

Your presenter

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

Greg Morling has been a remedial massage therapist in Sydney for over three decades and is past President of the Australian Association of Massage Therapists. He has presented his popular workshops nationally

and internationally for many years and is well known for his extensive research on the Psoas, lower back pain and visceral massage. These new workshops represent exciting, cutting edge, hands-on workshops that you will be able to use in your clinic immediately.



Testimonials

Awesome, high quality course, great structure, lots of information.

– D.V, Dubbo

A quality, hands-on workshop that we didn't need to travel for!

– D.M, Tamworth

Greg, I really learnt so much in this workshop. Best I have been to.

– J.R. NSW

Informative course with many new ideas and techniques.

– M.F. Victoria

Great mix of theory, anatomy, diagrams, visual, 'how to' practical and all with humor

– A.F. Bristol UK

**Greg Morling at
BISTOL COLLEGE of
MASSAGE & BODYWORK**

August 2019

Advanced Bodywork Skills

Cupping Therapy for Muscles and Joints

Saturday 17th August 2019: 9am – 5pm

Visceral Massage for the Massage Therapist

Sunday 18th August 2019: 9am -5pm

Fusion of Massage Therapy and Healing Herbs

Saturday 24th August 2019: 9am -5pm

Bush Medicine: Australian Aboriginal remedies for common ills

Sunday 25th August 2019: 9am – 12.30

Thirty Two Years of Therapeutic Touch; some helpful hints for your practice

Sunday 25th August 2019: 1.30 – 5 pm

Bookings at:

www.bristolmassage.co.uk/massage-cpd-bristol-worcester/advanced-workshops/

**Block bookings and discount bookings
phone 0117 9466371**

Numbers are limited.

Cost is £100 per day. Early birds; £85 before 1st June.

Block discount of £300 for 4 days. Day 4,:

£30 single session £50 both sessions.

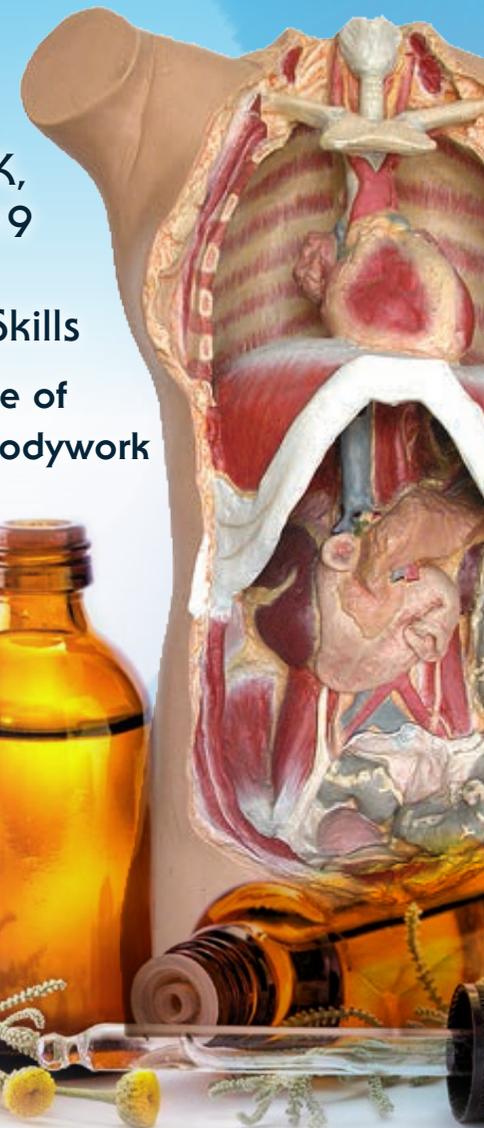
BCMB Student discounts for all sessions.

Master Class Workshops

with Greg Morling

**BRISTOL, UK,
August 2019
Advanced
Bodywork Skills**

**Bristol College of
Massage & Bodywork**



www.bristolmassage.co.uk

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Understanding Cupping Therapy for Muscles and Joints *Saturday 17th August*

Cupping therapy is a Traditional Chinese Medicine (TCM) technique that has been used for thousands of years as a highly effective treatment for a variety of conditions, including musculoskeletal complaints. Many bodyworkers are very interested in learning about how to use Cupping Therapy within their own specialties, and this one-day course is an excellent introduction to this ancient therapeutic process.

You will experience the three popular styles of cupping in this practical workshop; from the traditional glass cups with flame, silicon cups and plastic vacuum cups.

We will cover:

- **Cupping techniques including weak, medium and strong styles**
- **Moving cupping**
- **Flash cupping**
- **Ice cupping**
- **Cautions and contraindications**

We will use the various cupping styles and techniques to address musculoskeletal issues including neck & shoulder pain, elbow pain, forearm & wrist pain, upper back and scapular pain, lower back pain and lower leg pain.

This will be a very full and practical workshop (9am till 4.30) with pre-reading notes sent on your workshop booking with BMBC.

Visceral Massage for the Massage Therapist *Sunday 18th August*

The Visceral Massage workshop challenges you to address the relationship between the gut and the brain's insular cortex. You will see new innovative techniques for us as massage therapists and travel with your palpatory skills to a very different tactile level.

We look at a range of issues surrounding the therapeutic process of visceral massage; assisting peristalsis by using unique massage techniques to release intestinal waste and to a metaphysical focus using energetic techniques aimed at detoxification. This workshop is at the cutting edge of our massage therapy. Don't miss it!

What you will learn in this visceral massage workshop:

- **History and historic perspectives of therapeutic visceral massage**
- **Review of abdominal muscles and elements of TCM connected to visceral massage**
- **Anatomy of the visceral system**
- **Draping and massage preparation including use of heat application**
- **Basic and advanced massage techniques for visceral massage, adhesion separation and increased visceral movement for a range of internal organs and associated dysfunction**
- **Related reflex points for a range of visceral organs**
- **Use of cupping therapy on the Intestine (Shu)**
- **Indications and contra-indications of visceral massage**

Fusion of Massage Therapy and Healing Herbs *Saturday 24th August*

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 massage oil with a range of therapeutic herbs increases the efficacy of your massage process in reducing the effects of both musculoskeletal pain as well as psychosomatic disorders.

I am very fortunate to have Herbalist, Helen Gray with us in this workshop. Helen will select the herbs that we will use to make our own infused massage oils. You will learn the complete infusion method and make your own infused massage oils. Helen and I will teach you several processes to preserve your oils for extended periods of time to ensure their potency.

We will complete the day with instruction on how to safely prepare and use the pre-made Thai Herbal Compress Ball. The herbs in the compress possess properties that are anti-inflammatory, antiseptic and antioxidant. They are used to address sprains, bruises and sore muscle, and reduce upper respiratory ailments such as bronchitis, asthma, and the common cold.

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

All equipment, notes and herbs are supplied in this workshop.

Bush Medicine: Australian Aboriginal Remedies for Common Ills

Sunday 25th August 9am – 12.30

Australian Indigenous Medicine; a review of Traditional Aboriginal Health Beliefs with focus on the Medicinal Plants used in Bush Medicine.

Aboriginal people within Australia are the oldest continuous living culture in the world. It is often been noted that at the time of colonisation, Aboriginal people were thought to be healthier than most Europeans. This presentation will consider 'traditional' Aboriginal health beliefs, the connectedness with land, kinship, supernatural intervention, plants, therapeutic use of touch (Mara_ala) and the many bush medicines, many of which are symptom specific.

In traditional Indigenous Australian society, healers used plants in tandem with precise ritual. Being respectful to Aboriginal healers I cannot show rituals, however I will outline some of the most important medicine plants such as Eremophila, Gumby Gumby, Billy Goat Weed and many others in relation to their therapeutic benefit.

I acknowledge the Traditional owners of the country I live in and hope that the information I share with you in this unique presentation will be seen as respectful to the Elders, past and present of all indigenous peoples and in particular, the Australian aboriginals.

Thirty Two Years of Touching the Soul; some helpful hints for your practice *Sunday 25th August 1.30 – 5pm*

In 32 years working and teaching in therapeutic massage I have used many techniques to reach positive outcomes for both my clients and for myself.

My practice has become quite eclectic, moving between psychosomatic to allopathic approaches, sometimes in a single session. What remains constant is intent and palpatory knowledge directed on, and through the body, to touch the body and soul.

This workshop is a hands-on Q&A where I will cover a range of the most common issues encountered in my healing work and offer some practical solutions using a broad range of techniques.

We can start with removing sciatic pain, headaches and other common musculoskeletal problems and then demonstrate how massage therapy offers such beneficial results for idiopathic disorders such as frozen shoulder, fibromyalgia and Parkinson's disease. We might even discuss the best relaxation methods to use in your clinic or Spa.

I hope this be an interesting phenomenological experience that will give you new ideas to take back home and to those souls on your massage table.