How to take this course.

Important: Study of included files, videos and video transcripts is required for all lessons. There is a quiz after each lesson. You are required to have a 90% or higher passing score to pass each quiz. You can take the quiz as many times as you want to, just reset it to take it again. Estimated time to complete each lesson is shown.

A description of the **structure of each lesson** is shown at the top of the lesson page; then **Lesson Media links** for downloading files; next is the **quiz button**, and next are the **streaming videos**. The **Lesson Media** and **Quiz button** are also shown at the bottom of the lesson page.

All of the information you need is in the lesson text, the figures, the videos, and downloadable files are provided to assist you on your learning journey.

A Certificate of Completion will be issued upon successful completion of each Lesson, each Stage, and the entire Course. Each Lesson and each Stage can be purchased separately as a separate Course, with a Certificate of Completion issued upon successful completion of each Lesson and Stage.

history and how to take this course

Library

The Library page is considered a Lesson. Please remember to select the blue **Complete this Lesson** button at the bottom of the Library page to complete the Library Lesson and receive

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your Certificate of Completion. There is no quiz for the Library. Yay! All the quizzes for the Library content are in Lessons 10 through 15.

Structure of the course.

3 Stages, 15 Lessons, and the Library. Access to the Library is included with every lesson, and with every stage. The Library has over 38 hours of video content and over 163,000 written words, and many useful resources.

The content in the Library is required for all Lessons in Stage 3. You are free to take any lesson in any order. However, it is strongly suggested that you take the lessons in the order they are presented. A Certificate of Completion will be issued for each lesson completed, each stage completed, and for the entire course. The number of Certificates of Completion will depend on how the course is purchased. The entire course has 60 CE Hours.

Present Moment Program: Assessment of Posture and Musculoskeletal Balance Course, Mod 1.

Asynchronous Online. Instructor Steve Davis, RYT, LMT, BCTMB is available for interaction. Extensive videos with full transcription, Lessons written with illustrations and text, PowerPoint presentations in PDF, and PowerPoint videos. Multiple choice quizzes are given for each Lesson. There are 15 Lessons, 3 Stages, and the Library. No prerequisite.

Assessment of Posture and Musculoskeletal Balance Course, Mod 1
Instructions on How to Take this Course! 1,109 words.
Steve Davis, Instructor
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https://healinglight.info

There are 14 Learning Objectives for the full Course, listed below. In addition, there are many Learning Outcomes, unique to each Lesson.

1. Accurate observation of the client or patient.
2. Assessment of posture.
3. Plumb line photos. How to set them up, take them, and also the analysis of the plumb line photos.
4. Musculoskeletal balance assessment.
5. Gait analysis, also with video, which I recommend, for you and the client to study.
6. Movement analysis, also with video for the same reasons.
7. Develop a treatment plan, and how to modify it, as you are going along with your sessions.
8. Physics relating to movement, posture, and musculoskeletal balance.
9. Clinical practice overview.
10. In-depth study of methods.
11. Pathology.
12. Healing Light Kata, a movement form of exercises that I have developed. It is a fusion of Supreme Ultimate Fist, Yoga, and Posture Exercises designed to bring the body into neutral posture and musculoskeletal balance, focus the mind for accurate perception and accurate memory, flowing into the correct path.
13. Focused Massage Therapy, a fusion of ten modalities that I use in my practice.
14. Conclusion with Case Studies and Outcomes.

Full Course. [Certificate Issued upon completion. 60 CE Hours.]

CE Category of this course: Science.

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History of this course, and How to take this course!

https://vimeo.com/165089108

History of this course, and How to take this course!

VIDEO: 6;16 minutes, seconds.

Steve Davis, RYT, LMT, BCTMB
Instructor, Present Moment Program: Assessment of Posture and Musculoskeletal Balance Course, Mod. 1

Owner, Healing Light Yoga and Massage.

Creator: Present Moment Program.

Registered Yoga Teacher, Licensed Massage Therapist,

Board Certified in Therapeutic Massage and Bodywork.

40+ years experience.

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"Steve Davis is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider and is also sponsored by NCBTMB to teach New York LMTs continuing education that is accepted by the state of New York for license renewal."

Name: **Present Moment Program**: Assessment of Posture and Musculoskeletal Balance Course, Mod. 1.

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Project Landmark Dates: **1952;** my life began. **1959** I met and studied with Master Violinist Viljo Hillend, Western Classical Music on the violin. **1971**; I met and studied with Wen Chi Huang, Ta'i Chi Ch'uan and Shaolin Master from China. Pre-Med Studies started in **1977**. **June 1978**; I met and studied with Sri Dadaji, Amiya Roy Chowdhury, Yoga Master from India. **Jan. 1993**; I traveled to India to study Indian Classical Music, Voice and Bansuri with master teachers, including Pandit Malhar Kulkarni. The idea for the Present Moment Program became clear on this trip. Started working intensively on this project in **Dec. 2014**. Filming began in **Jan. 2015**.

Purpose: This course is under the umbrella of my Present Moment Program. Being in the present moment will improve perception and memory skills.

This is a Continuing Education Course for Licensed Massage Therapists, Bodyworkers, and other Health Care Professionals.

Continuing Education Hours will be awarded to Health Care Professionals who need these CE Hours to renew their Licenses. Health Care Professionals include: Medical Doctors, Osteopaths, Chiropractors, Nurses, Physical Therapists, Physios, LMTs, Bodyworkers, Yoga Teachers, and others. **Certificates of Completion with CE hours will be issued for each Lesson, Stage, and for the entire Course.**

CE Category of this Course: Science.

Concepts. Awareness, Alignment, Balance, and Movement, leading to Power of Performance, Supreme Wellness. Perception from accurate observation leads to accurate memory,

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applying lessons to improve posture and musculoskeletal balance, efficiency of movement of the body, and to successfully maintain this state.

By the numbers: Entire Course: **60 CE Hours**. **3 Stages**, **15 lessons, and the Library,** ranging from **one hour** each **to 6.5 hours** each. Approximately 280,000+ written words, 52+ hours of video, 421 multiple choice questions, 90% score required to pass each lesson, **14 Learning Objectives**, **many Learning Outcomes, unique to each lesson**. All lessons will be translated into every language on Earth available for translation, **as all videos and all lessons are fully transcribed.**People working on the course since December 2014: myself, with one camera operator/transcriber, and six models. Total: **8**.

Special Acknowledgment and Thanks to Star Camera Operator and Transcriber Sandra Mills, and to all of our models.

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