



CONTINUING EDUCATION FOR OSTEOPATHIC PRACTITIONERS & ALLIED HEALTH PROFESSIONALS

FUELING RESILIENCE

School of Structural Therapy, Instructor: Virginia Spencer, RHN, NNCP

Course Synopsis: *A key aspect of building a sustainable entrepreneurial experience and clinical career is personal resilience. This webinar will highlight key strategies for staying focused and productive during difficult times through the lens of lifestyle, nutrition, and healthy habits. Receive clear information on how diet and lifestyle impact resilience so you can emerge from challenges ready to serve your patients and move your practice forward. Course manual included.*

Fee: \$50 plus HST. Payment via PayPal

Date: August 22nd, 2021. Course will run on a Sunday from 10:00am – 12:00pm

Location: Online Zoom Webinar

CEUs: OSTCAN approved for two credits (Group 2)

Registration: To register, please contact the School of Structural Therapy by email: info@ssttherapy.ca with your full name and primary contact phone number

Prerequisite: Must be an allied health professional with licensure in good professional standing. New graduates and students are welcome to attend



Virginia Spencer, RHN, NNCP

Virginia Spencer is a Registered Holistic Nutritionist, Natural Nutrition Clinical Practitioner and Certified Tiny Habits Coach, who has been coaching lifestyle and nutrition for over 15 years.

Her core practice program is aimed at helping leaders and business owners improve performance and to build nutritious lifestyles while building their careers and businesses. She uses evidence-based lifestyle, nutrition, and behaviour design recommendations that support their biochemical individuality.

Virginia's clinical interests are centred around performance, longevity and the connections between body composition, cellular health, energy, brain health and the immune system. Her clients range from those aspiring to return to health, to those who want to boost their professional performance through healthy habits.

Virginia started her journey in management studies. During her 17 years of clinic management, she eventually added lifestyle education training, and then her Natural Nutrition Diploma from the Canadian School of Natural Nutrition (CSNN) where she graduated with honours. Additionally, she attained the Advanced Brain Health Certificate, went on to become a CSNN instructor for four curriculum subjects including Level I and II Symptomatology, Nutritional Literature Research, and Preventive Nutrition.

After her nutrition and lifestyle training, she then certified as a Tiny Habits Coach with Stanford University Behaviour Scientist, Dr. BJ Fogg and his team, in habit building and the Fogg Behaviour Model.

She offers private virtual appointments, group classes, webinars, workplace training seminars in Tiny Habits, and guest speaking services through her practice, Nourished Potential.





CONTINUING EDUCATION FOR OSTEOPATHIC PRACTITIONERS & ALLIED HEALTH PROFESSIONALS

MYOFASCIAL CONTINUITY SERIES – PART I, POSTERIOR CHAIN, AUGUST 28th or 29th, 2021 *this course will be presented in- person

School of Structural Therapy, Instructors:

Alex Marion, M.OMSc., RMT & Mohit Khosla, M.OMSc.

Course Synopsis: *An in-depth look and exploration into myofascial relationships of the posterior chain relative to the biomechanics of movement, and its implications for treatment. Course manual included.*

Fee: \$275 plus HST. Payment via PayPal.

Date: Select your preferred day either Sat Aug 28th OR Sun Aug 29th, 2021. Course will run from 9:00am – 5:00pm (1-hr lunch break) *in-person delivery

Location: Burlington, ON (details to be provided closer to the date)

CEUs: OSTCAN approved for 7 Group I credits

Registration: (limited to 16 participants each day) To register, please contact the School of Structural Therapy by email: info@ssttherapy.ca with your full name, primary contact email and phone number

Prerequisite: Must be a practicing osteopathic practitioner or regulated health professional (practicing manual therapy) with licensure in good professional standing



Mohit Khosla, M.OMSc.

Mohit first studied at the University of Ottawa where he completed his Bachelor of Science degree in Biology. Thereafter, he furthered his interests in health sciences and completed his Bachelor of Exercise & Sport Science degree in Athletic Therapy at the University of Manitoba. As a former Certified Athletic Therapist and Strength and Conditioning Specialist, he then became interested in Osteopathy and osteopathic philosophy.

As a graduate of the Canadian Academy of Osteopathy in both the Osteopathic Manipulative Sciences and Osteopathic Manipulative Theory & Practice, Mohit's osteopathic vision aims at providing exemplary clinical results that are second-to-none, accompanied by a high quality of professionalism. With a passion for continuing education and a dynamic learning environment, Mohit enjoys both a full-time clinical practice and part-time teaching. Following his academic training, he fulfilled the requirements of the Instructor Training Program through his alma mater, the Canadian Academy of Osteopathy. Mohit continues to take great interest in osteopathic literature and applies this to his understanding of the unique complexity of the human body.

In his clinical practice, Mohit works closely with community physicians where he correlates his patients' structural findings to their medical diagnosis. This is determined by a thorough understanding of the interrelationship between the structure and function of the body.

In collaboration with a dynamic team of health professionals within his clinical facility, they provide highly specialized patient care for all of the following: treatment for musculoskeletal pain and dysfunction including bone, muscle, nerve, and joint Injury, and management of internal ailments relating to digestive issues, cardio-respiratory conditions, and neurologic disorders.



Alex Marion, M.OMSc., RMT

Alex has been involved in the health and fitness industry since 2002. He began instructing martial arts before starting his career as a personal trainer with Goodlife Fitness Clubs. Since then, Alex has completed a Bachelors of Applied Science in Kinesiology from the University of Guelph, a Diploma in Massage Therapy from Sutherland-Chan and finally, his Master of Practice Diploma of Osteopathic Manipulative Sciences from the Canadian Academy of Osteopathy. Additionally, Alex is a Certified Fascial Stretch Therapist with specialized training in Sport Specific Fascial Stretch Therapy. Since 2014, he has been a member of the teaching team for Stretch to Win Canada.

Alex is an experienced multidisciplinary clinician, having worked as a manual therapist and movement coach in some of Canada's most exclusive executive medical and sports clinics. He currently practices osteopathic manipulative therapy and fascial stretch therapy in conjunction with somatic movement retraining in order to help rehabilitate injury and optimize physical performance. When he's not helping people move better, Alex enjoys training both physically and mentally. He currently practices Chi Gong, the Wim Hof Method, and the traditional martial arts of Wing Chun Kung Fu and Sayoc Kali.

Alex is a professional member in good standing with the Ontario Osteopathic Association, a provincial affiliate of Osteopathy Canada.



CONTINUING EDUCATION FOR OSTEOPATHIC PRACTITIONERS

HOLISTIC APPROACH TO PEDIATRICS - MANIPULATIVE CONSIDERATIONS FOR THE PEDIATRIC PATIENT *this course will be presented in-person

IS YOUR BABY COLICKY, CONSTIPATED, NOT FEEDING OR SLEEPING WELL, EXPERIENCING REFLUX, OR HAVING RECURRENT INFECTIONS?

SHOULD TORTICOLLIS AND PLAGIOCEPHALY BE OF CONCERN DURING EARLY INFANCY?

School of Structural Therapy, Instructors:

Sandhya Jain, RPT, M.OMSc. & Mohit Khosla, M.OMSc.

Course Synopsis: *An in-depth look and exploration into structure-function relationships correlating relevant anatomy and physiology related to the above questions. Specific focus on spinal curves, autonomics, and diaphragms with correlation to allopathic medical diagnoses. Course manual included.*

Fee: \$275 plus HST. Payment via PayPal.

Date: September 11th, 2021. Course will run on a Saturday from 9:00am – 5:00pm (1-hr lunch break) *in-person delivery

Location: Burlington, ON (details to be provided closer to the date)

CEUs: OSTCAN approved for 7 Group I credits

Registration: To register, please contact the School of Structural Therapy by email: info@ssttherapy.ca with your full name and primary contact phone number

Prerequisite: Must be a practicing osteopathic practitioner with licensure in good professional standing



Mohit Khosla, M.OMSc.

Mohit first studied at the University of Ottawa where he completed his Bachelor of Science degree in Biology. Thereafter, he furthered his interests in health sciences and completed his Bachelor of Exercise & Sport Science degree in Athletic Therapy at the University of Manitoba. As a former Certified Athletic Therapist and Strength and Conditioning Specialist, he then became interested in Osteopathy and osteopathic philosophy.

As a graduate of the Canadian Academy of Osteopathy in both the Osteopathic Manipulative Sciences and Osteopathic Manipulative Theory & Practice, Mohit's osteopathic vision aims at providing exemplary clinical results that are second-to-none, accompanied by a high quality of professionalism. With a passion for continuing education and a dynamic learning environment, Mohit enjoys both a full-time clinical practice and part-time teaching. Following his academic training, he fulfilled the requirements of the Instructor Training Program through his alma mater, the Canadian Academy of Osteopathy. Mohit continues to take great interest in osteopathic literature and applies this to his understanding of the unique complexity of the human body.

In his clinical practice, Mohit works closely with community physicians where he correlates his patients' structural findings to their medical diagnosis. This is determined by a thorough understanding of the interrelationship between the structure and function of the body.

In collaboration with a dynamic team of health professionals within his clinical facility, they provide highly specialized patient care for all of the following: treatment for musculoskeletal pain and dysfunction including bone, muscle, nerve, and joint Injury, and management of internal ailments relating to digestive issues, cardio-respiratory conditions, and neurologic disorders.



Sandhya Jain, RPT, M.OMSc.

Sandhya (aka Sun) obtained her Master of Osteopathic Manipulative Sciences designation from the Canadian Academy of Osteopathy (CAO) in Hamilton (2012). Prior to becoming an Osteopathic Practitioner, she completed her Physical Therapy degree at the University of Toronto (2000) and worked in the departments of Neurology & Orthopedics, with special expertise in Pediatrics. Her undergraduate studies in Neuroscience was a telling choice, displaying her interest in understanding the intricacies of the human body's inner workings.

As a Physiotherapist, Sandhya has specialized training in Neuro-Developmental Technique, Cuevas MEDEK Exercises, along with Cupping Therapy. Though loving her career as a Physiotherapist, Sandhya experienced a health crisis and only the osteopathic process provided the most significant change to her state of health. Her undying passion and love of problem-solving earned Sandhya many accolades on case study presentations. The process of training in Classical Osteopathy has transformed her, both personally and professionally.

Sandhya believes that achieving health is a team approach and that everyone's journey follows a unique and individual path. As part of a multidisciplinary team, they approach every patient challenge with a 'root cause' philosophy, bringing their patients closer to sustainable health.



CONTINUING EDUCATION FOR OSTEOPATHIC PRACTITIONERS & ALLIED HEALTH PROFESSIONALS

**OMT & NEURODEGENERATIVE CONDITIONS, *this course will
be presented in-person**

School of Structural Therapy, Instructors:

Sharmila Kulkarni, RPT, M.OMSc. & Mohit Khosla, M.OMSc.

Course Synopsis: *An in-depth look and exploration into structure-function relationships correlating relevant anatomy and physiology related to neurodegenerative conditions. Discussion to include how the medical management, including pharmacology, imaging and healthcare collaboration impacts osteopathic treatment. Course manual included.*

Fee: \$275 plus HST. Payment via PayPal.

Date: September 18th, 2021. Course will run on a Saturday from 9:00am – 5:00pm (1-hr lunch break) *in-person delivery

Location: Burlington, ON (details to be provided closer to the date)

CEUs: OSTCAN approved for 7 Group I credits

Registration: To register, please contact the School of Structural Therapy by email: info@sstherapy.ca with your full name and primary contact phone number

Prerequisite: Must be a practicing osteopathic practitioner or regulated health professional (practicing manual therapy) with licensure in good professional standing



Mohit Khosla, M.OMSc.

Mohit first studied at the University of Ottawa where he completed his Bachelor of Science degree in Biology. Thereafter, he furthered his interests in health sciences and completed his Bachelor of Exercise & Sport Science degree in Athletic Therapy at the University of Manitoba. As a former Certified Athletic Therapist and Strength and Conditioning Specialist, he then became interested in Osteopathy and osteopathic philosophy.

As a graduate of the Canadian Academy of Osteopathy in both the Osteopathic Manipulative Sciences and Osteopathic Manipulative Theory & Practice, Mohit's osteopathic vision aims at providing exemplary clinical results that are second-to-none, accompanied by a high quality of professionalism. With a passion for continuing education and a dynamic learning environment, Mohit enjoys both a full-time clinical practice and part-time teaching. Following his academic training, he fulfilled the requirements of the Instructor Training Program through his alma mater, the Canadian Academy of Osteopathy. Mohit continues to take great interest in osteopathic literature and applies this to his understanding of the unique complexity of the human body.

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internal ailments relating to digestive issues, cardio-respiratory conditions, and neurologic disorders.



Sharmila Kulkarni, RPT, M.OMSc.

Sharmila began her career in health and wellness as a fitness instructor working first in Hamilton, then in Montreal and Amsterdam. She earned her Bachelor of Arts from McGill University in History and Italian Literature (1994). Thereafter, she pursued and earned her Bachelor of Health Science in Physiotherapy from the renowned McMaster University School of Rehabilitation Science in 1999. The same year, she joined her parents in the Upper Ottawa Physiotherapy family clinic. Since then, she has gained extensive experience in both outpatient and inpatient orthopaedic physiotherapy settings.

In 2010, Sharmila embarked on a new path and is pleased to have earned her Master in Osteopathic Manipulative Sciences (2014), a classical osteopathic diploma at the Canadian Academy of Osteopathy. With the vigor and enthusiasm that comes with new knowledge, she now uses the principles of Osteopathy in all her treatments.

Sharmila balances her career commitment with her dedication to family alongside her own personal growth. Her spare time is spent enjoying the company of family and friends, traveling and reading.



CONTINUING EDUCATION FOR ALLIED HEALTH PROFESSIONALS & OSTEOPATHIC PRACTITIONERS

2-PART CERVICOCRANIAL SERIES (in-person delivery) *for OMPs and allied health professionals with limited prior training/exposure to Cranial work

School of Structural Therapy, Instructor: Mohit Khosla, M.OMSc.

PART I: CERVICOCRANIAL TECHNIQUES & APPLICATIONS, September 25th, 2021

PART II: ADVANCED CRANIAL TECHNIQUES & APPLICATIONS, September 26th, 2021 *(part I is a prerequisite for part II)

Technique Focus:

Both courses will demonstrate cranial technique applications combining elements of cranial work following the models of Dr.'s Sutherland, Upledger, and Littlejohn. Part I will integrate elements of cervical work as a precursor to cranial assessment/treatment. Course manual included.

Fee: \$200 (part I only) or \$300 (part I and II) plus HST. Payment via PayPal

Date: Sept 25th & Sept 26th. Course will run on a Sat/Sun (part I and II) from 9:00am – 5:00pm (1-hr lunch break) *in-person delivery

Location: Burlington, ON (details to be provided closer to the date)

CEUs: OSTCAN approved for 7 Group I credits

Registration: To register, please contact the School of Structural Therapy by email: info@ssttherapy.ca with your full name and primary contact phone number

Prerequisite: Must be a practicing osteopathic practitioner or regulated health professional (practicing manual therapy) with licensure in good professional standing



Mohit Khosla, M.OMSc.

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CONTINUING EDUCATION FOR OSTEOPATHIC PRACTITIONERS

OSTEOPATHIC CONSIDERATIONS DURING EARLY INFANCY

**IS YOUR BABY COLICKY, CONSTIPATED, NOT FEEDING OR SLEEPING WELL,
EXPERIENCING REFLUX, OR HAVING RECURRENT INFECTIONS?**

**SHOULD TORTICOLLIS AND PLAGIOCEPHALY BE OF CONCERN DURING
EARLY INFANCY?**

School of Structural Therapy, Instructor: Mohit Khosla, M.OMSc.

Course Synopsis: *A clinical video breakdown demonstrating osteopathic treatment of a 3-week old infant analyzing structure-function relationships and correlating relevant anatomy and physiology related to the above questions. Course manual included.*

Fee: \$100 plus HST. Payment via PayPal

Date: October 3rd, 2021. Course will run on a Sunday from 10:00am – 2:00pm (30-min lunch break)

Location: Online Zoom Webinar

CEUs: OSTCAN approved for 3.5 Group I credits

Registration: To register, please contact the School of Structural Therapy by email: info@sstherapy.ca with your full name and primary contact phone number

Prerequisite: Must be a practicing osteopathic practitioner with licensure in good professional standing



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