

Foundation Itinerary Part 2

Saturday

9:00 –9:30 Outline the weekend and what to expect.

9:30-10:30 Class demonstrative ICAK standard muscle test. Lecture/position/lab

10:30-11:30 The triad of muscle dysfunction lecture and lab.

11:30-1:00 The basics of dural torquing/ structure/chemical/emotional-Upper cervical/sacrum-coccyx.
Diet. Switching K27.

1:00-2:30 Lunch

2:30-3:00 Live demonstration of all the lessons from the morning.

3:30-4:30 Cat II. Muscles and blocking.

4:30-5:30- Lecture on adrenal function with muscle testing lecture and lab.

5:30-6:30 Blood sugar and its affects on functional physiology-lecture and lab.

Sunday

9:00-10:00 Muscle testing demonstration and lab.

10:00-11:30 Meridian therapy- pulse points lecture and lab.

30 min break

12:00-1:00 Cat III SOT lecture and lab.