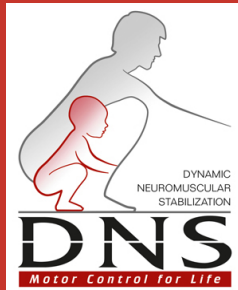


DNS FLOW AND FLEXIBILITY

May 12, 2017



Date:
May 12, 2017

Registration:
8:30-9am
Course:
9am - 4pm

Location:
Long Beach Airport
Holiday Inn
2640 N Lakewood
Blvd.
Long Beach, CA
90815
562-597-4401
USA



A healthy gourmet lunch will be provided.

There will be a Ki-Hara Resistance Stretching Warm-up taught from 8-8:45 am for \$15, proceeds will be donated to breast cancer research.

Organizer:

Cynthia Butler, DC,
DNSET

(310) 378-5455
cdbutler@netzero.com

[http://
cdbutlerdc.wixsite.com/
dnscourses2016/
November](http://cdbutlerdc.wixsite.com/dnscourses2016/November)

Course Instructors:

Martina Jezkova, MPT - Lead Instructor
Erin McGuire, PT, OCS - Assistant Instructor

Description:

DNS Flow consists of a fluid sequencing of developmental positions which have been modified for the maturing body. It is an excellent skill set for daily individual practice to stay in balance, as a warm up prior to athletic activities, and as a way to teach DNS exercises in a class setting. This course will focus on various DNS Flow sequences, interspersed with neuromotor self mobilization exercises

*PLEASE BRING A YOGA MAT, A TOWEL AND A YOGA STRAP

DNS Skills Course for Flow and Flexibility

www.rehabps.com

Course Instructors



Martina Jezkova, MPT
Lead Instructor

Martina Jezkova is a senior physiotherapist at the Motol Hospital, Department of Rehabilitation, Charles University, in Prague, Czech Republic. She completed her physiotherapy training in the Czech Republic. She also has completed numerous professional courses including the Brügger approach, the functional assessment and treatment according to Mojžíšová for pelvic floor and musculoskeletal conditions, Klapp Crawling for scoliosis treatment, and kinesioplastics. Since 2004 she has served as a certified instructor in musculoskeletal techniques according to Professor Karel Lewit. She is also a certified Vojta Therapist for newborns, children, and adult patients.

Martina has worked extensively with Professor Pavel Kolar at Motol Hospital for many years. She has advanced training in the application of Dr. Kolar's Dynamic Neuromuscular Stabilization (DNS) therapy in clinical settings as well as for elite athletes. She is in high demand as an instructor, inspiring her students with her joyful and positive skilled teaching style, which she has applied to teaching DNS and yoga courses worldwide. As a qualified yoga teacher, she has integrated her knowledge of DNS with yoga when teaching both in private classes and therapeutic outpatient classes at Motol Hospital. She has been teaching "Yoga in Rehabilitation" courses in the Czech Republic for the last 5 years, and as the popularity of her classes grew she has been invited to teach this topic for osteopaths, chiropractors and physiotherapists in Canada, Europe, Australia, the United States and now Asia.



Erin McGuire, PT, OCS
Assistant Instructor

Erin graduated from California State University, Northridge in 1995 with a degree in Physical Therapy. The first seven years of her career were spent in a hospital-based physical therapy department where she was exposed to a large and diverse patient population. The background and experience she gained from working at the hospital enabled her to become a Board Certified Specialist in Orthopedic Physical Therapy in 2002.

It was during her first couple years of practice, while focusing her continuing education on manual therapy, that she was introduced to the movement system approach; including the philosophies of professors Vladimir Janda and Shirley Sahrmann. This introduction sparked her passion and since then she has focused her continuing education on utilizing these concepts to effectively assess and treat musculoskeletal dysfunction, movement impairments and muscle imbalances. In 2005, these movement system principles led her to Prague, Czech Republic, where she began her studies of Dynamic Neuromuscular Stabilization (DNS) with Professor Pavel Kolar. After four years of studying and practicing DNS, Erin became one of the first internationally certified DNS practitioners in 2009.

Having competed at the NCAA level of softball in college, as well as having a lifetime interest in sports, she wanted to focus her practice on treating the orthopedic and sport rehabilitation population. In 2000, she made the decision to open her own practice in Los Angeles.

While she utilizes an eclectic approach in her practice, it is largely influenced by the DNS philosophy and the concepts of the Prague School of Manual Medicine. She is excited to seek out more opportunities to refine her skills and increase her knowledge in DNS in order to better serve her patients and to assist other practitioners in understanding the principles of DNS and how to better utilize the approach.

Erin currently practices at her clinic, Back in Balance Physical Therapy in Los Angeles, California

Course Objectives

1. Demonstrate an understanding of the basic principles of developmental kinesiology.
2. Describe the relationship between development during the first year of life and dysfunction of the locomotor system in adulthood.
3. Demonstrate a variety of sequences of neuro-developmental positions.
4. Demonstrate a variety of verbal cues to instruct students who are unfamiliar with developmental patterns in a group setting.
5. Describe how eccentric loading of muscles can assist in joint centration while allowing for "relaxation" of concentrically overactive muscles, and how this can be a more effective strategy than stretching for flexibility.
6. Demonstrate a variety of self-mobilization and self-relaxation techniques utilized by the Prague School of Rehabilitation to teach clients and patients self-care exercises.

Dr. Butler's Course Registration Form

(If using a Mac computer, please e-mail back as a PDF file)

Full Name:

e-mail address:

telephone number:

Billing Address:

City:

State:

Zip Code:

Country:

Employer:

Title or Degree:

If you are an exercise, dance, or yoga instructor, what type and certification?

If you are a student, at which educational institution (must be currently enrolled for at least 15 hours to qualify for student rate)?

If faculty member, at which institution?

What is your student or faculty e-mail address (if applying for student/faculty discount)?

What DNS courses have you previously taken?

How did you hear about the courses?

1. DNS Flow and Flexibility Workshop (May 12, 2017)
Includes 40 EU Prague Registration Fee

Regular \$350
 Student \$300

2. DNS Yoga (May 13-14, 2017)

Includes 80 EU Prague Registration Fee

Regular \$750 Regular Flow + Yoga \$1050
 Student \$650 Student Flow + Yoga \$900
 Group Rate (4 or more Participants) contact Dr. Butler

3. DNS Exercise I Tennis and Volleyball Specific (June 9-11, 2017)

Regular \$750
 Student/Faculty \$650
 Audit (Previously taken Exer I or Course A) \$650

4. DNS Exercise II (September 23-24, 2017)

Regular \$500
 Student \$400
 Audit (Previously taken Exercise II) \$400

Please Note:

Due to the expense of hosting the international instructors, no refunds will be given so that we may provide the best educational experience. If you need any special accommodations, please contact Dr. Butler ahead of time.

Contact:

Cynthia Butler, DC, DNSET
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cdbutlerdc@netzero.com

www.rehabps.com

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