



Deep Relief Breathing Method

A Course for Manual Therapists

Sundays, February 2/9, 2/16, 2/23 and 3/1

From 6-8 pm

Have you had clients or patients that have chronic neck and shoulder pain that no amount of work seems to resolve? Have you felt frustration when clients move on to other practitioners when you couldn't help them resolve their pain and tension?

Hi! I am designing a course for manual therapists (massage therapist, body workers, PT, chiropractors) that teaches you how to get better and longer lasting results for your clients with shoulder and neck pain with no extra physical demands on your body.

There is a way to enhance what you already do simply by addressing dysfunctional breathing patterns. If your clients aren't breathing optimally, they are overworking their upper back and neck muscles and increasing protective muscle guarding. Educating clients and patients on the anatomy and mechanics of breathing can be life changing for them and help you have a greater impact with your work.

My Story

My name is Meadow Goldman and I am a massage therapist and yoga therapist. I suffered from chronic neck and shoulder tension for years. In fact, it was what brought me to massage therapy as a career. I definitely got relief from it, but it never fully resolved. I had taken multiple trainings in both massage and yoga and had been a yoga teacher for 10 years before I finally had the right information from a variety sources that lead me to understand that how I was breathing was the root cause. I haven't had the chronic neck and shoulder pain for a few years now, and I have been using the techniques I developed with my clients with excellent results.

Deep Relief Breathing Course Outline

This journey of resolving neck and shoulder pain is what has inspired me to design this course. Many trainings don't go into the anatomy and mechanics or neurobiology of breathing. It is often overlooked and so unfortunately manual therapists often don't have the training to effectively teach efficient breathing.

This course is in the beta development stage and has a unique and agile format. It will include 4 information packed modules in a dynamic live virtual class:

Module #1: The Neurobiology of Breathing:

Many people intuitively understand that how we breathe is related to not just physical activity, but also our emotional state. In the first module, we will have an overview of the neurobiology of breathing. We will look at and experience through exercises how breathing influences the nervous system. We will look at the research on how we breathe and how it affects muscle tone, lymphatic movement and a client's ability to receive the bodywork we are offering. When combining effective therapeutic breathing with your bodywork, you get better, more lasting results. You also get more satisfied clients who are happy to give you rave reviews and refer their friends and family.

Module #2: The Anatomy and Mechanics of Breathing

In the second module, we will dive deep into the of the anatomy and mechanics of breathing and its relationship to neck and shoulder pain. Through PDFs and videos and that clearly explain the anatomy and mechanics of breathing, you will gain a clear understanding of how to breathe efficiently. Inefficient breathing strains neck and upper back muscles. We will also cover very important postural considerations. Most importantly you will be able to feel the correct muscles and have no doubt about how to breathe efficiently. This will give you the confidence to teach clients that will gain your client's respect and set you apart from other therapists.

Module #3: Breathing Re education

In module 3, you will learn how to teach clients with ease and clarity how to breathe more efficiently resulting in less neck and shoulder pain. You will learn strategies to do before, during and after a session to make sure clients can incorporate this vital function and get the results you want. By setting your clients up for breathing success, you will help them breathe in a way that results in less neck and shoulder pain and tension. When you are able to provide some life changing information, they will keep coming back to you because you have earned their trust and loyalty.

Module #4 Deep Relief Manual Therapy Sequence

In module 4, you will learn a variety of techniques to relieve the neck and shoulder muscles that get overworked by inefficient breathing. You will learn a sequence that will help resolve chronic neck and shoulder tension. When you apply this sequence with education about efficient breathing, you provide your clients with a game changing combination. You can increase your impact and your satisfaction by seeing your clients dramatically improve their neck and shoulder pain. You can do all this without adding any extra strain to your body and prolonging your career.

This will be a ground breaking course, one of a kind. I am offering a special beta pricing of \$97 for the 8 hours of the course. The next offering of this course will be \$197. I hope you are able to take advantage of this fantastic opportunity.

I have a bonus to offer you as well. I have been doing breathing workshops as a great way to meet and connect with clients and has proven to be a nice marketing approach. This is a “workshop in a box” that I will offer to the first beta class. It includes PDFs for participants, a course outline and marketing templates for you to customize. This alone costs \$79. But I will include it for free to this first beta class!

The course will be through the platform Thinkific. This will be live virtual course that combines the convenience of an online course with dynamic interaction of a live course. You get to ask questions, share experiences and not have to leave your home or office. No travel or hotels, but all the benefits of meeting fellow like minded practitioners and seeing live real time demonstrations. I am very excited about this format!

Registration and Payment Information:

There was a time when I knew how I breathed was important, but I didn't prioritize it. I didn't realize how much changing how I breathed would change my life for the better. I remember about a decade ago being interested in a breathing class that was being taught at a local yoga studio. It was a special one day workshop, not a regular class. It was also on a Saturday, and I worked on Saturdays. I didn't prioritize getting the time off and didn't take the class. It was years later that I finally did get the education around effective breathing. I sometimes wonder what if I had taken that class 10 years before? How much suffering could I have saved myself? How much more could I have helped my clients?

I know there are tons of amazing things to learn and courses to take. Its one of the joys of being a manual therapist. The learning never ends! I also know there is a time and a place for that learning. If this course resonates with you, If the time is now to add breathing re education to your tool box, If you would like to have a bigger impact with your work on your clients and patients, and set yourself apart as someone who can get amazing results, all without having any more physical effort, then please join me for the this class!

Registration for this beta version on the class at the reduced price of only \$97 will be open until 1/31/2020.

I have included a link to register buy purchasing the class through PayPal below:

<https://www.meadowgoldman.com/purchase-deep-relief-breathing-meth>

FAQs

Here are some FAQs

Q: Where will the class be held?

A: Where ever you choose to open your computer or laptop. The class will be a live, virtual class held on the Thinkific platform. The session will be recorded and if you can't make a session, you can watch it at your convenience. You can re watch the sessions as many times as you like. They will be available to you for life.

Q: How much is the cost?

A: The course costs \$97 for this first ever beta version. The next offering will be \$197.

Q: Can I get CEUs?

A: You can receive 8 CEU credits for this interactive course by submitting your certificate of completion to your state's board.

Q: What is your refund policy?

A: I won't be offering a refund once the course is purchased. However, I feel so confident that you will benefit from the course, I will offer you a money back guarantee. If after completing all of the course, you aren't satisfied, I will refund the full amount of the course.

Still have questions? If you would like more information and have any questions answered, please sign up on the calendly link. I would love to talk to you about it!

<https://calendly.com/mgyogatherapyandmassage>

Testimonials

This is the first time I am teaching this course and it is a beta course. I have taught this material for the past few years. Here are some testimonials from former participants in my classes:

I took a core and breath workshop with Meadow and ended up permanently incorporating things I learned from her into my daily life. Her handouts were helpful and her way of explaining things was clear. She's knowledgeable, kind and obviously has a lot of experience with yoga, breath and the body in general!

Warmly,
Uta Plotkin, LMT #

I recently attended Meadow's 4 week breathing class and can't say enough good things about it. My goal was to become more aware of my breathing, as I know when we all get stressed out, we tend to alter our breathing patterns. I also knew there were ways to change that and breathe more mindfully to activate the parasympathetic nervous system. I just didn't know exactly how to do it on my own. I've taken a lot of classes, but I always like learning from Meadow because I know she has the ability to take complex topics or exercises and break them down so they are tangible and accessible to the average person. This is exactly what she did with the breathing class. I now have several tools I can use on a daily basis to be mindful of my breathing, as well as use the breath in meditation and relaxation. I would highly recommend this class to anyone looking to work on stress, mindfulness, or awareness in their day to day life. With the amount of stress that everyone is under these days, I wish all of my patients and relatives could take this class!

-AK, holistic medicine physician