



Lay It On The Table: Asked and Answered

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This interactive course gives instructors the opportunity to ask questions directly to a Master Instructor. Topics may include technique refinement, cueing strategies, programming, working with injuries or special populations, and navigating complex client situations.

Use this handout to write down your questions or topics you would like to discuss. Perhaps make a list of technique points you would like to review.

Feel free to email me ahead of the conference or bring this paper to the course and lay your questions on the table!