

DanceCore LLC

Brian Burtenshaw, LMT

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(385) 309-0885

Current Utah Massage Therapist License - #8193884-4701

Current liability insurance - \$2,000,000 each occurrence/\$3,000,000 general aggregate

Biography

Brian has been working as a Structural Bodyworker for almost 5 years, and has been working with individuals on dynamic posture and proper muscle engagement for 10 years. If you hurt, Brian can likely find the root problem. His experience working with athletes, dancers, and work related injuries, his time in the Utah Valley University athletic training room, and working in collaboration with physical therapists and chiropractors, have given Brian a unique perspective and approach towards dealing with structural imbalances, soft tissue discomfort, and injury.

Services - *(All services and classes can be setup on an online scheduling service for convenience in scheduling and organization of sessions.)*

Structural Bodywork -

Focused on addressing the connective tissue of the body called fascia, that adjusts to the stresses we place on our bodies over time. Repetitive movements, stress, staying in a static position for extended periods of time, or trauma to the body, influence fascia to adjust and bind to support the body against these outside forces. Many times this can result in structural imbalance, discomfort, and both acute and chronic pain. Through a process of manual manipulation of soft tissue, fascial adhesion release, energy balancing, and passive and active stretching each session is customized to the needs of the individual. Results can include the balancing of the body's structure, increase comfort and sense of well being, and a decrease of pain.

Structural Integration -

A ten session series that systematically works through the layers and pathways of the fascia of the body. Through this series the fascia is "released" and "trained" to return to a more balanced state of homeostasis. Ideally completed in 10 weeks or less, this intense, immersive program allows the body enough time to adjust between sessions, but not enough time to revert back to old holding patterns. At the end of the ten sessions, clients can experience results similar to structural bodywork, but to a higher degree.

Dynamic Core and Posture Training -

These sessions and classes are designed to reprogram the movement habits and muscle use patterns of an individual. This is done through Muscle Engagement and Discovery exercises designed to bring awareness to how one uses their body. Breathing techniques and relaxation methods are also used to help bring the body to a state of relaxed, dynamic posture with the core muscles being engaged and used for safer and more efficient movement. These classes are offered as one-on-one sessions and small to large group classes.

Flexibility and Self-Care -

These session and classes are designed to teach principles of stretching and flexibility, along with other principles of self-care, that individuals can use on a daily basis to extend the usefulness of structural bodywork, and maintain a higher quality of living. Other principles include foam rolling techniques, appropriate self-massage, such as forearms, and ice and heat use for soreness and injuries. These classes are offered as one-on-one sessions and small to large group classes.

Fees Schedule

Service Type	Regular Pricing	Discount Offer	Class Pricing (Regular \$17 per person/hr)
At Work Massage	\$20/15 min	\$10/15 min	NA
Structural Bodywork	\$75/hr	\$40/hr	NA
Structural Integration	\$150/session	\$90/session	NA
Dynamic Core and Posture Training	\$75/hr	\$40/hr	\$10 per person/hr
Flexibility and Self-Care	\$75/hr	\$40/hr	\$10 per person/hr

HSA and FSA cards -

With a prescription from a primary care physician, HSA and FSA cards will be deemed acceptable payment options.