



# Workshop Schedule

## 2011

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## DIARY OF EVENTS

### 2011

19/20 Feb	London	NMR Neuromuscular Re-education	Dr Peter Levy
5/6 Mar	London	Biotensegrity: Principles & Clinical Applications	Stephen Levin
12/13 Mar	London	Understanding and Assessing Sports Injuries	Cameron Reid
19-21 Mar	London	Integrative Fascial Release (IFR) Foundations	Steven Goldstein
26/27 Mar	Edinburgh	Fibromyalgia: Clinical Approaches for the Manual Therapist	Steven Goldstein
28 Mar-1 Apr	Ireland	Orthopedic Massage, Pain Management & Sports Injury Seminar: 5-day Intensive	James Waslaski
2-4 Apr	London	Integrative Fascial Release (IFR) Intermediate	Steven Goldstein
7-12 Apr	London	CORE Myofascial Therapy Certification (6-day)	George Kousaleos
3/4 May	Dublin	Deep Tissue Massage and Myofascial Techniques for the Spine, Pelvis & Ribs	Art Riggs
14/15 May	London	Soft Tissue Work: Formulating a Treatment Plan through an Understanding of Injury Mechanics	Jerry Powell
18/19 May	Stockport	Soft Tissue and Movement Strategies for Resolving Trauma to the Lower Body: An Integrated Approach for Rehabilitation	Art Riggs
21/22 May	Edinburgh	Understanding and Assessing Sports Injuries	Cameron Reid
28/29 May	London	Fascinating Fascia	Robert Schleip
28/29 May	Dublin	Applied Structural Integration (SI) Skills: Spine & Upper Limb/Shoulder Girdle	Sol Petersen
11/12 Jun	London	Applied Structural Integration (SI) Skills: Spine & Lower Limb/Pelvis	Sol Petersen
11/12 Jun	London	Medical Massage for Shoulder Girdle and Abdominal Wall	Ralph Stephens
18/19 Jun	Edinburgh	Medical Massage for Lumbar-Pelvis & Cervical Spine	Ralph Stephens
25/26 Jun	London	Advanced Soft Tissue & Articulation Techniques for Massage Therapists	Cameron Reid
2/3 Jul	Belfast	Advanced Soft Tissue & Articulation Techniques for Massage Therapists	Cameron Reid
14-19 Jul	Edinburgh	CORE Myofascial Therapy Certification (6-day)	George Kousaleos
23/24 Jul	Dublin	Sports & Performance Bodywork	George Kousaleos
23/24 Jul	London	Fascial Fitness	Robert Schleip
9 Sep	London	Function of the Spine: Theory and Applications	S Gracovetsky
10/11 Sep	London	Understanding the Iliopsoas	Greg Morling
17/18 Sep	Dublin	NMR Neuromuscular Re-education	Dr Peter Levy

24/25 Sep	London	Understanding our Connective Tissue System: The Lower Limb	Willie Fourie
1/2 Oct	Dublin	Understanding our Connective Tissue System: The Shoulder Girdle	Willie Fourie
1/2 Oct	London	Postural Assessment and Correction	Graham Blakeley
Autumn (date tbc)	London	TnuAd: Communication through touch and movement	Gilad Namaan Perry
29/30 Oct	London	Fascial Release Work Around the Thorax with special emphasis on dealing with Idiopathic	Robert Schleip
5/6 Nov	Dublin	Postural Assessment and Correction	Graham Blakeley
12/13 Nov	Edinburgh	Advanced Soft Tissue & Articulation Techniques for Massage Therapists	Cameron Reid
17-22 Nov	Dublin	CORE Myofascial Therapy Certification (6-day)	George Kousaleos

#### Disclaimers

“Courses held at the British School of Osteopathy are not run or managed by the BSO, and the BSO does not in anyway endorse the course content of any external provider”

“Courses held at the North London School of Sports Massage are not run or managed by NLSSM, and NLSSM does not in anyway endorse the course content of any external provider”

“Courses held at the British College of Osteopathic Medicine are not run or managed by BCOM, and BCOM does not in anyway endorse the course content of any external provider”

“Courses held at Napier University are not run or managed by them, and Napier University does not in anyway endorse the course content of any external provider”

Check website for up to date listings and workshop details for 2011.

**Look out for additional workshops and new presenters on the website at [www.bodyworkcpd.co.uk](http://www.bodyworkcpd.co.uk)**

## NEUROMUSCULAR RE-EDUCATION

Dr Peter Levy, USA

Two-day hands-on workshop with Dr Peter Levy, Chiropractor, USA

Neuromuscular Reeducation is a 'stand-alone' hands on approach to the evaluation and functional treatment of 95+% of the soft tissue injuries a healthcare professional will see in practice.

Results are what patients are looking for and this technique will allow you to deliver in a most professional and satisfactory manner. It is a distinct and powerful addition to any person's armamentarium if they are in the field of treating soft tissue injuries.

The course will cover:

NECK: Levator Scapula, Scalenes, SCM & Upper Traps

SHOULDER: every one of the muscles.....impeccably !!!

LOW BACK: Erector Spinae (as a group), Quadratus Lumborum, Serratus Posterior Inferior

HAMSTRINGS: Biceps Femoris, Semi-Membranosus, Semi-Tendinosus

BUTTOCKS: Gluteus Maximus, Piriformis,

HIP: Gluteus Medius, Gluteus Minimus, TFL, Psoas, Obturator Externus

KNEE: Hamstrings, Quadriceps, Gastrocnemius, Sartorius & Gracilis

It is precise and demanding work in that the muscles are markedly smaller in most cases and need very specific protocols applied accurately to a frequently limited area.

By using Neuromuscular Reeducation technique you will be able to offer rapid, lasting relief from the pain and loss of function caused by many of the most common sports and stress related injuries.

Date: 19/20 February 2011; 9am-5pm both days

Venue: **LONDON**

Cost: £300 (deposit £100) *Early bird (paid in full by 30/11/10)/student £270*

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## **BIOTENSEGRITY: PRINCIPLES & CLINICAL APPLICATIONS**      **Stephen Levin, USA**

Biotensegrity applies the Buckminster Fuller/Kenneth Snelson tensegrity concept of "continuous tension – discontinuous compression" to biologic structures, with the fascia serving as the continuous, unifying mechanical structure in the body. Goals of the course are to question the classical biomechanical model based on the lever system, define a new paradigm for the physics of biology, and contrast the biotensegrity model with the lever based Newtonian/Borellian model. Using biotensegrity, we will present a new approach to the theoretical understanding and practical applications when dealing with tissue imbalances, and how they can be applied in a clinical environment. We will show how your present clinical practice can be integrated into the proposed model.

The course consists of lectures, demonstrations and class involvement. Participants will build tensegrity structures with supplied materials, and experience movement patterns and therapeutic techniques consistent with the understanding of biotensegrity.

Dr Levin will be co-presenting with Dr Daniele Claude Martin, who has developed a hands-on clinical application based on Biotensegrity. Dr Martin will unveil her vision of the dynamic relationships and the movement between three-dimensional functional anatomy (Spiral Dynamics ®, body mechanics (Biotensegrity) and Chinese internal martial arts (Yi Quan) with the opportunity of hands-on participation on the Saturday workshop only. N.B. Sunday will just be a demonstration

### Lecture & Hands-on workshop – Maximum 26 places

Date: 5/6 March 2010; 9am-5pm both days

Venue: British School of Osteopathy, 275 Borough High Street, **LONDON** SE1 1JE

Cost: £225 (deposit £75)

## **UNDERSTANDING AND ASSESSING SPORTS INJURIES**

**Cameron Reid, UK**

This 2-day course is designed to help you understand the cause of injury, and how to prevent problems from developing again. Most sports injuries are accumulative in nature, but what are the mechanisms that have contributed to the onset?

What biomechanical factors are involved and how can we assess these efficiently to best help our clients:

- What is the effect of a restricted ankle joint on the rest of the body?
- Does a calf muscle tear because it is weak or because something else is putting it under excessive strain?
- How do we deal with an injured client who is not responding to treatment?

This course will develop your assessment and rehabilitation skills. A range of therapists such as massage therapists, sports therapists, pilates teachers are being consulted more and more by elite athletes and the recreational athlete. Become more confident when assessing these patients and understanding how and why the injury has occurred. Now is the time to improve your understanding of assessment, prevention and how to develop an effective treatment plan.

Key Benefits:

- Benefit from small classes
- Benefit from 24 years experience
- Improve your handling and palpation skills
- Broaden the scope of your treatments and your patient base
- CThA (10 credits), FHT (10 credits) and SMTO (14 hours) accredited and should be admissible as CPD to other governing bodies.

Date: 12/13 March 2011; 9am-5pm both days

Venue: NLSSM, College of North East London, Tottenham High Road, **LONDON N15 4RU**

Cost: £210 (deposit £75)

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## **INTEGRATIVE FASCIAL RELEASE (IFR) FOUNDATIONS**

**Steven Goldstein, Australia**

IFR targets the connective tissue of the body, primarily myofascia, ligaments and joints, and does so in a manner than is ever mindful of the autonomic nervous system. The nervous system is the primary focus in regards to releasing soft-tissue. The nervous system is the "horse", soft-tissue is the "cart"

How this is achieved is through lighter application of touch, to facilitate sensory receptor response in all the various soft-tissue...so we do treat the muscles, but unlike massage therapists who primarily focus on muscle, muscle is my last "port of call". We treat the musculature at the very end of a session, not the beginning.

Another aspect that distinguishes IFR from others in the field is that we assess and treat "globally" before addressing the local or regional concerns. This is accomplished by blending the assessment and release of global lines of myofascial tension (Myers) (Schleip) (Paoletti), with articular receptor facilitation to unwrap and unwind soft-tissue with little or no force.

IFR draws from the work of Micheal Shea for Autonomic Nervous System approach and expression as the foundation of any soft-tissue work, and Craniosacral therapy to facilitate change to transverse planes.

The Articular or "joint" treatment employed is Osteopathic in principle. Steven Goldstein discovered how to treat joints independent of any Osteopathic training. However he was trained as a massage therapist in Washington State with the now famous Brian Utting School in Seattle in 1985-86. With 25 years of clinical experience, and having taught in massage education since 1992, the parameters of joint treatment were very clear. No Manipulation. We can as remedial therapists, mobilize a joint, but we cannot and will not use any forceful or "thrust" maneuver, as that is outside the "scope of practice".

Techniques include the 'Two Point', which is the placement of both hands on the body in a light manner to connect with the client's nervous system, ascertain the "energetic state" of their system and to evaluate the myofascial tensional relationship along global lines.

The 'Fulcrum', Static & Leverage Compressions techniques which are introduced simply are one dimensionally, then combined by 'osteopathic stacking', introducing more complex releasing patterns with constant autonomic nervous system awareness, expression and response. Sound structural underpinning knowledge with an indirect approach, allows the practitioner to work more quietly and effectively.

We tend to "unwrap" soft-tissue, use compressive "frictioning" sparingly, utilize the autonomic response akin to how kinesiology utilizes the "neurology" of the body before change occurs to the physical tissue.

## Conditions that IFR Addresses

There are a number of clinical complaints addressed routinely, these include, but are not an exhaustive list

- Systemic conditions including Fibromyalgia, Chronic Fatigue and Chronic Pain
- Regional dysfunctions: Frozen Shoulder, Shoulder impingement, Rotator Cuff dysfunction
- Lower back pain
- Joint Pain
- Cervical, Jaw and Neck pain and dysfunction

Steven Goldstein (Melbourne, Australia) presents this course which provides the manual therapist with skills and techniques that utilize direct compressive and indirect osteopathic autonomic nervous system methods for the release of myofascia.

Participants will:

- Obtain an understanding of myofascial treatment methods and modalities and how these methods/modalities are utilized within the scope of Integrative Fascial Release
- Obtain a basic understanding of the concept of Myo-fascial anatomy and structure , plus signs and symptoms of fascial contracture.
- Obtain an understanding of the most current evidenced based research concerning the field of connective tissue including the neurobiology and neurophysiology concerning recent myofascial theories.
- Practice technique application skills in relation to myofascial releasing.
- Palpate and understand various tension lines of myofascial restriction.
- Palpate and experience the release of various tension lines of myofascial restriction.
- Obtain a basic understanding of the physiology of how the Autonomic Nervous System's discharge facilitates soft- tissue release.
- Begin to value the effects of myofascial release as a result of client feedback and personal experience.
- Experience some level of competence while performing passive release of transverse planes, superficial fascia, and facial unwinding of local soft-tissue restriction.
- Understand the principles of imagery and kinaesthetic movement in relation to supporting the occurrence of active myofascial releases.
- Identify some level of value in relation to the use of imagery and kinaesthetic movement as a support technique.
- Understand the concepts of passive positional release and practice techniques in passive positional release.
- Understand the concepts, practice technique and experience engaging barriers to joint range of motion and/or fascial restrictions that limit range of motion.
- Palpate and practice myofascial-releasing techniques from a side-lying position.
- Understand concepts, practice palpation of spiral and rotational barriers to the extremities and the torso of the body
- Begin to develop personalized adaptations of techniques that integrate material to his/her own personal experience, style and professional practice.

This 3-day workshop covers the following (full details of modules available on the website):

Module 1: Introductions & Information

References:

- Hellerwork: The Ultimate in Myofascial Release: Donna Bajelis
- Myofascial Release Textbook Michael Shea
- The Scientific Basis for Energetic Healing Movement & Bodywork James Oschman
- The Endless Web, Fascial Anatomy & Physical Reality R.Louis Schultz
- Anatomy Trains Thomas Myers
- Neurobiology of Fascial Plasticity: Robert Schleip
- Myofascial Treatment Methods: Autonomic, Movement and Mechanical
- Properties of Connective Tissue-Fascial Anatomy
- The Nervous System: Conscious Control, Muscle Guarding, Unconscious Patterns of Muscular Holding / Movement
- Expressions of the Autonomic Nervous System and Autonomic Exhaustion

Module 2: Assessments and Development of Skill in the Palpation of Fascia

Module 3: Palpating and Locating Myofascial Restrictions

Module 4: Passive Transverse Plane Diaphragm Releases

Module 5: Direct Technique: Static Compression for the High Leverage Points  
Module 6: Lower Extremity Levers  
Module 7: Integrating Two-Pointing for Lower Extremity Joints  
Module 8: Integrating Techniques Three Dimensionally  
Module 9: Midline Bilaterals: Axial Mid-Line Release  
Module 10: Introduction to Upper Extremity Levers-Arm Line Releases (Myers)  
Module 11: Clinical Practice Session

Date: 19-21 March 2011; 9am to 5pm all 3 days

Venue: British College of Osteopathic Medicine, **LONDON** NW3 5HR

Fees: £275 (deposit £75) *Early registration rate of £250 if paid in full by 31/12/10*

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## **FIBROMYALGIA: CLINICAL APPROACHES FOR MANUAL THERAPISTS** Steven Goldstein, Australia

Fibromyalgia is a chronic syndrome, characterized by widespread body pain and pain at specific tender points. Clients can exhibit a range of symptoms including fatigue, sleep disturbance, muscle soreness and headaches.

Join Steven Goldstein BHSc MST Musculoskeletal Therapy who will review current evidence based research that links the benefit of massage with people suffering from fibromyalgia.

This will be followed by the hands-on component where Steven will demonstrate and instruct on possible treatment protocols that can be integrated into your practice.

Date: 26/27 March 2011; 9am to 5pm both days

Venue: Edinburgh Academy Junior School, 10 Arboretum Road, **EDINBURGH** EH3 5PL

Cost: £250 [Early Bird and SMTO discounts available] \*\* Trade Exhibition Open to All – Free Entry \*\*

Book: +44 (0)1224 822960 or info@scotmass.co.uk

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## **ORTHOPEDIC MASSAGE, PAIN MANAGEMENT & SPORTS INJURY SEMINAR: 5 DAY INTENSIVE** James Waslaski, USA

James Waslaski (USA) teaches this presentation which will revolve around new myofascial pain studies presented at Harvard Medical School, and tendinitis vs. tendinosis research dating back to 1946.

Participants will implement new techniques that will forever change the way they approach myofascial, trigger point, and tendon pain.

These innovative structurally oriented routines offer pain-free multi-modality methods for achieving immediate and permanent relief from complex disorders of the upper body. Ground breaking frozen shoulder corrections and techniques for immediate release of hip capsule problems will create almost miraculous results in complicated hip and shoulder conditions. Theory, real case studies, and 70% hands on training highlight this upbeat presentation.

James incorporates dazzling 3-D functional anatomy and human dissection models to support his multidisciplinary approach for assessment, treatment and self care for the conditions listed below.

Upper Body addresses pelvic stabilization and upper extremity injuries. The conditions covered include thoracic outlet, shoulder impingement, rotator cuff injuries, bicipital tendinosis, pronator teres syndrome, frozen shoulder, medial and lateral epicondyle pain, carpal tunnel syndrome, trigger finger, joint arthritis, cervical pain/strain, whiplash injuries, C1/C2 mobilisation, migraine headaches etc.

Lower Body addresses pelvic stabilisation and lower extremity injuries. The conditions covered include low back pain, sciatica, SI joint dysfunction, scar tissue, plantar fasciitis, Achilles tendinosis, anterior compartment syndrome, medial shin splints, lateral shin splints, ankle sprains, stress fractures, hamstring strains, iliotibial band friction syndrome, patellar tendinosis, chondromalacia and meniscal tears.

After addressing the upper and lower body conditions we then go into much greater detail in the areas of posturology, structural integration, myoskeletal alignment and anatomy trains. You will learn postural and functional front line work to tie together the upper and lower body work. We also cover all aspects of sports massage (that exceed the US national standard). We will go far beyond pre and post sports massage training into areas of maintenance, performance enhancement and rehabilitation.

Date: 28 March - 1 April 2011; 9am to 6pm every day

Venue: Boyne Valley Hotel, **Drogheda, Co Louth, Ireland**

Cost: €600 (deposit €150)

## **INTEGRATIVE FASCIAL RELEASE (IFR) INTERMEDIATE** Steven Goldstein, Australia

Pre-requisite: Completion of Integrative Fascial Release (IFR) Foundations workshop

Module 12: REVIEW OF DAY THREE MATERIAL

Module 13: 3-D Planar Fulcrum Technique

Module 14: Upper Extremity Arm Line High Leverage Points

Module 15: REVIEW AND EXPAND: Advanced Application of Technique for the Upper Extremity

Module 16: REVIEW DAY FOUR MATERIAL

Module 17: Position, Motion and the Barrier: Applied Bilateral Static Compressions with Motion Releases for the Pelvis

Module 18: Spiral Line Releases

Module 19: Joint Play Application for the Upper Extremity

Module 20: Integrate Joint Play of Upper Extremity with Superficial and Deep Front and Back Arm Lines

*Full details of modules available on the website [www.bodyworkcpd.co.uk](http://www.bodyworkcpd.co.uk)*

Date: 2-4 April 2011; 9am to 5pm all 3 days

Venue: British School of Osteopathy, 275 Borough High Street, LONDON SE1 1JE

Fees: £275 (deposit £75)

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## **CORE MYOFASCIAL THERAPY CERTIFICATION**

**George Kousaleos, USA**

CORE Myofascial Therapy is a system that teaches you strategies for treating three key client categories:

- Balance and alignment for the active or athletic client
- Remediation of acute or chronic injuries
- Treatment for structural concerns

CORE Myofascial Therapy was used as the premier treatment for the British Olympic Team at their 1995 and 1996 Olympic Training Camps held at Florida State University. CORE Bodywork is also the only deep muscle therapy in use by the massage therapy staff at the elite Peaks Resort and Spa in Telluride, Colorado. Active professionals, elite athlete, and anyone wishing to achieve a higher level of mental and physical performance will benefit from CORE Myofascial Therapy.

Techniques and Skills you will learn and be able to apply to your practice immediately:

- Myofascial Spreading- the foundation technique for full-body treatment
- Back Specific- a comprehensive routine for deep musculature of Para-spinal, shoulder, and hip regions.
- CORE Release- intrinsic techniques for balancing the pelvic structures
- Arthrokinetics- arm and leg joint techniques that reduce ligament tension and holding
- End Work- a series of techniques that stimulate the parasympathetic response at the close of a session
- Neurosomatic Awareness Exercises
- How to combine both passive and active movements into your session for greater results
- Specific techniques to address and theories of common structural and functional client issues.
- Ultimately how to eliminate pain, restore movement & limited function, and get long term results.

Participants need to bring cocoa butter. Practitioner manuals will be provided outlining pertinent course information, including all clinical techniques and treatment strategies. Massage therapists, physical therapists, and athletic trainers are eligible for admission to this program.

Date: 7-12 April 2011; 9am to 5pm all 6 days

Venue: Skylight Centre, Corsica Street, LONDON N5 1JT

Cost: £600 (non-refundable deposit £75) *Early registration £550 if paid in full by 31 December 2010*

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## **DEEP TISSUE MASSAGE & MYOFASCIAL TECHNIQUES FOR THE SPINE, PELVIS AND RIBS**

**Art Riggs, USA**

Class will deal primarily with issues of providing mobility and balance to soft tissue restrictions that cause torsion and dysfunction in the pelvis and the associated effects up the spine and ribs. We will work with muscles, fascia, ligaments, and osseous components.

Students will learn specific techniques to balance and free the following factors that cause strain in the pelvic area and spine.

### **Muscular:**

- Lower Pelvis
  - Hamstrings
  - Quadriceps

- I.T. Band
- Adductors
- Pelvic Bowl
  - Gluteals and Rotators
  - Psoas and Iliacus
  - Superficial Abdominal Muscles
- Transition Between Pelvis and Spine
  - Quadratus Lumborum
  - Lumbar Fascia
  - Small Spinal Muscles

**Osseous:**

- Pelvis
  - S. I. Joint shotgun mobilization techniques
  - Coccyx
  - Innominate Bones
  - Acetabulum/Hip Unwinding
- Spine
  - Spinal Mechanics and Vertebral Mobilization
  - Mobilizing and Balancing Ribs

**Prerequisites:** Assuming experience and skills with deep tissue massage and myofascial release and anatomical knowledge of the pelvis, spine and associated musculature and ligaments.

Date: 3/4 May 2011; 9am-5pm both days

Venue: **DUBLIN** Ireland

Cost: £225/€275 (deposit £75/€100) *Early registration £200/€245 paid in full by 31/01/11*

**SOFT TISSUE WORK: FORMULATING A TREATMENT PLAN THROUGH AN UNDERSTANDING OF INJURY MECHANICS**

**Jerry Powell, UK**

**INTRO:**

With a maximum of only 8 students on this course you will receive one-to-one tuition.

You'll learn the mechanism of how an injury occurred & how to develop 'Treatment & Rehab Plans' that you can use to improve your existing practice.

You'll understand where STW (Soft Tissue Work), both superficial & deep techniques, fit into these plans.

**IN DETAIL:** The weekend begins with superficial fascial palpation techniques & goes on to explore very specific, deeper anatomical landmarks.

We'll look at case studies of both traumatic & insidious injuries as they might present to you in your clinics. Then we'll ask the questions:

- Do you understand the mechanism of this injury?
- What structures might be involved?
- Biomechanically, which structures might have contributed to the injury & which are the 'victims' of the injury?
- What is your rehab' plan & where does soft tissue work fit in?

As well as answering these questions & formulating a 'Treatment Plan,' you'll practice the treatment with lots of hands-on demonstration & one-to-one time with me to learn how to access deep tissues, recognise muscle compartments, mobilise tendons, retinaculae & more. This is advantage of having a small group!

**PRE-REQUISITES:** Open to all practitioners (with hands-on massage skills) who have an open mind & wish to really think about & understand why an injury occurred & how to treat it.

Date: 14/15 May 2011; 9am-5pm both days

Venue: British School of Osteopathy, 275 Borough High Street **LONDON** SE1 1JE

Cost: £199 (deposit £75) Maximum 8 students

## **SOFT TISSUE & MOVEMENT STRATEGIES FOR RESOLVING TRAUMA TO THE LOWER LIMB - AN INTEGRATED APPROACH FOR REHAB** **Art Riggs, USA**

We have all dealt with the complex chain of events that occur in the foot, knee, hip, pelvis and resultant strain up the body when our clients injure just one link in the chain. This workshop will examine the kinesiological, myofascial and joint adaptations that impede healing, and will give numerous treatment options to help return the whole chain to normal function.

For a better understanding of the workshop, or for your own interest, please read the two-part article by Art Riggs available on [www.bodyworkcpd.co.uk](http://www.bodyworkcpd.co.uk). Workshop will closely follow this article.

**Specific Agenda:** Anatomy and kinesiology of the ankle, knee, hip and functional movement analysis to define and correct compensatory patterns resulting from injury; Soft tissue and osseous strategies to return normal ankle function and better distribute shock; Techniques to improve flexion and extension, balance soft tissue torsional strain in the knee, improve proper joint function through joint mobilisation techniques; and Balancing and mobilising hip rotational and flexion/extension restrictions for optimum transition of movement through the pelvis

**Prerequisites:** Skills in deep tissue massage and myofascial release work, although experienced bodyworkers without specific MFR training who are accustomed to working with structural issues and injuries are welcome.

Date: 18/19 May 2011; 9am-5pm both days

Venue: **STOCKPORT**

Cost: £210

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## **UNDERSTANDING AND ASSESSING SPORTS INJURIES** **Cameron Reid, UK**

For description see London workshop in March 2011.

Date: 21/22 May 2011; 9am-5pm both days

Venue: Merchiston Campus, Napier University, Colinton Road, **Edinburgh** EH10 5DT

Cost: £210 (deposit £75)

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## **FASCIANATING FASCIA** **Robert Schleip, Germany**

This workshop will focus on fascia as a most fascinating tissue seen through recent scientific discoveries. We will also explore recent biomechanical insights about the contribution of elastic recoil oscillatory properties of fascia in walking, running and other cyclic movement activities; including **practical applications** for movement education.

A highlight is, of course, the latest findings from the fascia laboratory at Ulm University. We explore new hypotheses on the relationship between myofibroblast density in fascia and systemic joint hyper-/ hypomobility, as well as indications on the enhancing/inhibitory effects of various chemical, nutritional and mechanical stimulations on fascial stiffness. Again with **practical applications**: looking at how can we have long-term effects on tissue stiffness.

Finally this workshop will explore fascia as our richest sensory organ. Specific suggestions will be made about therapeutic avenues to alter brain mapping (body image/ body schema) via proprioceptive fascial stimulation. Overall this workshop will consist of 50% theory and 50% practice.

Date: 28/29 May 2011; 9am - 5pm both days

Venue: British School of Osteopathy, 275 Borough High Street, **LONDON** SE1 1JE

Cost: £225 (deposit £75)

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## **APPLIED STRUCTURAL INTEGRATION (SI) SKILLS: SPINE & UPPER BODY/SHOULDER GIRDLE** **Sol Petersen, New Zealand**

Applied Structural Integration is a powerful system of somatic education and structural bodywork which is based on the inseparability of body, mind and spirit. Applied Structural Integration makes the connection between movement and body alignment and it restores the body from the inside out.

In this workshop Sol Petersen will cover:

- basic bodyreading/assessment skills/problem solving
- functional/conceptual/principles considerations
- implications of new fascial research
- introduction to practical body use and embodiment
- basic awareness/relationship skills

- myofascial skills for the spine, upper limb, shoulder girdle (with active client & off the table work)
- introduction to core and spinal stabilization

*This workshop leads on to a 4-day course introducing a cycling 3-series in which each 3-series works at a deeper level of core patterns and functioning (more details to follow).*

Date: 28 & 29 May 2011; 9am to 5pm both days

Venue: **Dublin**

Cost: £225 / €275 (deposit £75) *Early bird £200 paid in full by 28/02/11*

## **APPLIED STRUCTURAL INTEGRATION (SI) SKILLS: SPINE & LOWER BODY/PELVIS** Sol Petersen, New Zealand

Applied Structural Integration is a powerful system of somatic education and structural bodywork which is based on the inseparability of body, mind and spirit. Applied Structural Integration makes the connection between movement and body alignment and it restores the body from the inside out.

In this workshop Sol Petersen will cover:

- basic bodyreading/assessment skills/problem solving
- functional/conceptual/principles considerations
- implications of new fascial research
- introduction to practical body use and embodiment
- basic awareness/relationship skills
- myofascial skills for the spine, lower limb, pelvis (with active client & off the table work)
- introduction to core and spinal stabilization

*This workshop leads on to a 4-day course introducing a cycling 3-series in which each 3-series works at a deeper level of core patterns and functioning (more details to follow).*

Date: 11 & 12 June 2011; 9am to 5pm both days

Venue: **London**

Cost: £225 (deposit £75) *Early bird £200 paid in full by 28/02/11*

## **MEDICAL MASSAGE: SHOULDER GIRDLE & ABDOMINAL WALL** Ralph Stephens, USA "EL-TORSO CORSO"

**Grow your practice by learning these techniques that help clients with injuries and pain.**

*Where it hurts is where it ain't* - Ida Rolf. The front of the back is where it's at! Learns powerful medical massage techniques for assessment, treatment and rehabilitation of the entire torso. Emphasis will be placed on developing precise palpatory skills, quality of touch, correct therapist body-mechanics, and effective patient communications. This work helps you resolve stubborn complaints from neck to pelvis.

You will learn how to treat conditions such as Low Back Pain, Psoas Problems, Postural Distortion, Rotator Cuff Injuries, Abdominal Complaints, Frozen Shoulder, Thoracic Outlet Syndrome, ROM Limitations, Mid & Upper Back Pain, *and Much More* with safe, simple, pain-free techniques.

**Day 1 - The Abdominal Wall** - Unlocking the torso. Anterior and lateral portions of the abdominal wall - superficial and deep will be discussed and examined. Techniques will be correlated with postural analysis to improve your efficiency. This is the missing work that few therapists know to do, yet most patients with low back pain need. You will learn how the abdominal musculature is also involved in neck-shoulder complaints and injuries.

**Day 2 - Shoulder Girdle** - This includes assessment tests for the rotator cuff, a complete Active Isolated Stretching - Mattes Method stretching routine for the shoulder, precise palpation of each muscle of the shoulder joint, and demonstrations of exercises for shoulder health.

Date: 11/12 June 2011; 9am to 5pm both days

Venue: NLSSM, College of North East London, Tottenham High Road, **LONDON N15 4RU**

Cost: £220 (deposit £75)

## **MEDICAL MASSAGE FOR LUMBAR-PELVIS & CERVICAL SPINE** Ralph Stephens, USA "The Essential Course for Bodyworkers - Low Back & Neck!"

Most Medical Massage patient's complaints are in the lower back and neck regions. This course focuses on these areas. You will learn assessment, treatment and rehabilitation techniques. Emphasis will be placed on developing precise palpatory skills, posture analysis, pelvic alignment, and understanding the pronation syndrome. 80% Hands-on!

You will learn how to treat conditions such as Low Back Pain, Sciatica, Pelvic Mis-alignments, Hip & SI-joint pain, Iliotibial Band, Groin pulls, Headaches, Cervical Strains, Whiplash, ROM Limitations, Military Neck and much more with safe, simple, pain-free techniques

**This 2-day seminar includes:** Posture Analysis - with emphasis placed on assessing the pelvis, low back and over pronation; Posterior Lumbar (low back) (now available on DVD); Thigh & Hip (available on DVD); and Cervical Region (now available on DVD). *This is one great course!*

**Day 1** Posture analysis places emphasis on assessment of the pelvis, reading pelvic landmarks and learning their significance. Assessment and correction of functional long leg is presented. The postural components of the pronation syndrome are also covered. All postural muscles (except abdominals) that attach to the pelvis are studied and examined, with emphasis on postural correction and pain reduction. Examination, treatment and stretching are presented for each muscle.

**Day 2** Entire cervical region, posterior, lateral and anterior is studied and examined, including the anterior muscles like longus coli, scalenes, SCM and hyoids. This is a very comprehensive cervical routine and addresses almost all cervical problems. It's awesome!

Date: 18/19 June 2011; 9am to 5pm both days

Venue: Edinburgh Academy Junior School, 10 Arboretum Road, EDINBURGH EH3 5PL

Cost: £220 (deposit £75)

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## **ADVANCED SOFT TISSUE & ARTICULATION TECHNIQUES FOR MASSAGE THERAPISTS**

**Cameron Reid, UK**

This course teaches you soft tissue approaches to the upper and lower body. It is a two day course where you will learn Osteopathic approaches to assessment and treatment techniques.

A range of articulatory and soft tissue techniques to the upper and lower body will be taught. Client positioning is vital for technique effectiveness, you will learn how to increase effectiveness of your technique without drastically changing your position or the client's. You will also learn therapeutic approaches applied to the same area but in different positions, useful if your client is restricted in some way. Techniques included will be soft tissue and articulation approaches to these areas, treatments in different patient positions. This course is 95% practical with an introduction to osteopathic philosophy, exercises in palpation and assessment.

Key Benefits:

- Learn to use Osteopathic Techniques in your practice
- Benefit from 24 years experience
- Improve your handling and palpation skills
- Broaden the scope of your treatments and your patient base
- 95% practical course
- CThA (10 credits), FHT (10 credits) and SMTO (14 hours) accredited

### **TESTAMONIAL:**

*"Don't be put off by the word 'Osteopathic', Cameron pitches his language and explanations to suit your practical needs. This course gives you more options to use on your clients, increasing your 'tool box' of techniques."*

**Mrs K Scott, Massage Therapist, Technique Course October 2009**

Date: 25/26 June 2011; 9am-5pm both days

Venue: NLSSM, College of North East London, Tottenham High Road, LONDON N15 4RU

Cost: £210 (deposit £75)

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## **ADVANCED SOFT TISSUE & ARTICULATION TECHNIQUES FOR MASSAGE THERAPISTS**

**Cameron Reid, UK**

For description see London workshop in June 2011.

Date: 2/3 July 2011; 9am-5pm both days

Venue: NLSSM, College of North East London, Tottenham High Road, LONDON N15 4RU

Cost: £210 (deposit £75)

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## **CORE MYOFASCIAL THERAPY CERTIFICATION**

**George Kousaleos, USA**

See London workshop in April 2011 for full details.

Date: 14-19 July 2011; 9am to 5pm all 6 days

Venue: Merchiston campus, Napier University, Colinton Road, EDINBURGH EH10 5DT

Cost: £600 (non-refundable deposit £75) *Early registration £550 if paid in full by 31 March 2011*

## FASCIAL FITNESS

Robert Schleip, Germany

Practical applications from connective tissue research – for the fields of sports, yoga, Pilates, martial arts, dance and other movement disciplines.

In sports education the emphasis has mostly been on the training of muscles, cardiovascular fitness and coordination. However, most of the exercise and fitness related injuries occur in muscular connective tissues that are loaded beyond their prepared capacity. While muscular connective tissues (fascia) have been regarded as ‘the Cinderella of musculo-skeletal research’, recent research advances triggered an increasing popularity of the newly emerging field of fascia research. It has been shown that fascial dynamics play essential roles in muscular force transmission. The bodywide fascial network can also be seen as our most important organ for proprioception or embodiment. During tensional loading fascial tissues experience significant hydration changes which effect their viscoelastic properties and recovery rates.

This workshop will consist of 70% theory and 30% practice and address the following aspects:

- Slings & Springs: myofascial chains as elastic springs; factors influencing their kinetic storage capacity
- Connective tissue stretching: which protocol affects which intra- or extramuscular tissue elements?
- Superficial shearing zone and its role in proprioception
- Optimal pre-tension and preparatory counter-movement
- Hydration and dehydration dynamics: how to rejuvenate an old sponge?
- Loading variations and recovery times
- Remodelling times of the fascial web: Learning from bamboo gardeners
- Nutrition, breathing and metabolic factors influencing the ground substance
- How to train for a resilient, strong and elastic fascial body?

Date: 23/24 July 2011; 9am-5pm both days

Venue: **LONDON**

Cost: £225 (deposit £75)

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## SPORTS & PERFORMANCE BODYWORK: A 4-SYSTEM APPROACH George Kousaleos, USA

This two-day seminar will examine the four basic styles of performance inherent in all athletic disciplines. Utilising structural integration and myofascial therapy theories and techniques that are appropriate for each style of performance, participants will focus on developing training and event protocols for **endurance, sprint, power, and multi-skilled** athletes. Presentations on performance mechanics, somatotypes, and the balancing of the autonomic nervous system will highlight a comprehensive study of advanced therapies for the athletic performer.

**Day One – Foundations** The first day of the seminar will present the primary concepts of the physical and psychological demands of training and performance for all athletes. A breakdown of somatotypes and their inherent strengths and challenges will be used to discuss the development of bodywork protocols for the endurance, sprint, power and multi-skilled athlete. Myofascial and structural techniques for the leg, pelvis and back will be presented for both training and performance cycles.

**Day Two – Advanced Methods** The second day of the seminar will present advanced strategies for developing protocols that are both sport-specific and performance-level based. Techniques for working with intrinsic myofascial tissues of the axial and appendicular regions and strategies to balance the autonomic nervous system will be taught. Advanced protocols for the arms, shoulders, chest, neck and head will also be presented.

At the conclusion of the seminar participants will be able to organise a manual therapy treatment plan for athletic performers based upon the demands of the sport or performance on a specific body type at various points in the athlete’s training, development and competition.

Date: 23/24 July 2011; 9am to 5pm both days

Venue: **DUBLIN** Ireland

Cost: £220 or €270 (deposit £75 or €100)

## **FUNCTION OF THE SPINE: THEORY & APPLICATION**

**Serge Gracovetsky, Canada**

The analysis of movement is traditionally done by first describing the anatomy in terms of rods linked by joints to which muscles and ligaments are attached. Then using a variety of techniques, a 'best' solution for a task is obtained and validated using EMG techniques. This results in a representation of the function of the musculo-skeletal system that is then used to diagnose and treat patients.

This approach is rooted in the desire to find a unique "best" solution ("best" stable posture, "best" gait sequence etc.) to circumvent the redundancy inherent to mathematical models. However, a close examination reveals that the attractive concept of a single best solution fundamentally disregards the visco-elastic nature of collagen & other biological material and contradicts second law of thermodynamics.

It is proposed that structural stability is not necessarily a desirable property of most living systems. There are considerable evolutionary benefits in being an unstable machine in a relentless gravitational field. Indeed, what kind of stability do we have when the loss of the central nervous system will have us collapse in the gravitational field? The various representations of the function of the spine have serious implications on the diagnosis and treatment of patients.

Clinical data can no longer be interpreted through that narrow structural stability lens, and the many less than successful back surgeries are, amongst many factors, a vivid testimony that something is not right.

To compound the problem, the clinician's performance analysed by blind studies demonstrates that the diagnostic of low back pain assumes that the patient will describe his condition in an objective way. When a contradiction arises between the clinical examination and the physical examination, clinicians are overwhelmingly swayed by reported pain. It seems reasonable to ask if there are better ways to integrate the patient's measured function and symptoms with the reported pain.

Technology that permits an unprecedented access to musculo-skeletal information will be discussed together with a model of using artificial intelligence techniques that can integrate clinical information. This mix of rigor and experience can be shown to compensate for the inherent limitations of the clinician natural sensors.

These ideas generated a considerable amount of unsolicited criticism. But peer review is the essence of academic work, and it is hope that a reasonably controlled discussion would help to clarify the merit of that approach and the direction of future research.

### **Outline of the course**

Sunday morning - The Theory: What is the function of the cervical and lumbar spines in flexion-extension (with and without weights) and locomotion? How can the head (as a sensory platform) be stabilised at minimum energy expenditure regardless of the motion of the shoulders? What is the cycle of energy transfer during gait and how does the gravitational field control the transfer and storage of energy liberated by the hip extensors to propel the body forward? How important is the coupled motion of the spine in the energy recovery and distribution process? What is the role of collagen in slowing down the rate of increase of entropy and the degradation of energy? How can we integrate the entire musculoskeletal system into one energy efficient functional unit? The presentation will be followed by a 60 minute discussion

Sunday afternoon - Application of the Theory: How to measure the function of the spine? What to measure? What are the invariants of movements that are dependant upon the pathology and not upon the voluntary decisions of the patient? How to avoid the standard statistical mistakes in interpreting the differences between the average responses of the normal and abnormal? How to define a Range of Normality versus the Range of Motion? How to integrate the objective measured data in order to reach a diagnosis? How does the technology perform with respect to the clinician in blind controlled studies? What is the real impact of reported pain in the clinical diagnosis of low back pain? Examples of diagnoses and patient follow up. The presentation will be followed by a 60 minute discussion

Date: 9 September 2011 9am – 5pm

Venue: British School of Osteopathy, 275 Borough High Street, **LONDON** SE1 1JE

Cost: £85 (early bird £75 before 31/5/11; student £60; BSO student £55)

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## **UNDERSTANDING THE ILIOPSOAS**

**Greg Morling, Australia**

This workshop is based on Greg Morling's research work at the University of New South Wales (Australia) that looked at both the biomechanical and psychosomatic.

Greg is a massage therapist and past president of the Australian Association of Massage Therapists. He also presented at the World Massage Conference 2009.

The importance of the Iliopsoas muscle in relation to back pain and a broad range of other musculo-skeletal conditions is well known.

This workshop has evolved from Greg's extensive clinical and literature research and will:

- examine the many roles of the iliopsoas muscle
- supply sound information on this muscle's position and function
- consider the place of evolution in the development of this muscle
- cover musculo-skeletal conditions related to this muscle when it is dysfunctional and/or shortened
- explore the role of the iliopsoas in the survival response
- demonstrate a range of functional assessment procedures for the iliopsoas
- practical clinical approaches for the bodyworker to treat the dysfunctional iliopsoas muscle
- demonstrate a number of stretches that the client can use at home in order to assist the release of the iliopsoas muscle

Greg has developed new practical techniques for tactile therapists to address both the biomechanical and psychosomatic issues associated with therapy related to this 'maestro' of all muscles, the Iliopsoas.

The practical 'hands-on' section of this workshop will utilize some unique techniques that have not been seen in any other workshop anywhere in the world. We will address the major musculo-skeletal conditions that are commonly considered to be caused by a dysfunctional iliopsoas. To do this we will explore the use of heat and manual vibration.

While thermal stones are sometimes considered to be only useful in Spa and relaxation therapy, we will employ heat, texture & pressure of 300 million year old stones, especially selected as perfect massage tools to successfully treat some difficult musculoskeletal conditions and in particular, a dysfunctional iliopsoas.

The principles of using stone in massage treatment will precede the therapeutic process and we will be establishing guidelines for the process of heating/cooling stones including indications and contraindications.

Also:

- Massage Techniques using thermal (hot) stone including treatment foundation guidelines for trigger point therapy
- Working muscle/ligament with thermal stone, with and without manual vibration
- Sciatica/piriformis syndrome
- Head & Neck conditions; torticollis, tension headaches
- Inguinal pain
- Intercostal conditions
- Diaphragm release

Date: 10/11 September 2011; 9am-5pm both days

Venue: British School of Osteopathy, 275 Borough High Street, **LONDON** SE1 1JE

Cost: £225 (deposit £75)

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## **NEUROMUSCULAR RE-EDUCATION**

**Dr Peter Levy, USA**

For description see London workshop in February 2011.

Date: 17/18 September 2011; 9am-5pm both days

Venue: **DUBLIN** Ireland

Cost: £300/€375 (deposit £100/€125) *Early bird (paid in full by 31/05/11)/student £270/€330*

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## **UNDERSTANDING OUR CONNECTIVE TISSUE SYSTEM: Willie Fourie, South Africa** **THE SHOULDER GIRDLE**

**PROGRAMME:** Our course goal will be to share with you how normal day-to-day function is changed by interference with the fascial and connective tissue anatomy. By understanding how various systems interlink to determine function, we can explore new and integrated treatment strategies as a tool in relieving the distress of the painful upper limb

After these two-day workshops, participants should have a clearer understanding of:

- The functional anatomy and biomechanics of the shoulder girdle
- The structure of connective tissue, its classification, and its role in normal musculo-skeletal function
- How this system is damaged by trauma, surgery, overuse, or habit, and ultimately the body's

postural responses with functional adjustments leading to later complaints – even in non-related areas of the body

- How to evaluate the connective tissue/fascial system
- How all the above guides you, the therapist, through the most appropriate personalized treatment strategy for every individual client

Our courses will be an intense mix of theory and practical work, and, therefore, we limit the number of participants to maximum 18 per course.

## **ELEMENTS AND SUBJECTS COVERED DURING COURSES**

### **PART 1**

#### **1. BODY DESIGN:**

The principle that all structures are involved in movement quality is expanded on. Seeing the body as a “tensegrity” structure using self-assembly into a hierarchy of systems from microscopic to macroscopic, full system pre-stress and minimum pathway (geodesic) principles for musculoskeletal function are explained. This expands our traditional view of linear biomechanics in explaining human movement into a more realistic view of the body functioning as a non-linear system where small changes can produce a disproportionately large output.

#### **2. CONNECTIVE TISSUE:**

One of the main aims of the course is to bring connective tissue as a largely microscopic subject taught as a basic science in the introduction to anatomy into the macroscopic domain where it becomes a living tissue that has been described as our “organ of form” that can be assessed, moved and manipulated. In this section we look at

- The structure of connective tissue
- The classification of connective tissue with the emphasis on connective tissue proper (this includes tendons, ligaments, fasciae and aponeurosis)
- Vessels and nerves of connective tissue where it’s role in fluid transfer within the extracellular matrix and its role in proprioception and sensation are highlighted
- Connective tissue architecture. In this we highlight design differences on a macroscopic level in different parts of the body with special reference to function and movement quality. Different fascial layers encountered therapeutically i.e. skin/epidermis, superficial fascia/hypodermis, deep fascia and myofascia (epi-, per-, and endomysium) are explained and evaluated within their functionally important contributions to movement
- Functions and roles of connective tissue with the emphasis on the fascial components of the connective tissue
- Physiological changes that occur in tissue (especially connective tissue) during injury, immobilization and remobilization. Connective tissue is both *plastic* and *malleable*. The wound healing process is explained and how tissue responds to manual therapy during all stages of healing. The role of fibroblasts and the laydown of collagen during healing and immobilization are highlighted. Finally, how manual therapeutic interventions contribute to the repair and restoration of connective tissue and fasciae are explained

#### **3. CONTRIBUTORS TO “PROBLEM JOINTS”:**

Factors contributing to changes in the movement patterns and movement quality of joints and limbs are discussed. These factors could be muscle imbalances, surgery or trauma. We also explore how a “local” tissue dysfunction can contribute to a “global” body response. How a local loss of tissue gliding and mobility through thickening or scarring changes movement patterns elsewhere in the musculoskeletal system is discussed.

#### **4. MANUAL ASSESSMENT AND TREATMENT OF THE CONNECTIVE TISSUE:**

Assessment and grading of the depth of touch and palpation of tissue are practically demonstrated and practiced. Palpation and assessment are carefully performed from the least invasive level on the superficial structures – skin and superficial fascia, to the deeper fascia/myofascia and myofascia/periosteum layers. These layers are:

- Evaluation of the skin. Its quality of movement and mobility, contour of the body part, areas of superficial changes and temperature are evaluated
- Mobility of the skin as a unit on the superficial fascia, its mobility and gliding quality are evaluated
- The deep fascia and myofascia of the superficial layers of muscles are evaluated
- Deep fascial relationships to other deep fasciae and myofascia on bone interfaces are evaluated. We palpate for tissue mobility, flexibility and freedom of tissue glide. We are teaching to identify

areas of compromised tissue glide, tissue hypomobility and inflexibility, as well as to identify the position and direction of tightness

This concludes **part 1** where connective tissue as a therapeutically responsive tissue is introduced.

**PART 2** of the course is more area or joint specific.

The emphasis is on basic **functional anatomy** of the part under discussion, the detailed **biomechanics** of the part or joint; and how soft tissue changes could potentially change normal joint biomechanics, leading to pathology, pain or dysfunction.

In “The Shoulder Girdle” module, the problem shoulder is emphasized and how soft tissue changes may lead to impingements, rotator cuff dysfunction, changes in scapulothoracic rhythms and problems in the cervical spine.

Date: 25 & 26 September 2010; 9am - 5pm both days

Venue: British School of Osteopathy, 275 Borough High Street, **London** SE1 1EJ

Cost: £210 (deposit £75)

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## **UNDERSTANDING OUR CONNECTIVE TISSUE SYSTEM: Willie Fourie, South Africa THE LOWER LIMB**

**PROGRAMME:** As for shoulder girdle workshop except for lower limb.

### **ELEMENTS AND SUBJECTS COVERED DURING COURSES**

**PART 1** – As for shoulder girdle workshop

**PART 2** of the course is more area or joint specific.

The emphasis is on basic **functional anatomy** of the part under discussion, the detailed **biomechanics** of the part or joint; and how soft tissue changes could potentially change normal joint biomechanics, leading to pathology, pain or dysfunction.

In “The Lower Limb” module, soft tissue tightness and scarring contributions to the development of lumbar spine, hip and knee dysfunction are investigated.

Date: 2 & 3 October 2010; 9am - 5pm both days

Venue: Merchiston Campus, Napier University, Colinton Road, **Edinburgh** EH10 5DT

Cost: £210 (deposit £75)

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## **POSTURAL ASSESSMENT AND CORRECTION**

**Graham Blakeley, UK**

90% hands-on workshop which covers:

- Full sequential assessment of all major postural muscles.
- Breathing dysfunction
- Lower back pain/Sacro-iliac dysfunction
- Knee problems, and
- Cervical mobility

Learn to correct with:

- MET
- Positional release techniques, and
- Other strategical approaches

The course is aimed at mainly: Holistic Therapists, Massage Therapists, Sports Therapists, Myofascial therapists, Rolfers/Structural Integrators, Athletic Trainers, Personal Trainers, Pilates Teachers etc.

There will be an attendance certificate at the end of the two days so that people can use the techniques and add it on to their insurance. This workshop carries 10 CPD points with FHT and 14 hours with SMTO and should be admissible as CPD to other governing bodies.

The workshop is almost 90% hands on so that candidates are using the techniques immediately the workshop is fun and very interactive throughout the two days.

Date: 1/2 October 2011; 9am-5pm both days

Venue: **LONDON**

Cost: £200 (deposit £75)

## **COMMUNICATION THROUGH TOUCH & MOVEMENT**      **Gilad Namaan Perry, Israel**

- Learn a new set of tools that will help your patients manage pain and relax
- Release daily shoulder, back and neck pains
- Form personal connections on new levels
- Improve physiological state and well being within ourselves & with loved ones

### **WORKSHOP OVERVIEW**

Daily routines often build tensions in our bodies particularly in some of our muscles that are continually in a contracted state and results in aching joints and shallow breath, which increase tension even further. Simple movements provide solutions to manage daily bodily discomforts with a gentle approach and a loving touch, founded on our basic human instincts of movement and touch, for improved physical and social well-being.

The 2-day MOVEMENTS IN TOUCH Workshop will provide you with tools and tips that will help you and your patients cope with stresses and pains through simple movements that can be done anywhere and anytime (at work and home). The movements are designed to release aches and relax problem areas, and improve health and well-being.

The movements taught in the workshop will focus on a number of levels:

I) Professional Development: Providing tools for coping with physical and mental strains as a new form of treatment.

II) Individual Release: Achieving pleasant physical sensations, improved breathing and posture, relief of pain and tension, and an overall sense of well being and serenity.

III) Relaxation in Pairs: Learning movements that highlight the principles of “giving and receiving” to establish higher levels of intimacy, and mutual understanding between pairs particularly within the family unit with a focus on discovering a partner’s needs and limitations to form fluid and pampering results as well as moments of joy and laughter.

Date: Autumn 2011 (date to be confirmed); 9am-5pm both days

Venue: British School of Osteopathy, 275 Borough High Street, **LONDON SE1 1JE**

Cost: £225 (deposit £75)

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## **FASCIAL RELEASE WORK AROUND THE THORAX**      **Robert Schleip, Germany** **WITH SPECIAL EMPHASIS ON DEALING WITH IDIOPATHIC SCOLIOSIS**

How can we change a hard and rigid rib cage into a softer and more flexible thoracic basket? How to deal with ankylosing spondylitis, with chronic head forward posture, or with a sunken and curved in chest? Any new insights on how to open the common flatness below the dowagers hump between the shoulder blades? We will explore these questions with lots of practical tools and clinical information. These will be based on fascial anatomy, creative body positioning and active client micromovement participation. Yet most of the excitement for this workshop comes from its main focus on the enigmatic condition of idiopathic scoliosis. Starting with an evidence based review on the current understanding of the contributing histological, neurological and myofascial/biomechanical factors, as well as involved psychosocial dynamics, Robert will share his large tool kit for working successfully with this fascinating condition. Good chance that you'll be making scoliosis your most favourite client speciality after this workshop, just as it has been for Robert during the last decade.

Date: 29/30 October 2011; 9am-5pm both days

Venue: **LONDON**

Cost: £225 (deposit £75)

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## **POSTURAL ASSESSMENT AND CORRECTION**

**Graham Blakeley, UK**

For description see London workshop in October 2011.

Date: 5/6 November 2011; 9am-5pm both days

Venue: **DUBLIN** Ireland

Cost: £200/€250 (deposit £75/€100)

**ADVANCED SOFT TISSUE & ARTICULATION TECHNIQUES  
FOR MASSAGE THERAPISTS**

**Cameron Reid, UK**

For description see London workshop in June 2011.

Date: 12/13 November 2011; 9am-5pm both days

Venue: Merchiston Campus, Napier University, Colinton Road, **Edinburgh** EH10 5DT

Cost: £210 (deposit £75)

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**CORE MYOFASCIAL THERAPY CERTIFICATION**

**George Kousaleos, USA**

See London workshop in April 2011 for full details.

Date: 17-22 November 2011; 9am to 5pm all 6 days

Venue: **DUBLIN**

Cost: £600/€725 (non-refundable deposit £75) *Early registration £550 if paid in full by 31 March 2011*

## BIOGRAPHIES OF WORKSHOP PRESENTERS

**Graham Blakeley** [www.feelreallygreat.co.uk](http://www.feelreallygreat.co.uk) ~ Graham has been involved for 15 years as a physical training instructor in the forces - 5 of which he was coaching the National Biathlon squad (cross country skiing and shooting) and qualified soon after leaving the forces in 1982. Since then he has worked as a therapist in various settings particularly football.

Graham currently has two clinics one in Cambridge and one in Huntingdon where he works with Paramedics and a doctor treating anything from sports injuries to ergonomic based conditions.

Graham comments: "From a bodyworker's point of view, I know that times are moving fast and techniques are changing but, some are fundamental to your profession and that is the postural aspect of bodywork. So I think it is nice to share knowledge with others who have to depend on their skill level in order to make people's lives more comfortable."

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**Willie Fourie Nat. Dip. PT.** ~ [www.wayforward.co.za](http://www.wayforward.co.za)

Willie is a registered physiotherapist with more than **thirty years of clinical experience** in the treatment of musculo-skeletal conditions. This includes sports physiotherapy on provincial and international level, trauma rehabilitation in the mining industry, and general private practice.

His private practice is situated in Roodepoort (Western Greater Johannesburg Council), South Africa

Willie is a Masters Student in the School of Anatomical Sciences at the University of the Witwatersrand and International presenter of courses on the role of Connective Tissue in Movement Dysfunction.

He started in 2002 as dissector in the School of Anatomical Sciences, paying special attention to the interrelationships of structures on the connective tissue level and how this relates to function. This understanding of interrelationships and function led to an improved movement model for evaluation and therapy, presented in courses internationally over the past 6 years. The emphasis of his academic work has shifted to finding solutions to, and understanding of Post Mastectomy Pain and Dysfunction Syndromes in partnership with the Association of Chartered Physiotherapists in Oncology and Palliative Care (ACPOPC) in the United Kingdom. Overlapping with this, he has recently started mapping the fascial relationships of the thigh, and how this influences knee function.

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**Steven Goldstein**, an American émigré to Australia in 1999, resides in Melbourne, Australia, where he holds a Bachelor of Health Science in Musculoskeletal Therapy and Bachelor of Arts in Education. He is an innovative massage educator instructing his unique blend of direct myofascial, indirect osteopathic releasing methods and somatic approaches known as *Integrative Fascial Release* internationally since 1995. [www.fascialrelease.com](http://www.fascialrelease.com)

Steven chairs the Australian Association Massage Therapists (AAMT) National Education Subcommittee from 2004 and chairs the Internal Course Advisory Committee for Musculoskeletal Therapy Degree at Endeavour College of Natural Health since 2005. With the AAMT, he is on the select subcommittee that is examining standards and scope of practice for massage/manual therapy in Australia.

He is a regular contributor to AAMT Journal and NHP Canada's Connections magazines, he has been a frequent presenter at conferences in Australia for various associations including: AAMT, ATMS, IRMA Myotherapy, Olympic Soft-Tissue Injury Forum in Melbourne and the Bowen Federation of Australia BTFA. And just recently return from presenting Fibromyalgia: Clinical Approaches for the Manual Therapist at the 21<sup>st</sup> NHP Canada National Conference (which he will be presenting at the SMTO Conference in Edinburgh in March 2011). NHP Canada has available instructional DVD's produced by Complimentary Health Seminars in Australia and Canada on topics of SI Joint Dysfunction and Fibromyalgia.

Steven has blended global lines of myofascial tension (Myers) (Schleip) (Paoletti), with articular receptor facilitation to unwrap and unwind soft-tissue with little or no force. He has drawn from the work of Micheal Shea for Autonomic Nervous System approach and expression as the foundation of any soft-tissue work, and Craniosacral therapy to facilitate change to transverse planes.

Techniques include the 'Two Point', the 'Fulcrum', Static & Leverage Compressions which are introduced simply and one dimensionally, then combined by 'osteopathic stacking' to introduce more complex releasing patterns with constant autonomic nervous system awareness, expression and response. Sound structural underpinning knowledge with an indirect approach, allows the practitioner to work more quietly and effectively. Dynamic, playful, profound and informative is his trademark as an educator.

**Serge Gracovetsky PhD** graduated from the Swiss Federal Institute of Technology in 1968 in nuclear physics and earned a PhD in Electrical Engineering from the University of British Columbia (Canada) in 1970.

He went on a tenured faculty at Concordia University in Montreal (Canada) for 27 years. His main interests varied from the control of paper machines, the analysis of the injury process experienced by military jet pilots during emergency ejection, the study of the human spine, the study of the reasoning process of physicians making a diagnosis for lower back pain and various other related topics.

In addition, he founded and controlled four technological companies developing products in the field of measurement and the function of the spine. These companies exploited the concept of the spine as being the primary engine driving the pelvis during gait. The technique has been used on over 500,000 patients in many countries.

He holds 22 patents, has written a few dozen papers and some books and has done a few hundred conferences. Upon retiring as emeritus professor, he went on to buy a clarinet and registered as a music student at his University in Jazz Studies. London is his favourite city to visit.

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**George Kousaleos, Tallahassee, Florida, USA** has practised structural integration and myofascial therapy for the past 29 years. He founded the CORE Institute in 1990 after teaching for the SOMA Institute for 10 years. George was the first chair of the National Certification Council and was an officer and trustee of the Massage Therapy Foundation. As General Manager of the 1996 British Olympic Preparation Camp Sports Massage Team and as Co-Director of the 2004 Athens Health Services Sports Massage Team he has supported the inclusion of massage therapy at the highest levels of international sports. George teaches throughout the world and has given keynote and motivational presentations to national and international organisations. [www.coreinstitute.com](http://www.coreinstitute.com)

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**Stephen M. Levin, MD FACS, Ezekial Biomechanics Group, New York, USA** is quoted as saying *"Anatomy Trains is a practical application embodying the scientific principles of biotensegrity. It melds the newer concepts of body mechanics with established clinical practices and happily marries science and art."*

Steve Levin is the originator of the concept of Biotensegrity, the application of tensegrity-balanced forces in organisms from viruses to humans. "Biotensegrity", the application of Buckminster Fuller's tensegrity concepts to biologic structure and physiology, can be used successfully to model the spine and other organ systems. In this system of total body modeling, the spine and limbs are not an assemblage of rigid body segments. They are semi-rigid non-linear, visco-elastic bony segments, interconnected by non-linear, visco-elastic connectors, i.e. the cartilage, joint capsules and ligaments together with an integrated non-linear, visco-elastic active motor system, the muscles and tendons and connective tissue.

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**Dr Peter Levy** is a chiropractor who spent from 1980-1991 studying and using any and all of the soft tissue techniques and therapies he could find in his search for speedy and thorough results for soft tissue injuries. As he is quick to say "I'm certain there is a place for ultrasound, interferential current and muscle stim etc, but I can unequivocally state that I can do more with hands in a shorter time than with almost any other piece of equipment or other technique."

**Dr Levy** has been appointed to the post-graduate faculty of the University of Bridgeport College of Chiropractic and teaches the Neuromuscular Reeducation<sup>SM</sup> Seminars for Continuing Education Credit.

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**Dr Daniele-Claude Martin, Munich, Germany**, is a physicist and exercise/movement researcher trained in Qi Gong, Yi Quan and Spiral Dynamics®, she deals with the implementation of Biotensegrity in a training system for the body teaching three-dimensional movement co-ordination in private practice.

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**Greg Morling** is an international presenter at major Conferences in Australia and New Zealand who has been teaching for many years with over 24 years in clinical practice.

Greg is a past President of the Australian Association of Massage Therapists and is known for his work in massage for those with Parkinson's Disease. His recent research and clinical focus has been on developing new massage protocols to honour the enigmatic iliopsoas muscle by avoiding a reactive response during treatment.

**Gilad Naaman Perry** holds a Master of Education (M.Ed.) from the University of Leeds, specializing in communication through touch and movement as it relates to body and spirit. Over the past 10 years, Gilad's workshops have focused on enhancing intimate communication between couples and the processes of forming human bonds through movements that incorporate body relaxation founded on the positive releasing properties of touch. He has recently published a book series MOVEMENTS IN TOUCH.

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**Sol Petersen** is an internationally recognized innovator and teacher in the field of mindbody health and wellness. He has a Bachelor of Education in Physical Education and Psychology. He is a graduate of the Hakomi Exxperiential Psychology Training and practices Body Psychotherapy, Structural Integration, Watsu Aquatic bodywork and Craniosacral therapy.

Sol was a former senior trainer and trustee for the Hellerwork Structural Integration school and now leads his own Structural Integration trainings in Europe and New Zealand. With colleague Bibiana Badenes, Sol has developed Integral Aquatic Therapy (TIA - Terapia Integral Acuatica). Sol and Bibiana teach classes in TIA and Myofascial Release in Benicassim, near Valencia and other parts of Spain.

He is a longtime Tai Ji teacher and creator and founding trustee of the beautiful Mana Retreat Centre in Coromandel, New Zealand. Sol is a musician and poet and developer of the NZ Mens Inner Warrior Empowerment Programme. Sol's greatest passions are the development of a truly integrative body therapy and empowering people to embody their potential. He lives at Mana and teaches internationally.

Sol will be teaching in London and Dublin for Bodywork Professional Development in 2011. Keep an eye out for topics and dates!

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**Jerry Powell** initially trained in the fitness industry, beginning 25 years ago & leading to developing his own personal training company with a team of trainers & therapists.

He was lured away from this by "McLaren Formula 1" to research & develop a Human Performance Laboratory & Sports Medicine Team in 1995. The F1 & F3000 teams won numerous World Championships during his tenure.

Since 2002 Jerry has combined his knowledge of exercise, sports medicine & massage & now practices 'Physical Therapy' & teaches weekend workshops primarily to physiotherapy & osteopathy students. But now, through "BPD" these are open to all practitioners.

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**Cameron Reid BSc (Hons) DO** read Human Biology at the University of Surrey where he specialised in Ergonomics. He then spent a year in the Department of Ergonomics, University of Zurich. This gave him a valuable insight into how mans' working environment affects him physically. He graduated from the British School of Osteopathy in 1986, and became a clinical tutor at the school for a further 2 years.

His interest in sports injuries started with his own participation in sports training. He has had ten years of pitchside experience and works with Norwich City FC. He writes regularly in professional journals such as Sports Injury Bulletin and MassageWorld.

He is Guest lecturer in Anatomy and Physiology, and Prevention of Sports Injuries. He runs training courses for Massage Therapists, Physiotherapists, Pilates Instructors and Personal Trainers in 'Osteopathic Techniques' and 'Assessing Sports Injuries'.

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**Art Riggs** is an Advanced Rolfer living in the San Francisco area who has been teaching bodywork since 1987. His classes are a masterful blend of technical information and insightful practical theory that will greatly expand your view of massage therapy.

He is the author of the book, Deep Tissue Massage; A Visual Guide To Techniques and Deep Tissue Massage and Myofascial Release: A Video Guide to Techniques - a highly acclaimed and popular 11 hour DVD series, as well as frequent articles in U.S. bodywork magazines.

**Robert Schleip PhD MA** directs the Fascia Research Project at Ulm University, Germany, and is also Research Director of the European Rolfing Association. He has an MA degree in psychology and a PhD in human biology. Robert has been a professional bodyworker since 1978 and is a certified Rolfing instructor as well as Feldenkrais teacher, plus author of several books and numerous other publications. His recent discovery of active contractile properties in fascial tissues was awarded the prestigious Vladimir Janda Award for Musculoskeletal Medicine. He was co-initiator and organiser of the first Fascia Research Congress in Boston, USA in 2007, and is preparing for the next Fascia Research Congress to happen at Vrije Universiteit Amsterdam in October 2009. [www.somatics.de](http://www.somatics.de) or [www.fasciaresearch.de](http://www.fasciaresearch.de)

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**Ralph Stephens LMT NCTMB** [2008 Inductee - Massage Therapy Hall of Fame!] is an internationally recognized instructor, therapist and author who has been practising massage since 1986. One of a few master instructors in the profession, Ralph clearly presents what you need to know to help people in a way that you can take it home and use it immediately. He is known for making complex anatomical concepts easy to understand and fun to learn.

Ralph has worked with many world-class athletes and was Sports Massage Team leader for the 1990 World Disabled Skiing Championships. He has produced 16 training videos, a textbook [Therapeutic Chair Massage (LWW-2006)], and many articles. He presents advanced continuing education seminars in Sports, Medical and Chair Massage, helping people like you help more people. In 1997 he was awarded the AMTA National Meritorious Award for commitment and dedication to the profession.

Don't miss an opportunity to study with this friendly, knowledgeable and inspiring instructor who believes learning should be a joyous experience!

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**James Waslaski**, worked 20 years as a paramedic, and in a trauma center, while teaching emergency medical courses. He studied pre-med in college prior to his massage training in Florida. James served as Professional Relations Chair for Florida and received the 1998 FSMTA outstanding state service award. He also served as AMTA Sports Massage Education Council Chair from 1993-1997 receiving the AMTA National Officer Award. James was the 1999 recipient of the FSMTA International Achievement Award.

As a self published author and international lecturer he has pioneered deep pain free orthopedic massage, pain management, sports injury, and sports enhancement treatments. His unique structural and multidisciplinary bodywork approach has been taught throughout the United States, Ireland, London, Scotland, Canada, Costa Rica, Puerto Rico, Greece, Australia, and the Caribbean. His seminars are now being requested in New Zealand, South Africa, Amsterdam, Holland, Italy, Egypt, Russia, and Dubai.

James has presented at state, national and international massage conventions, as well as chiropractic conventions, osteopathic conventions, the College of Sports Medicine, the University of South Wales, the Olympic training center in Australia, and the osteopathic and manipulative massage therapy convention in London. His audience consists of Massage Therapists, Physical Therapists, Occupational Therapists, Athletic Trainers, Osteopaths, Chiropractors, Nurses, and Physicians.

He has worked with collegiate, professional and Olympic athletes, including the 1996 Olympic Games and the New York Yankees. He has published articles, books, manuals, and a series of DVDs on sports injuries, chronic pain, and complicated orthopedic conditions. James has also produced a motivational audio series, highlighting success strategies of leaders in the wellness industry to help guide massage therapists to their true spiritual blueprint for success. James has been working with a major publishing company to publish *Advanced Clinical Massage Therapy-A Structural Approach to Pain Management* with hopes to bridge the gap between all health care providers throughout the world.

**James was inducted in 2008 into The Massage Hall of Fame**