

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

Thankyou Greg for another great workshop. More please!
– Meg Tambman Toronto NSW

Thankyou for an awesome 2 days and all your practical advice and techniques – Suzy Kalleske -Bulahdelah NSW

Great workshop with new techniques for me to use in Clinic
– Sue McDermott - Newcastle

I found this workshop very informative and relaxed.
– Alice-Anne Holliday Cardiff South NSW

Fantastic workshop. Thankyou Greg.- I have learnt so many new techniques
– Monica Penizzola Newcastle

Great notes to match all the techniques. Visceral massage next please.
– Rob Murphy – Orange, NSW

Some great new techniques for headaches. I always 'upskill' from your workshops. – Anne Fairhurst- Mount Ferry NSW

Learned quite a few new tricks today – thankyou Greg. I have really enjoyed your workshops over the years and look forward to whatever you will ring to us next. – Denise Keogh Edgeworth NSW

Interesting, funny, informative and logical. – Joanna Arnold-Stevens Rockhampton, QLD

Very few presenters give such comprehensive notes and so many new techniques. Great day – Jenn Sedman - Newcastle

**Full weekend workshops - \$420,
Early birds - \$420 (Book four weeks prior to workshop)
Saturday or Sunday only - \$240**

To book:

www.mostlymassage.com/workshops

or 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 send by email prior to date.

Email gmorling@live.com.au

Master Class Workshops

Venues, times & workshops

SEPTEMBER

GOLD COAST

Venue: 18 Leda Drive Burleigh Heads

14th & 15th September 2019

Sat 14th Cupping for Muscles and Joints

Sun 15th Alleviating headaches with Remedial Massage

Early bird for Sat/Sun \$420 | After Aug 26th \$450

Sat or Sun only \$240

TAMWORTH

Venue: Gregory's Function Centre

191 Goonoo Goonoo Rd, South Tamworth

21st & 22nd September 2019

Sat 21st Cupping for Muscles and Joints

Sun 22nd Alleviating headaches with Remedial Massage

Early bird for Sat/Sun \$420 | After Aug 26th \$450

Sat or Sun only \$240

OCTOBER

CAIRNS QLD

Sat 12th & 13th October 2019

Venue: 119 Esplanade

Sat 12th Cupping for Therapy for Muscles and Joints

Sunday 13th Alleviating Headaches with Remedial Massage

Early bird for Sat/Sun \$420 | After Sept 24th \$450

Sat or Sun only \$240

NOVEMBER

WAGGA WAGGA

Sat 2nd & 3rd November

Venue: Erin Earth 1 Kildare St, Turvey Park

Sat 2nd Cupping for Therapy for Muscles and Joints

Sun 3rd Alleviating Headaches with Remedial Massage

Early bird for Sat/Sun \$420 | After October 18th \$450

Sat or Sun only: \$240

HOBART

Sat 9th & 10th November

Venue: Black Buffalo 14 Federal St, Nth Hobart

Sat 9th Cupping for Therapy for Muscles and Joints

Sunday 10th Alleviating Headaches with Remedial Massage

Early bird for Sat/Sun \$420 | After Friday 18th Oct \$450

Sat or Sun only: \$240



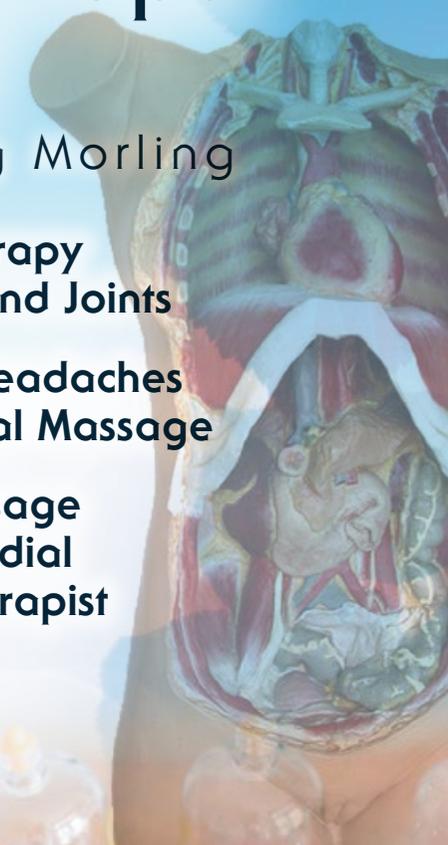
Master Class Workshops 2019

with Greg Morling

**Cupping Therapy
for Muscles and Joints**

**Alleviating Headaches
with Remedial Massage**

**Visceral Massage
for the Remedial
Massage Therapist**



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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

Visceral Massage for the Remedial Massage Therapist

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.

You will learn:

- **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**

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**