

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 It’s doing a number on your neck, shoulders, and spine — and outdated exercises, stretches and core routines aren’t helping.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

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