

Neurostructural Technique (NST)

A Simple, Short, Powerful and Effective Technique For Maximizing Optimal Health

[Click Here for a detailed explanation of NST](#)

BASIC COURSE

September 14-18, 2002 - 8:30 a.m. to 5:00 p.m.

This is a five day course and the first day and one half include the Intro course. This is the course that is most appropriate for hands on health care professionals. However, one can only attend the Advanced Course after attending the Basic Course.

- [physicians](#)
- [chiropractors](#)
- [massage therapists](#)
- [nurses](#)

Michael Nixon-Livy, the person who developed NST, will be flying in from Europe to teach the September course.

However, there are **TWO requirements** to attend the Basic course.

- You **MUST** have an understanding of basic [anatomy](#) and some physiology.
- You must currently be in a hands-on practice, and ideally a license to touch people in your state.

Only **40 People** Can Be Accepted For The Basic Course

This newsletter goes out to **over 70,000 people** as the training is not lecture based but oriented to hands on teaching. I will have to accept applications on a first come first serve basis with special consideration given to health care professionals as they will be able to most effectively use it with others.

You can Find **Other Practitioners** Who Have Taken NST Who Would Be Willing To Share Their Experience with you by [clicking here](#).

What Will The Course Cost?

The prices for our upcoming courses are as follows:

NST Basic September 14-18, 2002 - \$800.00

If you are planning on taking NST, this is the year to do it as the cost of the course will increase to \$950 next year.

If you are interested in attending the Basic course please be sure and register **at least one week prior** to the course. For registrations received within one week of the course, there will be a **\$75 late fee** added to the price of the course.

Your best bet is of course to register as soon as possible as there will be seating limit of about 50 attendees.

You NEED to Respond As Soon As Possible To Hold Your Place

There is a **\$250 nonrefundable** registration fee. If for some reason you need to cancel the **FULL** fee could be applied to a future NST workshop. But that is the only way that you can receive a refund. You can mail the check to my office at:

**Optimal Wellness Center
1443 West Schaumburg Rd. Ste 250
Schaumburg, IL 60194**

Please include your:

- **Name**
- **Address**
- **E-mail Address**
- **Telephone Number**
- **Professional Experience**

The remainder of the course fee is due at least ONE WEEK prior to the start of the course.

MONEY BACK GUARANTEE!

I am so convinced of the effectiveness of this technique, that for this **BASIC CLASS** I am personally willing to guarantee your satisfaction. If after the first two days you don't agree it is worth your time and money, you will be allowed to leave with a **FULL** refund.

Where Will The Course Be Held At?

The course will be held at:

- AmeriSuites
- 2750 Greenspoint Parkway
- Hoffman Estates, IL

This is about 25 miles northwest of O'Hare Airport. It is just North of the intersection of Route 72 (Higgins Road) and Barrington Road. Limousine service from the hotel is available to the hotel

from the airport for under \$20. There are many local hotels, however we have secured a rate of \$79 per night at AmeriSuites.

Accommodations:

If you are interested in reserving a **hotel room** you can contact AmeriSuites at **847-839-1800**. We have secured special rates of \$79 per night at this elegant hotel. This rate is only available for those who attend the course, and only on these dates.

[Click Here](#) to find a **Therapist Near You**. You will find out who has already taken the course along with their e-mail address so **YOU** can contact them directly to find out their experience with this work.

What Will The Course Involve?

An NST treatment consists of a specific sequence of **gentle, rolling "moves"** done across superficial muscles, tendons and nerves. The session usually begins with dynamic basic balances of three "modules":

The Dynamic Body Balance

- **A Lumbar/gluteal/hamstring module**, designed to free the lower back and sacrum areas.
- **A Thoracic module**, designed to free the diaphragm, thoracic vertebrae, and upper back musculature.
- **A Cervical module** to integrate and continue this releasing into the neck vertebrae and musculature, as well as initially addressing the cranial connections.

Of course, these modules are not separable in fact. Together, they address systems within the body system as a whole, including the respiratory, digestive, endocrine, cranio-sacral and [autonomic nervous systems](#).

Questions?

If your questions were not answered on this page, visit our [help page](#) on NST.