

Welcome to the NRT Upper Body class

We want to thank you for enrolling in the Neural Reset Therapy® workshop. That shows that you are interested in obtaining the best for your clients while minimizing stress on your own body. We want you to have a great learning experience in this workshop so take note of a few things to help you in this goal.

Clothing

While NRT can be performed with any type of clothing worn by your clients, some techniques that you will be learning in class require very thin and soft clothing to have a successful reset. For the upper body class, you should wear shirts made of soft and thin cotton or something stretchy like yoga apparel. For the lower body class, please wear shorts that are soft and thin, without any kind of stiffness. Yoga formfitting pants that are thin and stretchy are fine too.

Preparing for class

We highly recommend the Trail Guide to the Body, the fully revised fourth or fifth edition as the anatomy text for all the NRT courses. All of the course manuals and the presentation slides are keyed to this book.

The way NRT is taught does not require an extensive knowledge of anatomy. In fact, ordinary people without any type of therapy training have successfully completed the courses and are effective in treating people in their family and friends. However, if you want to maximize your learning during the workshop and increase your efficiency in your clinical practice, we would advise you to review the major muscles of the lower body before class time. Pay attention to their general location and the type of movement patterns that they facilitate. A muscle list is provided with this letter.

Items to bring

- ❖ Massage table will be provided.
- ❖ Linens – only one sheet needed as all work is done with clothes on.
Oils and lotions – leave at home, not used in NRT.
- ❖ Highlighter pens, pens, pencils are not provided. Please bring your own.
- ❖ Water and food – class hours are long, plenty of breaks are interspersed.
- ❖ Pillow and bolsters – bring if you require such items for even spending less than 5 minutes at a time in a supine position.
- ❖ Taylor style reflex hammer – if you do not have one, they will be available for sale (\$10) at each workshop.
- ❖ A well-rested body – class is fast-paced and yet covers a lot of material thoroughly.

Locations:

Seattle Workshops

The Therapeutic Training Center uses multiple classroom locations. To access Seattle classroom location details, please use the [CLICK HERE](#) link under the listing on the website.

Yakima Workshops

Day Spa Academy

30 N. 3rd Street
Yakima, WA 98901
509-574-8492

Doors will be open at 8:30 A.M for registration and set up of tables.
Class starts at 9:00 A.M. Lunch break will be at about 1:00 P.M. on Sat. and on Sun.
Breaks will be held regularly about each hour for 10 minutes. To keep on schedule, class must start again promptly.
Saturday ends at 6:30 P.M. and Sunday at 5:30 P.M.

Other details

You are strongly advised to go to the NRT website: www.neuralreset.net and read the Training Information and the FAQ sections in the brochure that is opened from the home page. There are details on those pages you should be aware of before attending an NRT workshop. Also, www.leifgrunseth.com for additional information.

This class is the two day live portion of a four day course. The other two days, which cover more resets, are an optional home study portion and are available for purchase at the class for \$195. This 3-DVD (now also in Flashdrive) home study program reviews all resets taught live, plus adds more than 20 new muscle resets. 16 additional CE hours of home study credit through the NCBTMB are available via a home exam for \$25. Home exam for NRT certification is also available. PLEASE NOTE: Purchase of home study program is required to attend the Advanced NRT Class and for certification. Home Study programs are not available in advance. You must purchase them at the class, or have completed a live class, in order to purchase them.

Now that these things are taken care of, we hope you enjoy yourself as you learn something that is powerful, yet simple and fun to do. Come prepared to be surprised with this new way of working with muscles. And be prepared to unlearn some of what you thought you knew to be true!

Wishing you the best,

Leif Grunseth

Instructor

Laurence Woods

Developer of NRT

NRT Upper Body Muscle List

Thoracic Erector Spinae group = Spinalis, Longissimus, Iliocostalis

Cervical-Thoracic Spinae group = Spinalis, Longissimus, Iliocostalis

Thoracic Transversospinalis group = Rotatores, Multifidi

Cervical –Thoracic Transversospinalis group = Rotatores, Multifidi

Latissimus Dorsi

Trapezius

Serratus Posterior Inferior

Teres Major & Teres Minor

Rhomboid Major & Rhomboid Minor

Infraspinatus

Levator Scapula

Splenius Capitus & Cervicis

Rectus Capitus Posterior Major & Minor

Oblique Capitus Superior & Inferior

Scalene

Sternocleidomastoid

Masseter

Pterygoids, Medial & Lateral

Temporalis

Deltoid

Subscapularis tendon

Biceps Brachii

Brachialis

Triceps Brachii

Pectoralis Major & Pectoralis Minor

Supraspinatus

Occipitofrontalis

Rectus Capitis Anterior & Rectus Capitis Lateralis

Platysma

Brachioradialis

Flexor Carpi Radialis Longus/Brevis

Extensors Carpi Radialis Longus/Brevis

Flexor Digitorum, Superficialis & Profundus

Extensor Digitorum, Superficialis & Profundus

Flexor Carpi Ulnaris

Extensor Carpi Ulnaris

Palmaris Longus

Pronator Teres

Abductor Pollicis Longus/Abductor Pollicis Brevis

Adductor Pollicis

Extensors Pollicis Longus/ Brevis

Flexor Pollicis Longus/Flexor Pollicis Brevis

Suboccipitals, Anterior/Posterior

Supinator