

"If you change the way you look at things, the things you look at change." — Wayne Dyer

Continuing Education Courses

Brook Seminars offers Continuing Education Courses (CEUs) in Active Isolated Stretching (AIS), Scar Tissue Release Therapy and Body Mechanics.

Our Seminars are attended by a multitude of health and fitness professionals (and their clients) including: Chiropractors, Physical Therapists, Massage Therapists, Personal Trainers and Athletes.

Every Seminar is:

- **Personal:** attendance is kept to a minimum to allow for individual attention from the instructor.
- **Informative:** course material is presented in a multitude of formats to accommodate individual learning curves.
- **Comprehensive:** direct lecture combined with hands-on practice and review sessions.

Visit www.brookseminars.com to view our calendar of seminars and events.



"I place Marjorie high among the best Active Isolated Stretching Practitioners in the world. She is a cutting-edge teacher, who students across the nation rate as exceptional"

Aaron Mattes, MS, RKT, LMT
Pioneer Active Isolated Stretching

"Marjorie is an exceptionally well trained and accomplished therapist who can share her knowledge clearly and in a way that supports and empowers her students. I would highly recommend her classes to everyone."

Ralph R. Stephens, LMT, National Lecturer
Author of *Therapeutic Chair Massage*

www.brookseminars.com

516-409-1240



Where Continuing Education means more than just credits earned!

- Active Isolated Stretching (AIS)
- Scar Tissue Release Therapy
- Body Mechanics

www.brookseminars.com

516-409-1240



Brook Seminars

bodywork education

“Don't let the fear of the time it will take to accomplish something stand in the way of your doing it. The time will pass anyway; we might just as well put that passing time to the best possible use.” — Earl Nightingale

About Marjorie Brook and Brook Seminars

Marjorie Brook, LMT, CIMI

Advanced AIS Practitioner/Instructor

Brook Seminars, bodywork education, was founded by Marjorie Brook in 2007. As an Advanced Active Isolated Stretching (AIS) Practitioner and a Certified Personal Trainer, she trained under and assisted Aaron Mattes (pioneer of AIS) across the United States & Canada for four years prior to breaking out on her own. She currently teaches AIS seminars throughout the country.

Marjorie's Teaching Style:

Marjorie understands that people learn and process information differently so her presentations are tailored to reach across that spectrum. Humor and group participation are vital in creating an atmosphere of comfort and it engages students to ask questions as well as contribute information. As Marjorie must understand her students, she emphasizes that they must know their clients — in addition to proper body mechanics — in order to be successful.



SEMINARS

Active Isolated Stretching (AIS)

These courses center on the physiological principles of specific muscle lengthening, the increasing of lymphatic and venous circulation to the tissue, lengthening of the superficial and deep fascia. The seminars involve exact details of how to safely lengthen muscles and fascia simultaneously maintaining a physiologically based agonist-antagonist relationship. Seminars are 20% lectures and 80% hands-on work.

AIS Seminars are available in multiple formats: one - four day events, 6-30 CEUs.

Scar Tissue Release Therapy

Marjorie Brook has created a release system that works three dimensionally and realigns the tissues from the starting point to the end point. These courses center on the physiological and anatomical principles of fascial restrictions, lengthening of the superficial to deep fascia, the breaking down of adhesions and the increase of lymphatic and venous circulation to the tissue.

Scar Tissue Seminars are full-day events: 6 CEUs.

Visit www.brookseminars.com/descriptions for more information.

Attend a Seminar

Visit www.brookseminars.com/calendar for upcoming seminars and events.

Host a Seminar

Customized programs available

Interested in hosting a Brook Seminar at your organization or school? Marjorie Brook teaches numerous seminars and workshops throughout the year, across the country. To learn more visit www.brookseminars.com/host.



Private & Semi-Private Instruction

Marjorie can work with you in a private session at her studio in Wantagh, NY, at your home, office or a location and time that's convenient for you. To learn more visit www.brookseminars.com/instruction.

Where Continuing Education means more than just credits earned!