

## Your presenter

**Greg Morling Med. DRM, QA** (*distinction*)

Greg has delivered popular workshops nationally and Internationally for many years.

He is co-convenor of the Traditional Therapists Guild and editor of its new Journal which will be published in 2018. He is happiest when teaching what he has learn in massage over the past 32 years and these are two new workshops spanning the Art and Science of our work as massage therapists. These new workshops are focused on developing both your professional knowledge and expanding your clinical repertoire. They also highlight the successful synergy of herbal infusion and massage therapy.

I look forward to seeing you in this new series of Master Class workshops around Australia.



## Testimonials

*Fantastic massage technique to learn & very effective for clients* - **Anne B. Sydney**

*Thank you again for the workshops. I enjoyed them so much more than I had ever anticipated* - **Donna V.H. Dubbo, NSW**

*Great mix of theory, anatomy, explanations, 'how to' practical, and all with great humour & soul* - **T.V. Brighton UK**

*You are a wonderful, entertaining, and down to earth educator. You are one in a million in our industry ;-)* - **Sabrina E. Melbourne**

*Thank you for sharing your extensive knowledge once again Master G! It was a great day of learning and looking forward to putting it all into practice!* - **Karen E. Christchurch NZ**

*Awesome, high-quality course, great structure, lots of techniques and practical information.* - **J.R. Brisbane**

## Master Class Workshops

**SATURDAY**

**FUSION OF MASSAGE THERAPY AND HEALING HERBS \$235**

**Early Birds \$220 (3 weeks prior to workshop)**

**SUNDAY**

**Foot and Ankle Disorders: A Massage Therapist's Treatment Guide \$235**  
**Early Birds \$220 (3 weeks prior to workshop)**  
**Both workshops: \$470 \$410 (early birds)**

**VENUES**

**TAMWORTH 7th & 8th April**  
**Best Western 293 Marius St, New England Highway**

**NEWCASTLE 14th & 15th April**  
**Souths Newcastle Rugby League Club**  
**46 Llewellyn St, Merewether**

**GRIFFITH 21st & 22nd April**  
**Souths Griffith Leagues Club 2 Bridge Rd**

**WAGGA WAGGA 28th & 29th April**  
**Erin Earth 1 Kildare St, Turvey Park**

**HOBART 12th 13th May**  
**Black Buffalo 14 Federal St, North Hobart**  
**All workshops 9.00 – 4pm both days**  
**Bring table, bolsters & towels.**

*Bookings: Direct debit to Mostly Massage P/L*  
*NAB BSB #082088 A/C #036394136*  
*(Please note workshop venue on D.D. and your name)*

*Cheques made to Mostly Massage to:*  
*27 Arthur St Rodd Point 2046*  
*Phone 0409 600 300 or (02) 9713 9256 for Credit card bookings*  
*Receipts sent by email & all workshop notes send by email prior to date.*

*Email gmorling@live.com.au for contact*  
*or the phone numbers above*

**www.mostlymassage.com**

## Master Class Workshops

with Greg Morling



All workshops 9am till 4pm

**WORKSHOP 1: Saturday**  
**FUSION OF MASSAGE THERAPY & HEALING HERBS**

**WORKSHOP 2: Sunday**  
**FOOT AND ANKLE DISORDERS: A MASSAGE THERAPIST'S TREATMENT GUIDE**

**www.mostlymassage.com**

# Fusion of Massage Therapy with Healing Herbs

Herbs have been used for hundreds of years to treat a huge variety of conditions. Combining the power of herbs with massage therapy seemed an obvious therapeutic connection for me in my own clinical practice. Infusing my massage oil with camomile, lavender and passionflower all complement my work aimed at reducing stress and anxiety in my clients.

Infused with ginger, turmeric or cinnamon your massage medium can be therapeutically enhanced and address issues such as arthritis pain, high blood sugar and high cholesterol. Arnica flowers and dried comfrey leaf are favourites of mine for muscular soreness but herbal- infused oils with celery seed or devil's claw can also address a range of musculoskeletal conditions you see in your clinical practice.

We will make our own infused oils in this workshop and I will show some alternatives for practitioners who need to make infused oils quickly!

Dried herbs can also be used in herbal compresses and you will be able to make your own compress in this workshop. We will finish the day with instruction on how to safely prepare and use the pre-made Thai Herbal Compress Ball and when and how to use it on your client.

Every element of this workshop addresses the use of herbs as a valuable healing method that can be used beneficially in your massage process.



## Foot and Ankle Disorders: A Massage Therapist's Treatment Guide

The feet are the foundation of our bodies, and they assist us in some of the most basic functions of living. Each foot contains 26 bones, which are controlled by multiple ligaments, muscles, and tendons. To accommodate us and our activities of living, the feet can change structurally over time which can give rise to a number of medical conditions and deformities.

This workshop will be a very comprehensive exploration of the foot and these associated anatomical regions, conditions and deformities that we may encounter in our massage clinics. A thorough explanation of over 17 conditions will be sent to all participants prior to this workshop which will give us time to focus on several common disorders that often directly involve the massage therapist; Plantar Fasciitis (correctly known as Plantar Fasciosis), Achilles Tendonitis, Metatarsalgia, Pes Planus, Morton's Neuroma, Bunions and Shin Splints.

We will explore various forms of massage treatments and associated taping procedures as well as addressing orthotics and their correct use. Each workshop participant will receive an orthotic suitable for their own feet from Footlogics.