

## **Joseph Schwartz**

[DNA-Assessment.com](http://DNA-Assessment.com)

December of 1985 ~ Rock climbing fall that propelled me into healing and wellness. I broke my talus and was a case study at Stanford University

1989-1992 ~ Physical Education Major at College of Marin in Kent, CA. I received my AA in physical education.

1990-1992 ~ Studied Iyengar Yoga at Marin Iyengar Institute

1992-1995 ~ 540hr Master Bodyworker program at Institute of Conscious BodyWork, San Anselmo, CA

1992- Present ~ Private practice: integrative bodywork strategies

1997 ~ 100hr Iyengar yoga teacher training with Peggy Kelly, Austin, TX

1998-2005 ~ Teaching manual muscle testing and integrative therapeutic strategies to private group of students in Austin, TX

2004-2014 ~ Certified Movement Coach at Circular Strength Training

2006 ~ 108hr Anusara Immersion, Christina Sell, Austin, TX

2006-2008 ~ Article submissions for CST Magazine

2012-2016 ~ Teaching study groups to NeuroKinetic Therapy students

2015 ~ One-Year Sarva Yoga Academy Intensive, NY, NY

2015 ~ Published First Edition of Sport Specific Manual Muscle Testing

2015 ~ Trademarked The Spiral Engine of Locomotion, The Five Primary Kinetic Chains

2016 ~ Taught Anatomy and Asana Intensive with Christina Sell

2016 ~ Published First Edition of Applied Anatomy for Yoga

2016 ~ Published First Edition of Applied Anatomy's poster series, The Five Primary Kinetic Chains

2016-2017 ~ Completed 300-hour meditation teacher training with Kelly Lindsey, Austin, TX

2017 ~ Published First Edition of Applied Anatomy's Desktop Edition, The Five Primary Kinetic Chains

December 2017 Received Refuge vows from Upasaka Culadasa at Dharma Treasure

2017 ~ Launched Dynamic Neuromuscular Assessment™ seminars

2017 ~ Published Second Edition of Applied Anatomy for Yoga Therapeutics

2017 ~ Published First Edition of DNA: Dynamic Neuromuscular Assessment™ Manual

2018 ~ Kinesiology article “Leg Drive” slated to be published by Massage Magazine

2019 ~ Launch Online Course, Optimizing Assessment

2020 ~ Launch Online Course, The 5 Primary Kinetic Chains

Currently working on two writing projects:

- The First Edition of Walking Meditation: A four-fold meditation practice that combines ancient wisdom through a lens of modern biomechanics.
- The First Edition of The Limbic System, How We Get Hijacked Out of the Present Moment
- The First Edition of The 5 Primary Kinetic Chains Illustrated Poster
- The Second Edition of The 5 Primary Kinetic Chains Desktop Edition
- The Third Edition of The 5 Essential Skills, Dynamic Neuromuscular Assessment™