

Full post education history

- Shiatsu Level 1 - 1996
- Reiki Practitioner 1st and 2nd degree - 1997
- Aromatherapy Massage - 1997
- Advanced Aromatic Study Seminar: The oils of Provence & Canada, their subspecies and basic chemistry, and all course requirements - 1997
- Advanced Aromatic Study Seminar: Introductory Aromatherapy Advanced Blending, subtle aromatherapy, the human body clock - 1997
- Upledger CranioSacral Therapy Level 1 - 1997
- Reflexology Certificate - 1998
- Upledger CranioSacral Therapy Level 2 - 1998
- YMCA Fitness Theory Course - 2000
- Orthobionomy - 2000
- Trager Massage Workshop- 2000
- Tui Na Massage Workshop - 2000
- Manual Therapy Thoracic Cage Workshop (Wellington College) - 2003
- Manual Therapy Upper Extremity Workshop (Wellington College) - 2004
- Manual Therapy for the Cervical Spine (Wellington College) - 2004
- Kinseotaping Practitioner KT 1 & KT 2 - 2004
- Manual Therapy for the Lower Extremity (Wellington College) - 2004
- Manual Therapy for the Pelvis and Sacrum (Wellington College)- 2005
- Manual Therapy of the Spine (Wellington College) - 2005
- Fascial 1 Workshop (Wellington College) - 2006
- Fascial Chains Course (Wellington College) - 2008
- Developing and maintaining a relationship of trust and efficiency with the patient during myofascial and osteoarticular work (by Clive Standen D.O.) - 2009
- Fascial Integration of the Upper Extremity (Wellington College) - 2009
- Nerve Mobilization: Low back, pelvis, and lower extremity with Doug Alexander - 2010
- Seated Facet Release Technique (by Karen Steel D.O.) - 2010
- The Art and Science of the Minimal Lever: Osteo-articular Adjusting (by Daryl Hebert D.O.) - 2011
- Concussion in Adults and Children by Philippe Druelle D.O - 2012
- Mind into Matter: A practical Model for the Spiritual - Natural Brain by Dr. Reuben Bell - 2012
- The Still Technique by Pierre Bachand D.C., D.O. - 2013
- Dynamic Neuromuscular Stabilization (DNS) A - 2014
- Dynamic Neuromuscular Stabilization (DNS) Woman's health skills course - 2014
- Dynamic Neuromuscular Stabilization (DNS) B - 2014
- Endocranial Spasm 1 by Genevieve Forget D.O. - 2014
- Dynamic Neuromuscular Stabilization (DNS) C - 2014
- Encephalon Dynamics and Endocranial Spasms 2 by Genevieve Forget - 2016
- Treatment and Dialogue with the Emotional Body with Bernard Darrailans D.O. - 2016
- Human Embryology Part 1 with Jean-Paul Hoppner D.O. - 2016
- Advanced Palpation with Genevieve Forget D.O. - 2016
- Human Embryology Part 2 with Jean-Paul Hoppner D.O. - 2017
- Human Embryology Part 3 with Jean-Paul Hoppner D.O. - 2017
- Psych-Neuro-Immuno-endocrine with Bernard Darrailans D.O. - 2017
- Osteopathy and Chronic Pain with Genevieve Forget D.O. - 2017
- Human Embryology Part 4 with Jean-Paul Hoppner D.O. - 2018
- Selected Movement & Functional Assessment 1 & 2 - 2018
- Encephalon Dynamics and Endocranial Spasm 3 with Genevieve Forget - 2018
- The Vascular Tree Dynamics and the Pressure Mechanism - 2019
- Encephalon Dynamics and Endocranial Spasms 4 with Philippe Druelle D.O and Genevieve Forget D.O. - 2019

- Infection Control and PPE in Osteopathic Practice: The practicalities and the evidence - 2020
- 500 Hr Traditional Yoga Certification - 2020
- Osteopathic Manipulative Medicine (OMM) Techniques addressing Respiratory symptoms of Covid-19 - 2021
- Dynamic Neuromuscular Stabilization (DNS) Pediatrics Part 1 - 2022
- Dynamic Neuromuscular Stabilization (DNS) - Women's Health - 2022
- EVOST 1 (The Advent of Live, Multicellular life 1 & 2) - 2021-2022
- LTAP Level 1 - 2023
- Pediatric Lower extremity physiological bony development and its clinical ramifications in the pediatric and adult patient with Daryl Hochman DPM, D.O.M.P, D.Sc.O, M.Sc. 2023
- Beliefs and Constructs with Genevieve Forget D.O. - 2023.
- Ho'oponopono Practitioner - 2023
- Nutrition in Osteopathy - 2023
- Dynamic Neuromuscular Stabilization (DNS) Pediatrics 2 - 2023
- Evolutionary Physiology with Max Girardin D.O (biochemistry, cytology, histology, metabolism, digestive system, neurohormonal digestive system, organs/glands). 2021-2023
- EVOST 2
- Dynamic Neuromuscular Stabilization (DNS) A - 2024
- Functional Gait Specialist Level One - 2024
- Encephalon Dynamics and Endocranial Spasms 5: The brain, fate and destiny with Philippe Druelle D.O, and Genevieve Forget D.O. - 2024
- Dynamic Neuromuscular Stabilization (DNS) Pediatrics 3 - 2024
- Clinical Examination of Evolutionary Physiology 1 & 2 with Max Girardin D.O. - 2024
- Dynamic Neuromuscular Stabilisation (DNS) B - 2025