

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

Full weekend workshops - \$460,

Early birds - \$430 (Book four weeks prior to workshop)

Saturday or Sunday only - \$250

To book:

Bookings: Direct debit to Mostly Massage P/L

NAB BSB #082088 A/C #036394136

(Please note workshop venue on D.D. and your name as reference)

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 sent by email prior to date.

Email gmorling@live.com.au

for contact or the phone numbers above

Master Class Workshops

Venues, times & workshops

ULVERSTONE, TASMANIA

25th & 26th May 2019 (2 places left)

Mandala Therapies, 80 Don Rd, Devonport

Sat: Cupping Therapy

Sun: Alleviating Headaches with Remedial Massage

ORANGE 8th & 9th June 2019

The Yoga Room, 142 Summer St

Sat: Cupping Therapy for Muscles & Joints

Sun: 9am – 12.30pm: Alleviating Headaches with Remedial Massage

1.30 – 4.30pm: Foot & Ankle Disorders;
A Massage Therapist's Treatment Guide

NEWCASTLE 22nd & 23rd June 2019

Souths Leagues Merewether 46 Llewellyn St Newcastle

Sat: Cupping Therapy for Muscles & Joints

Sun: 9am – 12.30pm: Alleviating Headaches with Remedial Massage

ROCKHAMPTON 14th July 2019 (Sunday only)

(\$200 please call Greg direct for this price)

Body n Soul Yoga 13 Murray St, Wandal

SUNDAY 14th: 9am – 1pm: Foot & Ankle Disorders:

A Massage Therapist's Treatment Guide

1.30pm – 4.30pm: Alleviating Headaches with Remedial Massage

GRIFFITH 21st July 2019

Griffith Leagues

9am – 1 pm: Foot & Ankle Disorders:

A Massage Therapist's Treatment Guide

1.30 – 4.30pm: Alleviating Headaches with Remedial Massage

DUBBO 6-8th September 2019 (4 x half-day workshops)

Shop 6 43 Macquarie St

Sat 9.30am – 1pm: Cupping Therapy for Muscles & Joints

1.30pm – 5pm: Foot & Ankle Disorders:

A Massage Therapist's Treatment Guide

Sun 9.30am – 1pm: Alleviating Headaches with Remedial Massage

1.30pm – 4.30pm: Biodynamic Joint Alignment Techniques using Dorn Therapy with Donna Von Harten

GOLD COAST 15th September 2019

18 Leda Drive Burleigh Heads

9am – 1pm: Foot & Ankle Disorders:

A Massage Therapist's Treatment Guide

1.30pm – 4.30pm: Alleviating Headaches with Remedial Massage

www.mostlymassage.com



Master Class Workshops 2019

with Greg Morling

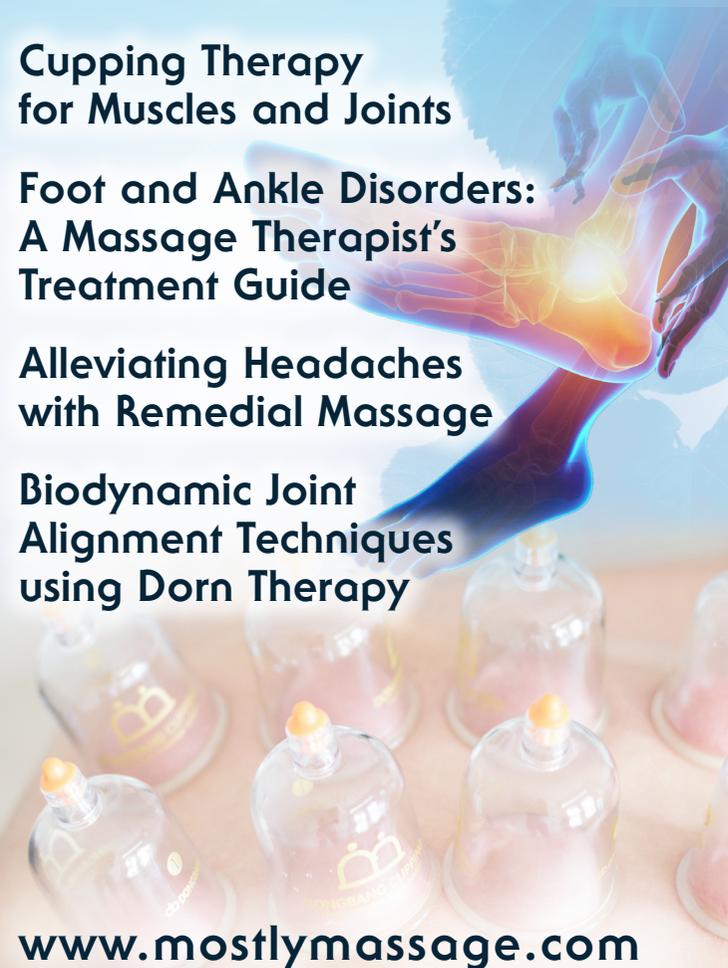
Cupping Therapy for Muscles and Joints

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

Alleviating Headaches with Remedial Massage

Biodynamic Joint Alignment Techniques using Dorn Therapy

www.mostlymassage.com



The Workshops

Cupping Therapy for Muscles & Joints

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.

Cupping sets available at the workshops

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 several 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.

Alleviating Headaches with Remedial Massage

We are in a perfect position to help our clients both understand their headache and/or migraine and effectively relieve them of headache pain in as little as 30 minutes.

This workshop gives you essential information you need to best work with your clients who suffer from headaches. We will address the range of common headaches, their possible causes and directed practical massage treatments, associated stretches, trigger point and other techniques that I have been successful with over 30 years.

We will cover:

- **Tension headaches**
- **Vascular headaches**
- **Classical migraine**
- **Aura-less common migraine**
- **Cluster headaches**
- **Sinus headaches**
- **Rare traction-inflammatory headaches**
- **Contra-indications and other possible causes needing referral**

Biodynamic Joint Alignment Techniques using Dorn Therapy with Donna Von Harten

An introductory course in Dorn Spinal Therapy; a biodynamic treatment that helps realign the joints and spine without harsh crunching or cracking of the articulations.

You will learn how to use pressure and muscle movement to realign and balance the body and useful exercises that you can teach your clients to keep their bodies in balance.

Amongst other issues Donna will cover:

- **Leg length discrepancies**
- **Vertebral alignment**
- **Neck and shoulder techniques and,**
- **TMJ**