

Outline

Importance of Breath in Posture and Overall Function

Who are the best breathers?  
Missing links in our standard assessment/evaluations: breath and vision  
Diaphragm & its relationship to the core  
The Core= Our Powerhouse  
Local vs. global muscles  
Considerations for the role of connective tissue  
The organ of posture and breath  
Systems model approach-medicine today  
Somatic psychology  
Fascial connections  
Acupuncture and acupressure  
Understanding how this model works in therapy today

Utilize an Anatomical Systems Perspective to Evaluate the Core

Circulatory system  
Respiratory system  
Lymphatic system  
Digestive system  
Endocrine system  
Nervous system  
Musculoskeletal system

Systems Model Theory: Yogic Perspective on the Core

The limbs of yogic philosophy  
Chakras and meridians- medical vs. yogic model  
The navel center (the core) and how to find it  
How all of the yogic parts are tools to connect the entire body

Body Awareness – The Core and its Connections

Examining how body parts connect through awareness and knowledge  
The Power of the core if activated correctly  
Healthy sitting  
Musculoskeletal connections  
Activation of the core/breath using sensory cues (the brain-body analogy)

Items to have on hand:

Yoga mat, pillow, blanket.  
Wear clothing that is comfortable and allows for exercise and free movement.

Target Audience:

Physical Therapists • Physical Therapist Assistants • Occupational Therapists  
Occupational Therapy Assistants • Speech Language Pathologists • Chiropractors.  
Speech Language Assistants • Athletic Trainers • Activity Professionals/ Directors  
Recreation Therapists • Osteopathic Doctors • Physicians • Nurse Practitioners  
Rehab Nurses • Teachers/Parents • Physicians • Exercise Physiologists • Personal Trainers  
Yoga Instructors • Physical Education Professionals and Coaches • Long Term Care  
Administrators • Restorative Team Members • Clinical Managers  
Certified Strength and Conditioning Specialists • Wellness Coaches

Proper Ventilation for Disease Prevention

Understanding the biomechanics of the ventilation system  
Lung volumes/capacities-spirometry  
Conscious vs. unconscious breathing  
Long deep breathing  
Breath and vocalization  
Nasal breathing

Experiential Lab: Becoming Aware of the Breath

Explore various breathing techniques to help with disease  
Breath of fire  
Cannon breath  
Whistle breath  
Sitali pranayama  
Breath walk  
One minute breath  
Teaching clients to breath correctly- ovarian breath, birthday candles  
Exercising- stretches, strengthening using the breath correctly (yogic postures)  
How to use the breath in a meditation practice

Simple Solutions for Common Dysfunction

Back and neck pain  
Balance and coordination problems  
Poor endurance  
Pelvic floor issues  
Long COVID  
Hypertonicity  
Arthritis  
Headaches  
Scoliosis  
TMJ  
Asthma  
Hyperventilation

Considerations for Working with Special Populations

Geriatrics  
Special needs  
Pregnancy  
PTSD  
Case study - David's story

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# Harness the Power of Breathing

Combine Breathwork with Movement to Improve Functional Outcomes



Live Interactive Webinar  
Friday, June 16, 2023

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# Harness the Power of Breathing

Combine Breathwork with Movement to Improve Functional Outcomes

- Alleviate pain, reduce stress and tension
- Improve posture, cognition, and performance
- Integration of fascial lines that incorporates the entire kinetic chain
- Seamlessly add breathwork into existing treatment plans for improved outcomes!



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# Harness The Power of Breathing

## Combine Breathwork with Movement to Improve Functional Outcomes

### Harness the Power of Breathing & Accelerate Therapeutic Gains

Breathing is the most basic and essential physiologic process... yet your standard examinations – focused on range of motion, posture, and balance – have completely overlooked this major player in overall health. With profound physiological effects on health and body mechanics, today’s evidence supports an integrative medicine approach that incorporates breathwork.

Join Michelle Lindsey, DPT, PT, MBA, to **learn all the tools you need to evaluate respiration and combine breathing with functional movement to improve outcomes in low back & neck pain, balance and coordination problems, poor endurance, pelvic floor issues, respiratory issues/long COVID and much more!** Discover strategies you can use right away to:

- Alleviate pain, reduce stress and tension
- Improve posture, cognition, and performance
- Increase body awareness & core activation

You'll **gain a clear understanding of the complex functional relationship between the muscles, joints, and fascial lines that enhances clinical decision making.** The yogic breathing exercises taught in this course are applicable to a wide variety of patients, and adaptations for various stages of healing from injury and surgical procedures are covered in detail. Discover a systems model approach to treatment that produces lasting results, and learn hands-on, how to teach your clients anywhere, anytime exercises and body awareness skills that will keep them happy, healthy, and out of the clinic.


## Objectives

1. Assess client for proper ventilation and identify issues that affect this.
2. Demonstrate proper breathing techniques that facilitate optimal performance.
3. Describe how the breath is important for clients with back pain, scoliosis, tonal issues, temporal mandibular joint problems, pelvic floor issues, anxiety, and numerous circulatory and respiratory disorders.
4. Assess the impact of the core connections and diaphragm on the entire body.
5. Integrate breathing exercises in treatment of a variety of conditions.
6. Investigate visual, tactile, and auditory treatment exercises that impact breath and body awareness.

**Live Webinar Schedule**  
*(Times listed in Pacific)*  
**8:00** Program begins  
**12:00-1:00** Lunch Break  
**3:30** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

“Very thought provoking and gave me a new view to breathing and movement.”  
– Colleen S, PT

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## Meet Your Speaker

**Michelle Lindsey, DPT, PT, MBA,** has over 26 years of experience and is the owner of Rising Star Therapy Specialists, LLC, in Phoenix where she specializes in treating pediatric and adult special needs clients. Throughout her career, she has worked in various settings, including orthopedics, skilled nursing services, home health, outpatient, and acute care. Dr. Lindsey views her clients as unique individuals with varied skills and abilities. She inspires them to extend beyond their best efforts by providing a comfortable, compassionate, and respectful environment in which they thrive.

Her first book, *The Wellness Equation*, offers hands-on-postures and exercises that promote healing at the union of modern medicine and traditional yoga. *The Metamorphic Gift: Easy, Simple Breathing and Postural Techniques to Transform Your Life*; is a great book for self-healing that integrates the body with breathing and postural exercises, using understandable anatomy and physiology.

Dr. Lindsey is also Certified as a Personal Trainer (CPT), KRI Yoga Instructor, a Level 3 Reiki Practitioner, Dolphin Therapist, Fall Prevention Specialist, and Tai massage therapist. She also holds a dry needling certification. She has been a featured speaker in many large-scale conferences. Dr. Lindsey has won national recognition in many areas of fitness including figure skating, elite marathon running, duathlons, and professional speed skating.


Speaker Disclosure:  
Financial: Michelle Lindsey is the CEO of Rising Stary Therapy Specialists, LLC. She receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.  
Non-financial: Michelle Lindsey has no relevant non-financial relationships.


### CE CREDITS AVAILABLE FOR LIVE WEBINAR

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For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

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