

# Level 1: Bridging<sup>®</sup> Basics

Explore this leading edge technique to quickly resolve pain, coordination, balance, and infant motor skill challenges.



## Course Objectives

- The Bridging story, framework, and process
- Muscle organization hierarchy
- General core-limb muscle reset and rebalance

### Feel the Difference. See the Results. Right Away.

Bridging uses small, precise inputs to create big changes in how people feel and move. Most participants notice immediate improvements in symmetry, ease of motion, or balance—making this approach a powerful addition to any rehab, fitness, or movement-based practice.

### Learn a Proven Framework to Restore Core Muscle Coordination

Understand how disorganized movement patterns—often rooted in early development—can affect adult pain, posture, and performance. You'll learn to assess and reset foundational core control using simple, gentle strategies that make results immediate and lasting.

### Integrate Arms and Legs with Confidence and Clarity

Go beyond isolated strength or mobility drills, stretching and dry needling to find the real cause of the pain or tightness. The Bridging Technique allows you to reset shoulder and hip stability, reduce compensation, and make movement feel smoother and more efficient.

### Hybrid Learning That Fits Your Schedule—and Enhances Your Skills

This course blends the best of online and in-person learning. You'll build your foundational knowledge through short, self-paced video lessons you can revisit anytime. A pre-workshop video helps you arrive ready to apply concepts, not just absorb them. The live workshop focuses on hands-on practice in a supportive environment where exploration, questions, and even mistakes are part of the learning process.



“

After Bridging, they feel organized. We're reorganizing the body so it works more efficiently.”

— Jess M (MT, Pilates)

“

I was able to integrate the new skills into my daily practice and get results right away.”

— Carol K. (PT)

# Level 1: Bridging Basics Course Content & Format

## Module 1

### Foundational Core Integration

- General background, precautions
- Ground-based balance reactions
- Core muscle organization (BUG, PEANUT)

## Module 2

### Arm and Leg Integration

- Arm and leg movement integrity
- Push-pull function and integration
- Frog and spiral leg movements

## Module 3

### Sensory-Motor Integration

- Head-core movement basics
- Visual-motor integration
- Vestibular-motor integration

### Each module includes:

<b>Mini-lessons</b>	2 hours total	Video	A series of five-minute lessons to explain module concepts and show basic reset and assessment principles.
<b>Workshop</b>	6 hours	In-person streaming video	Video pre-work of the workshop focus. You will be able to observe, practice, experience new skills, including time for discussion and feedback.
<b>Discussion</b>	1 hour	Zoom, video	Post-workshop time for discussion, questions and sharing as you integrate new learning into your daily practice.
<b>Quiz</b>		Online	Brief quiz to demonstrate knowledge of key concepts.

## Course Information

**Dates:** see the Professional page on the website

### Workshop location:

900 Skokie Blvd., Suite 115, Northbrook, IL

**Fee:** \$945 (\$895 per person when you register with a buddy)

### What you need to wear and bring:

comfortable clothes, lunch and drinks

**Pre-requisites:** A certification or license in a professional field related to movement. Completion of the Bridging Education Application, and a signed participant agreement.

### Continuing Education Credits

The Bridging Institute is an approved IDFPF CE Sponsor (224.000166-OT and 216.000297-PT). Each course is approved for 27 contact hours. This course is not intended for the use by participants outside the scope of their license or regulation.

### Cancellation and Refund Policy

If a course is cancelled by The Bridging Institute, it will be re-scheduled. If it is not rescheduled, all fees will be refunded within 2-4 weeks. Refund policy for withdraw from the course is as follows:

- More than two weeks prior to the start of the course: Full refund minus a \$25 processing fee.
- Less than two weeks prior to the start of the course: 50% refund minus a \$25 processing fee.
- Application of course fees to a future date. This must be scheduled within a year of the original course.

Cancellation or withdrawal notification must be provided in writing via email. An email acknowledgment will be sent to confirm.

### Cara Lindell

**Founder, Bridging<sup>®</sup>  
Institute & Technique**

Ms. Lindell will lead the theory and problem-solving portion of the workshop.



### Becki Logan

**Certified Bridging<sup>®</sup>  
Specialist**

Ms. Logan will guide the experiential portion of the workshop. Various Bridging professionals will also assist in the courses.



### Registration

Via the Education page on the website, or scan the QR code.