

**SUBJECT OF PRESENTATION:
NEGATIVE EFFECTS OF POSTURE AND HOW IT CAN AFFECT YOUR CAREER**

I (**Marla Yaworski**) am a registered and certified Massage Therapist with the CMTO & the MTAA and belong to the RMTAO, MTAA, AFLCA associations. I have been working in the industry full time for the past 20 years.

I have professional training in Myofascial Release, Trigger Point Therapy, Joint Mobilization, Sacral-Cranial, Lymphatic Drainage, Onsen, Neuromuscular Therapy, Sports Injuries, Sports Nutrition, Advanced Sports Injury Rehabilitation, Motor Vehicle Accident Treatment Protocol, Lateral Epicondylalgia and Pregnancy Massage. ..

I am currently a Massage Therapy Instructor at a 2200 hour Massage Therapy Program. I teach Anatomy, Physiology, Pathology, Assessment & Treatment Protocol, Remedial Exercise, Hydrotherapy in conjunction with Swedish and non Swedish massage techniques.

I'm a strong believer in maintaining a healthy lifestyle in order to better the mind, body and soul. Health and wellness starts with a positive mindset and some sort of physical activity. In addition to my Massage Therapy training, I studied and became a certified fitness instructor in the field of Step and Hi/Low aerobics, ball exercises, strength, weight and resistance training. I compliment my love for relaxation and massage with Yoga where I teach the type of yoga that is designed for adaptations for mixed abilities. I have certification in Pre and Post Natal fitness. I am registered and certified with the AFLCA and have been working in the fitness industry since 1990.

I started my studies for business at the University of Saskatchewan and completed my education in Alberta. I hold a Business Management Certificate from the Grant Mac Ewan Community College in Alberta

