

# Understanding the Somatic Nervous System and Proprioception

with Brian Utting, LMT, of the Pacific Northwest School of Massage

Saturday, August 24th, 2019 in Juneau, Alaska



## Understanding the Somatic Nervous System and Proprioception

Saturday, August 24th, 10am-7pm, 8 CE hours

*Class is NCBTMB-approved for Continuing Education credit (NCB provider # 451040-09)*

When we are at our best in a massage, we are skillfully engaged in a conversation with our client's nervous system, including the autonomic and somatic components. Why do our clients hold themselves and move the way that they do? How can we efficiently help them to let their muscles go? What can we do to help them optimize their (and our own) movement and relaxation patterns, and efficiently learn new motor skills? How can we make the benefits of our massage as lasting and effective as possible?

In this class we will focus on the somatic (musculoskeletal) nervous system, including proprioception, cortical-limbic (ie, conscious, unconscious, and emotional) influences, reflexes, guarding responses, coordination, and the gamma efferent system. This will be more than just a physiology lecture--it's a course designed specifically for massage therapists. The focus will be on implications for bodywork, and how to skillfully and effectively apply this knowledge in your bodywork practice. You will gain a deeper understanding of the somatic nervous system, and how it applies to massage and to life. The course will go beyond what is typically taught in massage schools or in college anatomy and physiology courses.

### Tuition

\$130 if registered with a \$50 non-refundable deposit by August 10th; \$150 thereafter. Register for both the MSDT Chest & Shoulder class and the Somatic class for only \$260 (\$130 deposit required). The price for the 2-class package goes up to \$310 after August 10th, 2019.

### Registration

Send a \$50 non-refundable registration check to:

Evelyn Bass, 2967 Nowell Ave, Juneau, AK 99801; or register online at [www.pnwschool.com](http://www.pnwschool.com).

### Questions

Contact Evelyn Bass in Juneau at: 907-957-6459 or [evelyntherese@gmail.com](mailto:evelyntherese@gmail.com)

Contact Brian Utting in Seattle at: 206-784-1778 or [brianuttinglmp@gmail.com](mailto:brianuttinglmp@gmail.com)



Brian founded the Brian Utting School of Massage (Seattle, WA) where his 1000-hour COMTA-accredited school was considered one of the best massage schools in the country. With over 30 years of experience, Brian teaches with a rare blend of passion, anatomical precision, humor, common sense, and depth. He was awarded the AMTA's Robert N. Calvert Award for Lifetime Achievement in 2009, and was inducted into the Massage Therapy Hall of Fame in 2014. Visit Brian's website for more info: Pacific Northwest School of Massage [www.pnwschool.com](http://www.pnwschool.com)

# Muscle-Specific Deep Tissue Techniques for the Chest, Diaphragm and Shoulders

with Brian Utting, LMT, of the Pacific Northwest School of Massage

Sunday, August 25th, 2019 in Juneau, Alaska



## Muscle-Specific Deep Tissue Techniques for the Chest, Diaphragm and Shoulders Sunday, August 25th, 10am-7pm, 8 CE hours

*Class is NCBTMB-approved for Continuing Education credit (NCB provider # 451040-09)*

The chest is often overlooked as a primary contributor to back and shoulder issues. It is the source of our breath and our taking in of life. These core muscles are often tight, constricting breathing, energy flow, and movement. You will learn simple but powerful methods to release the sternum, ribcage, and diaphragm. These techniques are liberating and create a noticeable opening right away, helping your clients to breathe more deeply with less effort. They also create a foundation for a more balanced shoulder girdle. The shoulders, in turn, are meant to float freely on the ribcage, but they are often restricted, stuck down, and in pain. You will learn to effectively liberate anterior scapular muscles such as the pectoralis minor and the subscapularis from the supine position, and help to give your clients a feeling of ease and freedom in their shoulders that reaches all the way around to their back.

In the afternoon, we will work with the shoulder girdle from the side-lying position. Besides being deeply comforting and relaxing, skilled side-lying work gives you excellent access to the structures of the shoulder. You will learn specific, effective, and potent techniques for releasing the muscles of the shoulder girdle, including the trapezius, rhomboids, latissimus dorsi, serratus anterior, levator scapula, subscapularis, infraspinatus, supraspinatus, pectoralis minor, and the surrounding fascia. The side-lying position also gives you excellent access to some of the smaller muscles of the back, such as the transversospinalis--muscles that are fundamentally important to our posture, movement, and well-being, but that are often completely missed in a standard massage.

We sometimes think of side-lying work as primarily for pregnant women, but almost all of your clients can benefit from skilled side-lying work in this area, and it feels wonderful. The class will focus on straightforward, muscle-specific techniques that can be immediately applied in practice. Body mechanics will also be a focus of this class, as well as proper use of fingers and elbows to save wear and tear on joints.

*"This course lifts massage therapy to a higher level. The chest work was amazing--my range of breathing went waaaay up." – Lise Orye*

### Tuition

\$180 if registered with a \$80 non-refundable deposit by August 10th; \$210 thereafter. Register for both the MSDT Chest & Shoulder class and the Somatic class for only \$260 (\$130 deposit required). The price for the 2-class package goes up to \$310 after August 10th, 2019.

### Registration

Send a \$80 non-refundable registration check to:

Evelyn Bass, 2967 Nowell Ave, Juneau, AK 99801; or register online at [www.pnwschool.com](http://www.pnwschool.com).

### Questions

Contact Evelyn Bass in Juneau at: 907-957-6459 or [evelyntherese@gmail.com](mailto:evelyntherese@gmail.com)

Contact Brian Utting in Seattle at: 206-784-1778 or [brianuttinglmp@gmail.com](mailto:brianuttinglmp@gmail.com)



Brian founded the Brian Utting School of Massage (Seattle, WA) where his 1000-hour COMTA-accredited school was considered one of the best massage schools in the country. With over 30 years of experience, Brian teaches with a rare blend of passion, anatomical precision, humor, common sense, and depth. He was awarded the AMTA's Robert N. Calvert Award for Lifetime Achievement in 2009, and was inducted into the Massage Therapy Hall of Fame in 2014. Visit Brian's website for more info: Pacific Northwest School of Massage [www.pnwschool.com](http://www.pnwschool.com)