

## Introduction to PNF - 1 day Workshop Programme

09.00-09.15	Registration
09.15-09.45	Presentation of Theory –Principles and Techniques
9.15 to 10.15	Theory i.e. Principles and Techniques
10.15 to 11.00	Pelvic Patterns
<b>11.00 to 11.15</b>	<b>Tea Break</b>
11.15 to 12.00	Pelvic and Shoulder girdle patterns
12.00 to 12.30	Upper limb pattern D1
12.30-13.30	<b>Lunch</b>
13.30 to 14.45	Upper limb patterns review D1 and D2 Lower limb patterns D1 and D2
14.45-15.00	<b>Tea break</b>
15.00-15.30	Bridging Rhythmical Stabilisations
15.30 to 16.15	Case studies e.g. Sitting, Components of patterns, Crawling, Steps, Rolling.....
15.45-16.15	Conclusion, summary & how to access the resources