

Day 1 (Basics & Clinical)

Time	What
7:30am – 8:00am	Registration & Breakfast (provided)
8:00am – 9:00am	Welcome & Introductory Talk
9:00am – 9:45am	Functional Movements & ADL adaptations
9:45am – 10:30am	Screening Tests (Basics); Clinical Assessment (Clinical)
10:30am – 10:45am	Mix & Mingle Coffee Break
10:45am – 12:00pm	Posture, Balance, Walking Patterns
12:00pm – 1:00pm	Networking Lunch
1:00pm – 2:30pm	Introduction to Bone Fit TM Exercises I
2:30pm – 3:30pm	Scapular Stabilizer & Combined Exercises
3:30pm – 3:45pm	Coffee Break
	Clinical Participants Leave
3:45pm – 4:30pm	Yoga, Pilates & Gym Exercises, Case Studies
4:30pm – 5:00pm	Q&A & Wrap-Up

Day 2 (Clinical)

Time	What
8:00am – 8:30am	Breakfast
8:30am – 9:30am	Yoga, Pilates & Gym Exercises
9:30am – 10:45am	Bone Fit TM Exercises II
10:45am – 11:00am	Coffee Break
11:00am – 12:00pm	Bone Fit TM Exercises II
12:00pm – 1:00pm	Lunch
1:00pm – 2:30pm	Foam Roller Exercises & Group Work
2:30pm – 4:00pm	Case Studies, Q&A, Wrap-Up