**Introductory 2-day Course: The relationship of activation of the core and the limbs.**

**November 23-24, 2019. Vancouver**

**Libby Swain, PT, MA, IBITA Advanced Course Instructor**

**SCHEDULE**

Day 1 – Saturday

09:00 – 10:15 Introduction & Lecture

10:15 – 10:30 Break

10:30 – 12:00 Patient Demonstration A

12:00 – 12:30 Discussion

12:30 – 13:30 Lunch

13:30 – 15:00 Practical

15:00 – 15:15 Break

15:15 – 16:45 Practical

16:45 – 17:00 Close

Day 2 – Sunday

09:00 – 10:15 Questions & Lecture

10:15 – 10:30 Break

10:30 – 12:00 Patient Demonstration B

12:00 – 12:30 Discussion

12:30 – 13:30 Lunch

13:30 – 15:00 Practical

15:00 – 15:15 Break

15:15 – 16:45 Practical

16:45 – 17:00 Close