

# Hurley-Osborn Technique

with Mary Freebairn, PT

*A continuing education seminar*

**May 4–5, 2019**

**Vernon, BC**

9:00 am–5:00 pm each day

**14 CEUs (pending)**

### *Registration*

\$475 + GST (Early Bird—\$450 + GST)

Early Bird Deadline: April 22, 2019

### *Contact OVCMT*

Toll-Free Phone: 1-800-701-8863

Fax: 250-558-3748

Email: [info@ovcmt.com](mailto:info@ovcmt.com)

### *Location*

Okanagan Valley College of Massage Therapy

#200-3400 30th Avenue

Vernon, BC V1T 2E2

## Course Overview

The Hurley/Osborn treatment is a gentle, non invasive, subtle -energy body and spinal alignment, which results in the release of physical strain and fatigue.

This will:

- relieve back pain
- restore posture
- release neck strain & headaches
- regain flexibility
- improve circulation

Forward tilting of the sacrum, upon which the spinal column is balanced, is due to tension caused by stress, illness or injury. The compensating contraction of the posterior muscles supporting the spine creates pain and discomfort.

The technique works in a gentle and pain-free way to bring the sacrum into homeostatis. Even those who are in deep distress can be helped gently and safely.

The workshop consists of two days teaching the basics of the treatment, it's origin, and the subtle energy points, followed by two days of sharing treatments and fully supervised client practice sessions. We recommend you attend the full four days to guarantee proficiency in performing the treatments on your own.

For more information go to: [www.hurleyosborn.com](http://www.hurleyosborn.com).

**Mary Freebairn**, physiotherapist, Hurley/Osborn practitioner & teacher—After years of manual therapy training, working in hospitals & private practice throughout BC, she heard about Dr. Russell Osborn from a friend, whose daughter had been relieved of scoliosis. After Mary was helped with own issues of neck pain & headaches, and being fascinated with the simplicity & holistic nature of the treatment, she trained with Dr. Osborn starting in 1985. For the past 30 years, she has worked in private practice on Vancouver Island & in Nakusp, BC using almost solely the Hurley/Osborn technique. When Dr. Osborn passed away in 2000, she helped form the Hurley/Osborn Practitioner Association & has been relentless in her dedication to preserving & teaching the modality as it was taught to her.

**Pat Henderson** lives in Calgary & has been practicing & teaching the Hurley/Osborn techniques for 25 years. She is a retired registered nurse who always had an interest in holistic medicine & studied other holistic modalities until her Naturopath told her about Dr. Russell Osborn & this highly effective technique. After studying with Dr. Osborn in Victoria, Pat returned to Calgary where she began practicing & teaching.