

# Spiraldynamik Introduction: 3-D Body and Joint Movement

Saturday, October 28 and Sunday, October 29, 9:30-5:30

**Instructor:** Katerina Pek, MD (cz), RMT, NHC

**Max Participant #:** 16



Spiraldynamik is a European system that combines manual therapy with movement re-education. It is precise, non-invasive and effective. *Spiraldynamik Introduction: 3-D Body and Joint Movement* is an introductory workshop that provides the foundations of this innovative modality. It is primarily hands-on and involves learning 3-dimensional mobilizations of the joints. Figure-8 movements, very specifically executed, activate repetitive action/relaxation of the muscles and release of the surrounding fascia. Joints are treated individually, but within the context of promoting truly coordinated movement on a whole body level. Therapeutic exercises are added to reinforce and enhance the manual therapy. Spiraldynamik can be easily incorporated into a Swedish massage session and can enhance treatment of most orthopedic conditions in adults and children.

## Instructor:

*Katerina Pek has a medical degree from the Czech Republic. Her primary interest is in rehabilitation. She has studied with world-renowned instructors such as Professor K. Lewit, Dr. Janda, Dr. P. Kolar and C. Larsen (Spiraldynamik founder). Katerina has been in private practice since 1989, specializing in the treatment of orthopedic and neurological disorders with an emphasis on the relationship between posture and coordinated pain-free movement. In the last 15 years, she has taught a wide variety of courses throughout North America and Europe to a range of practitioners and instructors.*



## Cost:

**Regular:** \$379.00 + HST  
**Early Bird:** \$350.00 + HST by October 10, 2017

**S-C Alumni:** \$325.00 + HST  
**Early Bird:** \$300.00 + HST by October 10, 2017

## Location:

[Sutherland-Chan School](#)  
330 Dupont St, Suite 400  
Toronto ON

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