

The Grand Plan

The Jing Method Online

The Jing Method Hands On

| The Jing Method Online | | | The Jing Method Hands On | |
|---------------------------------------|-------------------------|--|--|---|
| | Access to Online Course | Live Zoom +FB Classes | | |
| LOW BACK PAIN | ✓ | 20 th & 22 nd April FB Q&A 21 st April | Upper Body Practical Consolidation: including assessment, consultation & appropriate stretches. | Evening - Sunday 6 th September Monday 7 th - Thursday 10 th September 2020 |
| NECK AND SHOULDER PAIN | ✓ | 4 th & 6 th May FB Q&A 5 th May | | |
| FOREARM, WRIST & HAND PAIN | ✓ | 25 th & 27 th May FB Q&A 26 th May | | |
| SHOULDER GIRDLE PAIN | ✓ | 8 th & 10 th June FB Q&A 9 th June | | |
| ADVANCED SPORTS STRETCHING | ✓ | 22 nd & 24 th June FB Q&A 23 rd June | | |
| HIP AND PELVIS PAIN | ✓ | 6 th & 8 th July FB Q&A 7 th July | | |
| LEG, KNEE AND FOOT PAIN | ✓ | 20 th & 22 nd July FB Q&A 21 st July | Lower Body Practical Consolidation: including assessment, consultation & appropriate stretches. | 14 th – 17 th October 2020 |
| Online Theoretical Assessment | ✓ | 30 th October 2020 | | |
| | | | Practical Consolidation & Final Assessment | 17 th – 19 th November 2020 |

Graduation!!!

Evening Friday 20th November 2020

– ALL INVITED