Level 1 Oct. 4 - 5 with Craig Mollins
New Westminster
West Coast College of Massage Therapy
CEU Value: CMTBC 8 PE/A1

This two-day workshop provides an intensive immersion into connective tissue manipulation. Over the two days you will learn specific techniques to address myofascial imbalances in the neck, shoulder girdles, ribcage, back, pelvis, and legs.

- Learn balanced, effective body mechanics, giving you more power and endurance in your practice.
- Learn a three-session protocol that rebalances the entire body with gravity.
- Discover how to work in connective tissues rather than just on them.

Craig Mollins graduated in 1995 from the Guild for Structural Integration, where he studied with two of Dr. Rolf’s main students. He has extensive training in meditation, yoga, tai chi, and qi gong, and has studied various movement modalities including Authentic Movement, Continuum, and Rolf Movement training with Dorthee Nolte. In 2009 Craig began teaching workshops for manual therapists, and developed Whole Body Rebalancing to synthesize his experience and share some of what he’s learned. Craig travels extensively teaching workshops, and also maintains private practices in Halifax and Toronto.

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