



KATHLEEN KELLER
SPEAKER PACKET

Body-Based Approaches to Reduce Pain and Improve Performance

Kathleen Keller is an internationally recognized myofascial educator and master teacher with over 40 years of experience. She helps health professionals move better, feel stronger, and stay in practice longer.

The physical demands of clinical practice create chronic pain, myofascial imbalance, and nervous system overload. Kathleen brings a body-based approach that helps professionals ease discomfort, restore energy, and feel better in their work every day.

In addition to these presentations, Kat offers short, active experiences that can be integrated throughout your event. They give attendees meaningful body breaks they can feel immediately.



Presentations:



FASCIANATING!

Why You Have Pain & What Myofascia Has to Do With It

Learn how connective tissue imbalances affect the body on profound structural and postural levels. Realize why traditional methods miss fascial patterns driving chronic tension and pain.



SHAKE IT OUT:

A Nervous System Reset for Stress and Burnout

This session introduces a body-based technique that activates your natural recovery reflex to release stress, unwind deep myofascial tension, and reset the nervous system.



PAIN STOPS HERE:

An Active Experience to Ignite Mobility, Strength & Myofascial Health

Move better, hurt less. This hands-on workshop blends self-myofascial release and rehabilitative Pilates to realign posture and rebalance upper-body workload.

KELLER METHOD *Vitality*

Kathleen@KellerMethodVitality.com
www.KellerMethodVitality.com
403-615-5776

Ask About

ACTIVE MINI EXPERIENCES

Fascialicious, body-based group experiences your attendees will feel immediately. These optional mini-sessions can be included - at no additional fee - based on program design.

FASCIANATING!

Why You Have Pain & What Myofascia Has to Do With It

Your body wasn't built to hold the positions your clinical practice demands.

Myofascia (your connective tissues) links it all – yet most of us never learned what it is and how to keep it healthy. This blind spot often turns everyday movements into long-term pain and dysfunction.

With warmth, humor, and deep expertise, master educator Kathleen Keller guides health professionals through one of the body's most overlooked systems: the myofascial network. In this fascinating session, participants discover the eleven myofascial lines, explore the impact of posture and repetitive strain, and recognize why traditional approaches often fall short.

Learn evidence-based strategies to reduce tension, improve spinal mobility, and activate your full myofascial core - because your core isn't just your abs! Through simple movement, fascia-friendly tools, and self-care techniques, participants will discover how to hydrate myofascia at the cellular level, restore postural balance, and to move with greater ease and support. By the end of the session, they'll understand why they hurt - and what to do about it - with practical tools to feel better, move smarter, and help prevent pain from sidelining their clinical careers.

SUGGESTED AUDIENCE: All Professionals

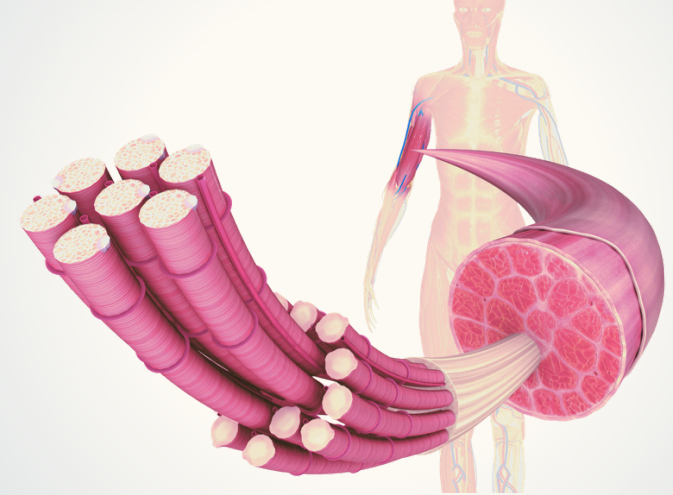
SUGGESTED FORMAT: Lecture, Workshop, Keynote; Partial and Full Day

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Learning Objectives:

- Illuminate the structure and function of the myofascial system and its role in posture, movement, and musculoskeletal health
- Identify daily habits of myofascial holding patterns that contribute to chronic tension - especially forward head posture, upper-body imbalances, and spinal stiffness
- Practice effective core engagement and pelvic alignment techniques that support functional movement and joint stability
- Evaluate common exercises and movement habits to avoid unintentionally cause long-term harm
- Discover fascia-focused techniques to re-hydrate connective tissue at a cellular level
- Explore how habitually gazing downward, coupled with repeated spinal flexion, dramatically increase overall spinal tension
- Learn why fascia-friendly movements support mobility and how full-body functional fitness maintains myofascial health



KELLER METHOD

Vitality

SHAKE IT OUT:

A Nervous System Reset for Stress and Burnout

Stress builds quickly — and many health professionals stay stuck in overdrive. Without effective tools, the cycle of tension, fatigue, and emotional strain continues unchecked.

In this empowering session, master educator Kathleen Keller introduces TRE® - Tension & Trauma Release Exercise. This science-backed method activates your body's natural "tremor reflex" to shake off deep stress - literally. Forget suppression. Shaking is your built-in recovery system. TRE® calms the body, resets the stress response, and helps you rebound faster.

Participants will explore how chronic stress embeds itself in the central nervous system, muscles, and myofascia. Learn how TRE® can safely and gently help release it. In longer sessions, participants will be guided through the practice itself, with time for reflection and nervous system integration.

TRE® requires no equipment, takes just minutes, and can be done anytime - between patients, after a long day, or when stress hits unexpectedly. This is self-regulation for real life: grounded, practical, and designed for professionals who seek recovery without complication.



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Learning Objectives:

- Realize the physiological impact of chronic stress on the nervous system, muscles, and connective tissue
- Identify the role of the **Polyvagal Nerve** System in stress regulation — and how TRE® supports nervous system recovery
- Explore the core principles and benefits of the TRE® method
- Observe the body's response during TRE® and see how it positively shifts the nervous system from fight or flight to rest and digest
- Recognize how even brief weekly TRE® practice can promote calm, clarity, and resilience
- Release long-held muscular tension and contracted myofascial patterns to restore ease, balance, and fluidity in daily life

SUGGESTED AUDIENCE:

All Professionals

SUGGESTED FORMAT:

Lecture, Workshop, Keynote; Partial Day

PAIN STOPS HERE:

An Active Experience to Ignite Mobility, Strength & Myofascial Health



That “daily grind” posture? It’s doing a number on your neck, shoulders, and spine — and outdated exercises, stretches and core routines aren’t helping.

This fully active workshop is designed for health professionals who sit, stand, and repeat the same movements all day — and feel the toll. With her signature blend of clarity, compassion, and humor, master educator Kathleen Keller leads participants through fascia-focused strategies that unwind tension, reawaken alignment, and restore ease.

This is a powerful upper-body myofascial reset. Release deep restrictions using air-filled therapeutic balls (hello, pectorals!). These techniques can be used anywhere you’re holding tension. Restore shoulder girdle balance with Pilates-based strengthening and stretch smarter with fascia-based techniques designed for resilience. Participants are guaranteed to feel the difference in their spine and see an immediate improvement in their posture.

Through targeted movement and expert guidance, participants tap into where their bodies are restricted - and begin to reset ingrained myofascial holding patterns. They’ll learn how to work and move with less strain, and greater ease. Best of all, they’ll leave with simple tools they can use right away to reduce pain and protect their bodies for the long haul.

SUGGESTED AUDIENCE: All Professionals (Class Size Limit: 20 Participants)

SUGGESTED FORMAT: Workshop; Partial or Full Day(s)



Learning Objectives:

- Identify how repetitive postures and movement patterns contribute to myofascial tension, imbalance, and pain
- Learn SMR a highly effective Self-Myofascial Release technique using an air-filled therapeutic ball to reduce neck and shoulder tension and rebalance upper-body workload
- Explore the mechanics and best moves for shoulder girdle balance — where 16 muscles battle it out for control
- Practice Pilates-based techniques to activate the core and maintain neutral pelvic alignment for better spinal health
- Experience how fascia-focused stretching differs from traditional stretching - and why it’s more effective for body-wide resilience
- Integrate fascia-friendly self-care techniques into daily routines to reduce discomfort and support a lifetime of pain-free practice

Kathleen Keller

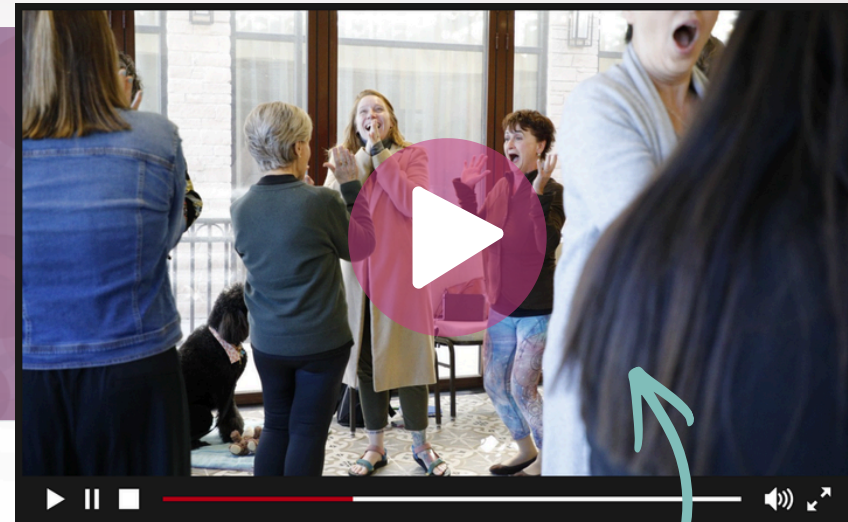
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ACTIVE MINI EXPERIENCES

Fascialicious, body-based group experiences your attendees will feel immediately.



Click to watch Kathleen in action!

These optional mini-sessions can be included - at no additional fee - based on program design. They can be placed at any point in your program. Each one delivers a meaningful body break attendees can feel right away and use in daily life.

1

Total Body Reset: Reclaim Movement, Reduce Tension (15 or 30 min.)

A full-body movement reset designed to restore what the myofascial body needs most... **movement!** It reduces stiffness and improves circulation. It reawakens the entire system. Attendees feel the difference immediately. No equipment required.

2

Psoas Reset: Unlock Your Deep Core Power (30 min.)

A focused session on the deep core muscle most professionals never train—but rely on constantly. Participants learn how to release tension, restore balance, and reconnect strength where true stability begins. A chair is needed.

3

Ground Up: A Foot Release That Changes Everything (30 min.)

Feet form the foundation for the body. Release here creates noticeable shifts above. Participants learn self-myofascial release with myo-balls. This improves mobility through the calves, hamstrings and spine. Kat brings the balls. They bring their feet. A chair is needed.

4

Between Patients Reset: Real Relief, Right at Work (15 or 30 min.)

Designed for clinical and front desk environments. Participants learn targeted myofascial movements they can use without leaving their workspace. These techniques reduce tension in the neck, shoulders, hips, and spine. A chair is needed.

MEET KATHLEEN

For many health professionals, the body becomes the silent casualty of work. Long hours, static postures, outdated exercise, inefficient movement, and mounting stress contribute to pain, burnout, and dysfunction - often without warning until it's too late.

Kathleen Keller is an internationally recognized educator, speaker, and master teacher with over 40 years of experience in therapeutic exercise and professional education. She helps health professionals move better, feel stronger, and stay in practice longer. A pioneer in Rehabilitative Pilates, Kathleen specializes in injury prevention, stress reduction, and sustainable movement strategies rooted in fascia-focused training and nervous system regulation.

Her programs blend evidence-based techniques from Pilates, Fascial Fitness, Self-Myofascial Release (SMR), and TRE® - Tension & Trauma Release Exercise. She has trained more than 3,000 health professionals and teachers across North America, Asia, and Europe. Kat collaborates with and continues to learn from top physiotherapists.

Known for her clarity, compassion, and engaging teaching style, she brings warmth and humor to every learning environment. As founder of Keller Method Vitality Inc., Kathleen teaches in person, virtually, and on-site. Her lectures and experiential workshops deliver practical tools to help resolve and prevent pain and release deeply held tension. Many professionals say they wish they'd learned these techniques years earlier.

From 2002 to 2007, Kathleen led the first international Pilates certification programs in Malaysia and Indonesia - regions where Pilates was virtually unknown. She mentored local apprentices who went on to open studios and train others. While navigating intense political and cultural pressures, she endured multiple traumas and chronic stress-related pain. The experience transformed her approach to teaching and trauma recovery - and remains the most meaningful achievement of her 40+ year career.

Pain isn't part of the job description. Kat gives professionals the tools to ditch discomfort, outsmart burnout, and stay strong in work and life.

"Kat has BALLS ...and she knows how to use them!"

"Dentistry is physically demanding - we spend hours in strained positions. After experiencing Kathleen's work, I'm confident she can make a real difference. Her expertise in Rehab Pilates, Myofascial Release, and core activation helped me build strength and release daily tension. I highly recommend Keller Method Vitality programs."

Kristin Yont, DMD
Downtown Dental Calgary

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Presentations (Partial Listing)

- Alberta Dental Hygienists Association
- Alberta Denturists Association (*multiple*)
- Alberta Kinesiology Association (*multiple*)
- Austin Dental Equipment Company
- British Columbia Denturists Association (*multiple*)
- Calgary Police Services (*multiple*)
- Calgary Study Clubs (*multiple*)
- Canadian Back Institute (*multiple*)
- Canadian Massage & Manual Osteopathic Therapists (*multiple*)
- Chicago Midwinter Conference (*multiple*)
- College of Dental Surgeons of Alberta
- Henry Schein
- Pacific Dental Conference (*multiple*)
- University of Alberta Dental Hygienists Program
- University of Regina Kinesiology Association
- University of Calgary Sports Medicine Clinic
- Various Dental Practices / Teams

International Educator – Taught and certified movement educators for five consecutive years in Malaysia, Indonesia and Spain, and England

70+ Professional Workshops Delivered – Presented to physiotherapists, massage therapists, chiropractors, dentists, doctors, osteopaths, kinesiologists, Pilates, fitness class and yoga instructors, personal trainers, and occupational therapists across Canada

Trained Over 3,000 Health Professionals Worldwide – Equipping clinicians with practical, science-based tools to reduce pain, prevent injury, and improve career longevity

"I've been a practicing dentist for over 45 years, and the physical demands of the profession have taken a real toll. We often work in awkward, unnatural positions just to accommodate patients - and over time, that adds up. Meeting Kathleen was a game-changer. Her expertise in Pilates, posture correction, spinal mobility, core strength, and self-myofascial release has made a significant difference in how I move and feel. I only wish I'd met her earlier in my career. I strongly recommend Kathleen to every dentist looking to protect their body and extend their career."

Bryant Tomimoto, DDS; Calgary, Canada