



*Moving form into function*

1710 SW Taylor St. ♦ Portland, OR 97205 ♦ (503) 888-8241

♦ [transformationspdx@gmail.com](mailto:transformationspdx@gmail.com) ♦ [www.transformationspdx.com](http://www.transformationspdx.com) ♦

## **Biomechanics Pre-Training An Introduction to Basic Biomechanics**

|                      |   |
|----------------------|---|
| Course Dates:        | Day 1: Saturday, February 16 <sup>th</sup> , 2019<br>Day 2: Sunday, February 17 <sup>th</sup> , 2019  |
| Course Times:        | 1:00 to 7:30p.m. Saturday<br>1:00 to 7:30p.m. Sunday  |
| Course Study:        | This course will briefly cover the following areas:<br>DAY 1: <ul style="list-style-type: none"><li>• Reflexology</li><li>• Joint Biomechanics of Wrist/Elbow/Shoulder</li><li>• Joint Biomechanics Shoulder Girdle Transverse Plane</li><li>• Application to Movement</li></ul> DAY 2: <ul style="list-style-type: none"><li>• Exercise Physiology/ Motor Learning</li><li>• Joint Biomechanics of Pelvic Girdle Transverse Plane</li><li>• Joint Biomechanics of the Ankle/Knee/Hip</li><li>• Application to Movement</li></ul> |
| Course Fees:         | <b>Early Registration Fees:</b><br>\$250.00 for both days<br>\$150.00 to attend only one day<br><b>Late Registration Fees:</b><br>\$300.00 for both days<br>\$200.00 to attend only one day   |
| Course Participants: | Biomechanics pre-training is an introduction to the basics of joint biomechanics. It is also encouraged for anyone who would care to deepen his or her understanding of movement and joint biomechanics. It includes both lecture and application of the principles of joint biomechanics to your own movement patterns. It is also a requirement for anyone wanting to continue on with the Fajardo Method Holistic Biomechanics Program.  |
| Course Registration: | Early Registration needs to be turned in by February 10 <sup>th</sup> , 2019.   |

For more information please contact Alicia Fajardo at 503.888.8241 or by email at [transformationspdx@gmail.com](mailto:transformationspdx@gmail.com).