

Muscle Balance & Function Development®(6/03)**Education Services** (All prices in USD)

A. **Introduction to Muscle Balance and Function Development® Seminar:** This option is usually held numerous times per year around the country. However, private group presentations can be arranged separately if so desired. It provides an 8-hour condensation of the 34 hour Introductory Course listed below. Students experience the same lecture information provided in the 34 hour option, 30 exercises, practical application with one course volunteer, and an MBF® Course Notebook. The fees are as follows:

1. Private group presentations: \$1500.00/group up to ten participants, \$150/additional participant plus expenses
2. **26 hour Introductory Course completion:** This course is reserved for those participants who have completed the 8 hour option. Upon completion of this course, students will have obtained the training and will receive the materials listed below in Option "C".

Private group presentations: \$2900/group up to 10 participants, \$290/additional participant plus expenses

B. **Private Course of Muscle Balance and Function Development®:** This course provides the necessary training for practitioners to become competent in the MBF® System. Through applying the basic concepts of physics to the human body, the system addresses the importance of center of gravity, segmental alignment, and how the planes of motion, right angle fundamentals, and muscular function effect overall posture and performance.

Through lecture and hands-on practice with both class attendees and real world clients, participants are taught how to apply the principles to recognize muscular imbalances and compensated motion as well as properly sequence the correct exercises (over 60 are provided by demonstration and in written form) to mitigate their clients' symptoms and enhance their performance. Programs with clients will begin by the 18th hour at which time your facility will have the option to bill the clients for sessions. Students will receive the Level I Manual, MBF® CD-ROM, and course notebook.

We suggest taking the course in two 17-hour blocks, however the time frame can be adjusted for your specific needs. The hourly breakdown of the course is as follows:

1. Conceptual Training=4-6 hours
2. Implementation Training=16-18 hours
3. Supervision of Implementation =12 hours

Fees: \$3800.00/group up to 10 participants, \$380/additional participant plus expenses

C. **Muscle Balance and Function Development®: Honing Your Skills**

This option offers our first 21 hour advanced level education and training course in the MBF® System. The practitioner is first shown a different way to view the human organism on the physical level through 3-D Right Angles, One Point Mechanics, and extensive practical application with the participants' clients. More than 20 new exercises and the Level II Manual are also provided. Next, participants are introduced to the psycho/emotional and energetic ramifications of the MBF® System. Here students explore the connection between these states of being and their potential effects on one's level of health, and how these effects may manifest themselves in their clients' physical beings from symptomatic and structural integrity viewpoints. The 34 hour Intro. course is a mandatory prerequisite.

Fees: \$2400.00/group up to 10 participants, \$240/additional participant plus expenses

D. Upper/Lower Strength Routines for MBF® Development: This 21 hour course option covers our current highest level of advanced education and training in the MBF® System. The practitioner begins to combine the principles of biomechanics and physics from Levels I and II and the psycho/emotional component from Level II with the energetic aspects of the human being as they relate to MBF®. It is in Level III that students work with applying this knowledge to "tie it all together" in order to formulate functional upper and lower body strength training routines, and to create a balance between the physical, psycho/emotional, through work with theory and practicals and application with outside clients. MBF® Levels I and II are mandatory prerequisites.

Fees: See Option C

E. Advanced Instruction/Chart Review for MBF®: This option is for the health care professional who has taken Option B, C, D, and/or E and desires further one to one education through private continuing education training and/or client chart review utilizing email, video, fax, or in clinic.

1. \$100.00/hour (half hour minimum) plus expenses

F. Muscle Balance and Function Development® Corporate Package: This option is designed for corporations who wish to arrange services for their employees. Packages are customized to fit each corporation's specific needs. Please call to set a date for your MBF® consultation and to receive your package rate.

H. Private Client MBF® Evaluations: This option is designed for clients who desire a private evaluation. These sessions include a demographic intake and needs assessment, educational overview, comprehensive postural evaluation, exercise design and implementation, and follow-up contacts.

All Evaluations with Geoff Gluckman are \$150.00 each time

I. Personal CD-ROM/Email pictures or video Programs:** This option is designed to meet the needs of those who for demographic or other reasons are not able to see an MBF® practitioner in person. It involves the purchase of our MBF® CD-ROM* as an exercise guide and video taping as an evaluation means. For detailed information, please inquire with a DPDC representative.

- 1) CD-ROM* \$55 plus \$5 shipping and handling in North America, \$7 outside
- 2) Initial Program: \$100 Subsequent Programs: \$75
- 3) Second Day Priority Postage for the hard copy of your program: \$5

* For an additional fee, to cover taping time and costs, programs may be created without the CD-ROM.

**Initial video program is \$120.00 and followup programs are \$100.00