

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

All workshops:

2 days: \$350 1 day: \$230

Saturday: Generate Heat to Generate Clients

Sunday: Visceral massage

To book online:

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 and please alert payment by txt 0409600300)

Receipts sent by email & all workshop notes send by email prior to date.

Email gmorling@live.com.au

Master Class Workshops

Venues, times & workshops

NOVEMBER 2021

GRIFFITH

13TH & 14TH NOVEMBER 2021

Griffith Leagues Club,

2 Bridge St

9am - 4.30pm both days

WAGGA WAGGA

20TH & 21ST NOVEMBER 2021

Ladysmith Memorial Hall

44 Kyeamba St, LadysmithW

agga Wagga NSW 2650

9am - 4.30pm both days

TAMWORTH

27TH & 28TH NOVEMBER 2021

Best Western Plus All Settlers Motor Inn

10am till 5pm both days

MARCH 2022

NEWCASTLE (TORONTO)

27TH & 28TH MARCH 2022

Community Centenary Hub,

97 The Boulevard, Toronto

9am - 4.30pm both days

Note: Workshop participants are required to be fully vaccinated.

www.mostlymassage.com



Master Class Workshops

2021/2022

with Greg Morling

Generate Heat to Generate Clients

Heat as Natural Medicine

Visceral Massage

The Mind – Body Massage Medicine



www.mostlymassage.com

The Workshops

These workshops have been delivered in Australia and Europe with great success prior to covid. I offer workshops like these that can be used in your clinic immediately and will be appreciated by your clients for years to come. I look forward to seeing you and offering you some new approaches to your work and giving you a great, informative weekend.

Generate Heat to Generate Clients

Heat as Natural Medicine

Nonpharmacological treatment strategies are the foundation of what we do as massage therapists. While cold is used to reduce the vent of initial pain, heat-based treatments offer both physiological and psychological benefits which I have found to be very successful in my own clinical practice over three decades.

As one of the first *post-lockdown* workshops I wanted to give practitioners a very practical, 'hands-on' *heat as medicine* experience that would be both instructive in expanding the range of therapeutic massage techniques and equipment that would enthuse both the therapist and their clients. Heat-based therapies, combined with the palpatory expertise of the massage therapist is one of the most successful methods of developing a loyal client base.

The techniques that you will practice in this workshop will also give you greater access to muscle and fascia without discomfort to you, or your client, as well as providing increased flexibility and positive psychological benefits from a variety of heating processes.

Here are several of the heating techniques that you will be using:

- Thermal stone
- Infrared
- Warm/wet towel infusions & hot towel cabbie usage
- Herbal ball and steam
- Balm-in practice and recommendations for client
- Laser
- Combination of techniques for best results

I will also focus on conditions that are commonly seen in the massage clinic and demonstrate how appropriate heat therapy may be used successfully and why their therapeutic application generates business in your clinic.

We will focus these techniques for a range of conditions including:

- Osteoarthritis, fibromyalgia, back pain, endometriosis, neck/shoulder pain and others.

Visceral Massage Workshop

The Mind – Body Massage Medicine

Just like skeletal muscles, the smooth internal involuntary muscles and the associated fascia may hold tension. This visceral tension may cause abdominal pain, hip/leg pain, sluggish bowel movement, migraines and even back pain

The origins of visceral massage and visceral manipulation has its origins in Eastern medicine with the Taoist Chi Nei Tsang (translated as, 'transformation of old energy stored in the viscera'.) Chi Nei Tsang believes that this stored energy may include unresolved emotions and trauma seated in the past, which are waiting to be processed.

This workshop will not only address the therapeutic benefits of visceral massage from an emotional perspective, the energetic relationship between viscera, but also examine the role that visceral massage can play in managing conditions such as lower back pain, sluggish bowel and/or constipation that may be caused by ingestion of opioid and other medications.

Time permitting, we may also address the process of working with reflex points associated with the organs which can be a very useful complement to our work as visceral massage therapists.

This is an innovative massage workshop that will give you skills to address pain and dysfunction on many levels using a new gentle massage process. It is also a genuine detox massage process that you can offer your clients.

This comprehensive workshop will cover;

- History and historic perspectives of therapeutic visceral massage
- Review of abdominal muscles
- 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
- Indications and contra-indications of visceral massage