

BioBasics Quebec  
Course Outline (updated 3/18/25)

**Day 1**

|              |   |
|--------------|---|
| 12p - 1p     | Registration  |
| 1p-1:30p     | Lecture: <i>Introduction to Biodynamics</i> - Line Savard, DO     |
| 1:30p- 3:30p | Lecture/Practical: <i>Sensing the Health</i> - Stephen Kisiel, DO |
| 3:30p - 6p   | Lecture/Practical: <i>Motion Present</i> - Elizabeth Caron, DO    |

**Day 2**

|                |  |
|----------------|--|
| 8:30a - 9:30a  | Panel Discussion & Questions: <i>The Stillness</i> - BioBasics Faculty |
| 9:30a - 11:30p | Lecture/Practical: <i>Neutral</i> - Craig Goldberg, DO                 |
| 11:45p - 1:45p | Lunch Break - Group Lunch at Tadoussac Hotel                           |
| 1:45p - 3:45p  | Lecture/Practical: <i>The Fluid Body</i> - Christine Mitchell, DO      |
| 3:45p - 5:30p  | Lecture/Practical: <i>Rebalancing</i> - Keely Wu, DO                   |

**Day 3**

|               |  |
|---------------|--|
| 9a - 10a      | Panel Discussion & Questions: <i>Primary Respiration</i> - BioBasics Faculty     |
| 10a - 12:30p  | Lecture/Practical: <i>Our Senses Breathing with the Tide</i> - Ingrid Komery, DO |
| 12:30p - 6p   | Lunch on your own and Enjoy the Whales!  |
| 6p - whenever | Group Dinner at Tadoussac and Celebration  |

**Day 4**

|               |  |
|---------------|--|
| 9a - 10a      | Panel Discussion & Questions: <i>The Potency of the Tide</i> - BioBasics Faculty |
| 10a - 12:00p  | Lecture/Practical: <i>Neurotrophic Flow</i> - Veronique Everarts, DO             |
| 12:00P-12:30P | Lecture: <i>Closing Remarks</i> : Line Savard, DO & Stephen Kisiel, DO           |
| 12:30p - 1p   | Rebalancing and Treatment of Participants  |

*Additional BioBasics Faculty:*

John Coppinger, DO

Steve Curtin, DO

Cathy Eydt, DO

Leslie Gass, DO

Daniel Gibbons, DO

Jacey Goddard, DO

Veera Motashaw, DO

Dianne Mummery, DO

Marc Nadeau, DO

Ed Schroeder, DO

Jonathan Varghese, DO

Walter Witryol, DO