner. Solid pillows/supports (no fluff) – used to support heavy, large person when side-lying and supine. **Each Person brings in 4 LARGE /THICK bath towels and a hand towel to work with.**
3. Workbooks and pens provided. **NO laptops, tablets, or cell phones in class.**
4. **BYO-SNACKS & LUNCH** – to be eaten outside of classroom (lobby, etc.).
5. Bring a sweater in the event the air conditioning becomes too cool.
6. WHAT TO WEAR: **Uniform top, medical preferred. Respectable, professional attire.** For bodywork time, loose-fitting cloths for freedom to move and easily apply therapy - important to have loose waistband. Bring bathing suit if you wish. LADIES: please wear or bring a sports bra or bathing suit top.
7. Always appreciated by those with ALLERGIES -- avoid using and wearing scented products: lotions, perfumes, and scented deodorants.

Seminar begins at 7:30 AM. PLEASE DO NOT ARRIVE PRIOR TO 7:30AM. This allows us to set up without interruption. ARRIVE ON TIME AND DO NOT LEAVE EARLY TO AVOID FORFEITING A PORTION OF CE CREDITS.

General Overview of Day: Within reason, our plans are to have PowerPoint and discussion reviews, demonstrations, group practice, condition-related positioning and technique applications, professional integration vs. independent MT approach. We will review the below links from SpCv1&2, among other videos.

CLEAR METHODS

<https://www.youtube.com/watch?v=xy1sQQF5srw>

VIDEO – SHORT CORD

https://www.youtube.com/watch?v=WaNHw_5zyRQ