

# SEMINAR SERIES MODULE 3

# THORACIC MASTERY

WHERE STRUCTURE, BREATH &  
AUTONOMICS CONVERGE

DR. JENNIFER BARHAM-FLOREANI & DR. SIMON FLOREANI

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## DEDICATION

This book is dedicated to the extraordinary public we are blessed to serve, and to the chiropractors who know — deep in their bones — that they were made for more.

To those who feel the quiet pull toward mastery... who choose intuition over inertia, courage over comfort, and service over self.

To the healers rising as community leaders, changing lives, restoring hope, and helping people reconnect with the infinite wisdom that already lives within them.

To every chiropractor committed to becoming a clearer channel, a steadier presence, and a more powerful force for good in the communities they are privileged to serve — this work is for you.



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# INTRODUCTION

## THE RHYTHM OF LIFE

Breath is the most immediate expression of life. Yet, today, more than ever, we meet people who have forgotten how to breathe. Anxiety, trauma, and posture have locked the thorax, leaving the lungs and heart confined.

Thoracic Mastery teaches chiropractors to restore the movement, rhythm, and vitality of the chest — to free the armour that life built around the heart. When the thoracic cage expands with ease, oxygen, emotion, and spirit all begin to flow again.

**“HELPING PEOPLE BREATHE AGAIN – IN BOTH THE MECHANICAL AND EMOTIONAL SENSE – IS PROFOUND. CHIROPRACTORS BECOME TRUE MASTERS OF LIFE ENERGY WHEN THEY MASTER THE THORAX.”**

***– DR SIMON FLOREANI***



# THE STRUCTURE OF BREATH

## UNLOCKING THORACIC MOTION

**T**he thoracic spine, ribs, and diaphragm form a single orchestra of motion. When one section tightens, the whole system loses rhythm.

We unpack the chest mechanism — the ribcage, thoracic ganglia, diaphragm, and sternoclavicular joints — and teach how to unlock each component so the lungs can expand and the heart can beat freely.

### Key Focuses

- ❖ Understanding thoracic joint dynamics: AC, sternoclavicular, and manubriosternal joints
- ❖ The three levels of thoracic ganglia and their influence on organ function
- ❖ Recognising how poor ribcage mechanics impact heart, lungs, and digestion
- ❖ Adjustments for thoracic mobility and diaphragm release

When breath becomes restricted, the nervous system reads danger. When it is restored, safety returns.



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**“BREATH IS LIFE.  
WITHOUT IT, YOU  
SURVIVE ONLY MINUTES  
— YET MANY PEOPLE  
DON’T REALISE HOW  
COMPROMISED THEIR  
BREATHING IS.”**

**— DR SIMON FLOREANI**





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# THE AUTONOMIC CHEST

## HEART, LUNG & IMMUNE REGULATION

**T**he thoracic region is more than structural; it's deeply autonomic. Here lie the ganglia that regulate heart rhythm, blood pressure, thymus activity, and immune strength.

When chiropractors learn to access and balance these ganglia, they influence not just posture but physiology — calming the sympathetic storm that drives modern stress.

### Clinical Insights

- ❖ **Thymus Re-activation** — supporting immune function through chest mobility.
- ❖ **Collateral & Terminal Ganglia** — digestion and stress modulation.
- ❖ **Lateral Ganglia Access** — freeing “holes in the armour” under the armpit and along the lateral cord.
- ❖ **Heart & Lung Restoration** — addressing arrhythmia, breathlessness, and long-COVID sequelae.



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**“WE RESTORE PROPER  
NERVE SUPPLY TO THE  
VITAL ORGANS – A TOTAL  
GAME-CHANGER FOR  
PRACTICE.”**

*– DR SIMON FLOREANI*





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# TECHNIQUE AND INTEGRATION

## RESTORING THORACIC RHYTHM

**T**horacic Mastery blends structure, breathwork, and neural recalibration. Practitioners learn to feel the rhythm of the chest — the rise and fall that reveals whether the patient is surviving or thriving.

Beneath this movement lies the “heart brain”: a network of neural, vascular, and fascial pathways linking the heart, lungs, thymus, vagus, and lymphatic system. When the thorax is restricted, breath becomes shallow, immunity falters, and autonomic tone shifts into survival. When it is freed, circulation opens, lymph drains efficiently, and patients drop into a calmer, more coherent state.

### Core Techniques

- ❖ **Manubrial and Sternoclavicular Adjustments** — restore upper-chest freedom.
- ❖ **Diaphragm Release and Breath Coaching** — retrain respiratory patterning.
- ❖ **Intercostal Mobilisation** — expand ribcage capacity.
- ❖ **Thoracic Ganglia Balancing** — gentle access from flanks or beneath ribs.
- ❖ **Anterior-to-Posterior Thoracic Adjustments** — precise corrections that restore rhythm without strain.

Common presentations addressed: anxiety, asthma, long-COVID breathlessness, heartburn, reflux, poor posture, chest tightness, and immune depletion.



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**“THE PRACTITIONER  
WHO CAN RESTORE  
BREATH RESTORES LIFE.”**

***— DR SIMON FLOREANI***



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# JOIN US IN PRACTICE AND PRESENCE

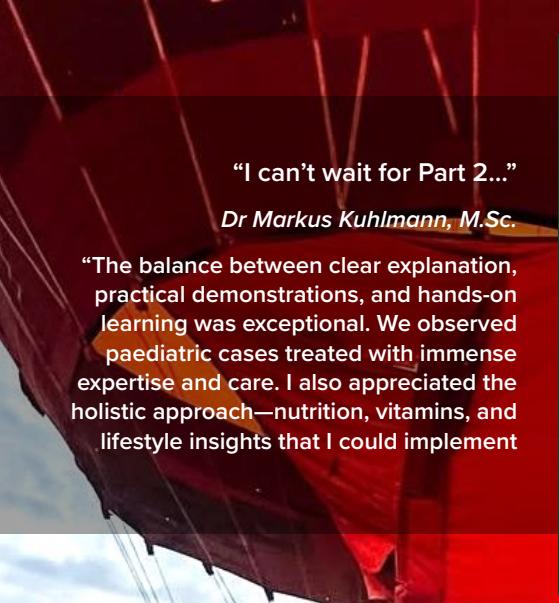
## THE BREATH OF LIFE

When the thorax moves, the world within moves. Each breath becomes an adjustment, each adjustment a breath. To free the chest is to free the spirit. Thoracic Mastery invites you to experience that transformation yourself — to feel your own nervous system recalibrate as you learn to unlock the armour in others.

If you feel called to experience this work in your own body—to embody the precision, confidence, and calm that define modern chiropractic—join us for a **Well Adjusted Retreat**.

These immersive experiences are where Holistic Spinal Mastery comes alive. You'll practise the techniques described here under direct guidance, share meals and insights with like-minded chiropractors, and leave re-energised in body, mind, and spirit.

**LEARN. INTEGRATE. REIGNITE YOUR PURPOSE.**



**“I can't wait for Part 2...”**

*Dr Markus Kuhlmann, M.Sc.*

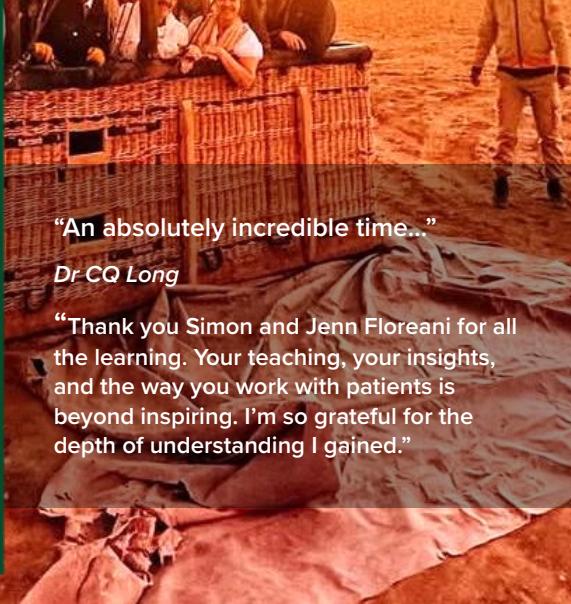
“The balance between clear explanation, practical demonstrations, and hands-on learning was exceptional. We observed paediatric cases treated with immense expertise and care. I also appreciated the holistic approach—nutrition, vitamins, and lifestyle insights that I could implement



**“I highly recommend it!”**

*Montse Vilahur Gies*

“I can't be grateful enough to Jen Barham-Floreani and Simon Floreani for teaching these modules. They have become my main guide for adjusting—not only babies but entire families. I highly recommend it! Our patients deserve to receive the best care from birth onwards. With the Well Adjusted programmes, I learnt how to approach both paediatrics and family wellness and began attracting families from all ages. I'm so grateful and want to share it with everyone.”



**“An absolutely incredible time...”**

*Dr CQ Long*

“Thank you Simon and Jenn Floreani for all the learning. Your teaching, your insights, and the way you work with patients is beyond inspiring. I'm so grateful for the depth of understanding I gained.”

# WANT MORE?

You've just explored one module within the **Holistic Spinal Mastery Series**.

If this work speaks to you and you'd like to experience it live, **register your interest, reach out directly**, or visit:

<https://welladjusted.co>

for upcoming dates, locations, and training opportunities.

**Dr. Simon Floreani & Dr. Jennifer Barham-Floreani**

## Integrate What You've Learned

Before you take your next step, allow this knowledge to settle into your hands, your breath, and your clinical presence.

Thoracic work invites you to feel the body's emotional and physiological rhythm — the rise and fall that reveals whether someone is surviving or thriving.

To embody this module:

- ➊ **Notice how breath reflects nervous system tone.**  
Observe whether your patients breathe high, shallow, fast, or restricted — and how thoracic tension mirrors emotional load.
- ➋ **Observe the relationship between heart rhythm, posture, and the thoracic spine.**  
A locked upper chest often speaks to sympathetic dominance, immune fatigue, or loss of heart coherence.
- ➌ **Introduce one refinement to your adjusting routine** that honours the interplay between ribs, diaphragm, vagus, and lymphatic flow.
- ➍ **Capture what emerges** — the softening of breath, the widening of posture, the moments where the “heart brain” begins to regulate again.

This is how understanding becomes skill.

This is how skill becomes instinct.

# YOUR HOMEWORK

Work through these steps with intention:

## **1. Tune Into Your Own Breath Rhythm**

Notice when your breath rises into your chest and when it settles into your belly. Your thoracic awareness will shape how deeply you can sense it in others.

## **2. Identify the “Heart Leaders” in Your Practice**

These are the people who bring calm, coherence, or warmth into your space. They often regulate others simply by how they breathe and how they show up.

## **3. Notice Those Carrying Thoracic Load**

Look for the ones who brace through the upper ribs, collapse through the sternum, or move with shallow breath. These individuals often need thoracic work the most — physically and emotionally.

## **4. Reconnect With Your Health Leaders**

Acknowledge them. Ask what they’re proud of this season. Heart coherence grows when it’s witnessed.

## IF YOU ARE THE ONE WHO RECEIVED THIS BOOK...

If someone shared this module with you — a mentor, colleague, or friend — take a moment to feel the significance of that.

Someone sees your potential. Someone recognises the steady presence, the intuitive healer, the heart-led practitioner within you.

Someone believes you are ready to deepen your craft.

Feel the shift in your chest — the quiet expansion, the sense that you were built for more.

Answer it.

Lean in.

Take your next step.





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**“YOU CANNOT ADJUST  
THE WORLD IF YOU ARE  
UNWILLING TO ADJUST  
YOURSELF. GROWTH IS  
THE TRUE GATEWAY TO  
IMPACT.”**

*— DR SIMON FLOREANI*





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# ABOUT THE PRESENTERS



**Dr. Simon Floreani and Dr. Jennifer Barham-Floreani** are internationally recognised healers, educators, and leading voices in vitalistic chiropractic. Known for their deep intuition, clinical mastery, and ability to transform both practitioners and families, they are widely regarded as being within the top tier of chiropractors worldwide.

For more than three decades, Simon and Jennifer have built and led multimillion-dollar family wellness practices, mentoring dozens of associate chiropractors, training teams, and creating thriving healing centres that have become models throughout the profession. Their life's work blends heart-centred service, clinical precision, business excellence, and an unwavering commitment to the innate healing potential of the human body.

## Together

Simon and Jennifer are also the founders of Well Adjusted™ — a global education platform for families, practitioners, and health professionals seeking deeper clinical mastery, stronger intuition, and the capacity to create lasting health transformation.

Through seminars, books, online courses, and live events, they help chiropractors:

- ❖ Understand the nervous system on a deeper level
- ❖ Master advanced adjusting, intuition, and communication
- ❖ Build financially successful, values-driven practices
- ❖ Create longevity in the healing arts without burnout
- ❖ Serve families with clarity, compassion, and confidence

In every presentation they give and every practitioner they teach, Simon and Jennifer hold a simple mission:

Restore trust in the body, elevate the skills of the healer, and uplift humanity.



The background of the image is a dark green color with several bright, glowing, light green and yellowish curved lines that resemble flowing water or leaves. These lines are more concentrated on the left side of the frame, creating a sense of depth and movement.

**...WITH GREAT INTENT AND GRATITUDE**

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