

Advanced-Trainings.com returns to Australia

Advanced Myofascial Techniques Workshops

The Advanced Myofascial Techniques workshops provide practising manual therapists with highly effective techniques, tests and procedures.

Learn cutting-edge techniques that you can use immediately to start solving some of your most difficult client challenges. Entertaining as well as informative, the classes combine experiential learning, 3D anatomy visuals, technique-specific demonstrations, and hours of hands-on supervised table practice. High teacher-student ratios allow you to work directly with lead instructors who welcome questions and are actively involved in assisting you at the table.

The workshops are designed to help you:

- Relieve pain, restore function and get longer-lasting change
- Be more precise in working with specific tissue types and body layers
- Combine more subtle indirect work with deeper direct work
- Work more sensitively, safely and comfortably at very deep levels.

You can choose a 1, 2 or 3-day program. Each 2-day workshop includes an optional 1-day specialty class, which may be taken on its own or after the 2-day program.

35 CEUs per day

**2-Day Workshop:
Neck, jaw and head**

**1-Day Option:
Headaches and
migraines**

**PERTH
11 - 13 NOVEMBER**

The Boulevard Centre
99 The Boulevard
Floreat, Perth
9.00am - 5.00pm

**2-Day Workshop:
Neck, jaw and head**

**1-Day Option:
Headaches and
migraines**

**CANBERRA
18 - 20 NOVEMBER**

Eastlake Football Club
3 Oxley Street
Canberra
9.00am - 5.00pm

**2-Day Workshop:
Leg, knee and foot**

**1-Day Option:
Advanced
knee issues**

**SYDNEY
25 - 27 NOVEMBER**

Chevalier Resource Centre
1 Roma Street
Kensington
9.00am - 5.00pm

ABOUT THE PRESENTERS



Bethany Ward

Bethany is on the faculty of the Rolf Institute® of Structural Integration, is a lead instructor for Advanced-Trainings.com and is recent past president of the Ida P. Rolf Research Foundation. Her articles have been published in AMT's "In Good Hands", Structural Integration Journal, the International Association of Structural Integration Yearbook and Massage Magazine.



Larry Koliha

Larry Koliha is a Certified Advanced Rolfer™, an instructor and Faculty Chair at the Rolf Institute® of Structural Integration, and a lead instructor for Advanced-Trainings.com. His extremely clear, knowledgeable and good-natured teaching style consistently delights students. Larry sees clients in private practice and teaches internationally.



Workshop descriptions

PERTH AND CANBERRA

Neck, jaw and head

Gain skills that you can apply in every session you do. You will learn neck techniques that improve flexibility and range of motion more easily than you thought possible. In addition to helping clients with chronic head and neck tension, you'll learn to address vertebral fixations, forward head posture, whiplash, migraines, jaw issues and more. Excellent preparation for the one-day Headaches and Migraines workshop.

Headaches and migraines

Learn about types of headaches, why they occur and, most importantly, strategies you can use to relieve pain and reduce future occurrences. Gain confidence using advanced myofascial techniques to address common headaches, sinus and eye pain, migraines and cluster headaches. We recommend that you take the "Neck, jaw and head" workshop to get the most out of this class.

SYDNEY

Leg, knee & foot

Healthy feet require a balance of flexibility and stability. Unfortunately, accidents and environmental factors (shoes, concrete floors and more) make foot and leg balance far from common. Learn advanced myofascial techniques that dramatically improve your ability to work with hammertoes, heel spurs, plantar fasciitis, and hamstring, knee and ankle injuries. Excellent preparation for the Advanced Knee Issues workshop.

Advanced knee issues

Feel like you're all out of ideas for addressing knee issues? Spend a day learning to balance the knee and surrounding structures. You'll leave with a toolbox full of myofascial techniques for working with knee injuries, ligament and joint conditions, surgery recovery, patellar pain, and general instability and movement limitations. Learn to improve knee conditions by addressing areas that many therapists overlook. We recommend that you take the "Leg, knee and foot" workshop to get the most out of this class.



in good hands

PO Box 826
Broadway NSW 2007

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F: 02 9211 2281

www.amt.org.au

info@amt.org.au

ABN 32 001 859 285

Established 1966

Registration form

Name _____

Company name _____

Address _____

Email _____ Contact number _____

AMT membership number _____

Please indicate whether you can bring a massage table Yes No

Registration fees

Please indicate which workshop(s) you wish to attend

	BEFORE SEPTEMBER 1		AFTER SEPTEMBER 1	
	Normal	AMT member	Normal	AMT member
PERTH 11-13 NOVEMBER				
Neck, jaw and head	\$450 <input type="radio"/>	\$380 <input type="radio"/>	\$490 <input type="radio"/>	\$420 <input type="radio"/>
Headaches and migraines	\$240 <input type="radio"/>	\$205 <input type="radio"/>	\$260 <input type="radio"/>	\$225 <input type="radio"/>
All three days	\$620 <input type="radio"/>	\$540 <input type="radio"/>	\$670 <input type="radio"/>	\$590 <input type="radio"/>
CANBERRA 18 -20 NOVEMBER				
Neck, jaw and head	\$450 <input type="radio"/>	\$380 <input type="radio"/>	\$490 <input type="radio"/>	\$420 <input type="radio"/>
Headaches and migraines	\$240 <input type="radio"/>	\$205 <input type="radio"/>	\$260 <input type="radio"/>	\$225 <input type="radio"/>
All three days	\$620 <input type="radio"/>	\$540 <input type="radio"/>	\$670 <input type="radio"/>	\$590 <input type="radio"/>
SYDNEY 25 - 27 NOVEMBER				
Leg, knee and foot	\$450 <input type="radio"/>	\$380 <input type="radio"/>	\$490 <input type="radio"/>	\$420 <input type="radio"/>
Advanced knee issues	\$240 <input type="radio"/>	\$205 <input type="radio"/>	\$260 <input type="radio"/>	\$225 <input type="radio"/>
All three days	\$620 <input type="radio"/>	\$540 <input type="radio"/>	\$670 <input type="radio"/>	\$590 <input type="radio"/>
TOTAL WORKSHOP FEE				\$
I would like to order lunch for each day of attendance (Sydney workshop only)				
TOTAL LUNCH FEE (\$16.50 dollars per day)				\$

Terra Rosa Discount Code: _____

Please indicate any special dietary requirements _____



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Payment information

I have enclosed my cheque or money order (made out to AMT) OR
please debit my Visa/Mastercard (for banking purposes circle correct one)

Cardholder's Name: _____

Cardholder's Signature: _____

Card Number:

Expiry Date: _____ / _____ Card Verification Number
(3 digit number on back of card)

PLEASE NOTE AMT DOES NOT ACCEPT THIRD PARTY PAYMENTS.

EFT PAYMENT DETAILS

PLEASE USE YOUR NAME UNDER THE TRANSACTION DESCRIPTION SO WE CAN IDENTIFY THE PAYMENT
AND SEND THIS FORM BACK TO AMT

Account Name: Association of Massage Therapists Ltd

BSB: 062-212

Account Number: 1034-0221

CANCELLATION POLICY

- Cancellation before 31 August 2015 – Full refund, minus a \$50 administration fee.
- Cancellation from 31 August to 14 October 2015 – Refund minus a 25% cancellation fee.
- Cancellation from 15 October to 31 October 2015 – Refund minus a 50% cancellation fee.
- Cancellation after 1 November 2015 – no refund or credit can be given for no-shows after this date.

Please return to:
AMT
PO Box 826 Broadway NSW 2007
or email info@amt.org.au

OFFICE USE ONLY Date received _____ Receipt no. issued _____



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