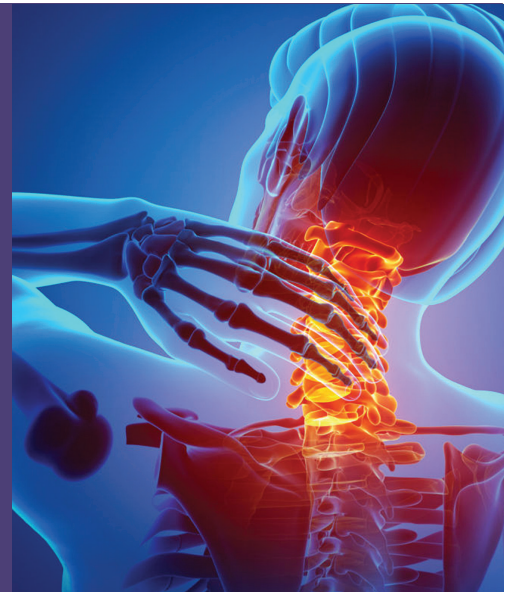


# THERAPEUTIC CORRECTIONS *for Neck, Ribs, & Shoulders*

with CHRIS CRAWFORD



**The Method Class, Level 2:**  
a learning experience for movement  
practitioners and teachers.

You will learn:

- easy and extremely practical palpation skills
- how to mobilize all levels of the neck and how to stretch and balance the tensioners (muscles) that affect symmetry and function in the neck zone.
- Reflex points to strengthen weak muscles in the shoulder will be covered. These can make miraculous changes in should function and eliminate pain.
- about dermatomes - the maps that let you know what cervical level to work on to address an issue.
- First and second rib corrections.

All correctives will be immediately available  
via a private YouTube Channel.

SATURDAY

OCTOBER 13, 2018

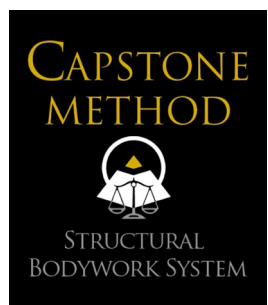
10:00AM - 4:30PM

SHEPHERDSTOWN: MELLOW ROOM

COST: \$100

To reserve your spot, email Chris:  
[chriscrawford@gmail.com](mailto:chriscrawford@gmail.com)  
Use subject line: TCM Reservation  
Payment due at class.

jala  
YOGA



## Chris Crawford



*Chris H. B. Crawford, alumni of the University of Maryland, began his career as a farrier, shoeing horses in the Virginia countryside for 27 years. Crawford gained a reputation for being one of a select group of farriers to understand the importance of effecting balance and performance in an athletic horse. In 1999 Crawford began his career as a structural bodyworker under taking extensive study and practice of the best manual therapy systems in the world. This was how the Capstone Method evolved as a hybrid of all the collected knowledge and proven results from these systems. Crawford has developed a series of seminars to teach his system. One of the most informative is the Therapeutic Correctives class that teaches people how to be their own therapists.*