

Pre-Conference Workshops

Friday 23rd July

Returning to NZ this year is Rob Granter, and we are introducing Andrew Barnes, each of whom will present a fabulous workshop.

Rob Granter

Director

Australasian College of Soft Tissue Therapy
<http://www.softtissuetherapyonline.com/>

Workshop focus:

Low Back Pain of Facet joint origin – This presentation will focus on the Lumbar facet joints from an anatomical and functional perspective and the role they play in generation of pain. The session will focus on assessment of Symmetry and Mobility of the Lumbar facet joints and the appropriate treatment to restore pain free function using Muscle Energy Technique and direct Soft Tissue techniques.

Please note: Numbers for Rob’s workshop will be limited to 20 members.

~~~~~

Andrew Barnes

Director - Academy of Therapeutic Arts (ABN: 16 369 054 694)

<http://www.therapeuticarts.edu.au>  
<http://www.cuddlepartyaustralia.com.au>

Workshop focus:

Ka Huna Bodywork is known as the ancient Hawaiian ‘Temple of your soul’ style that’s been handed down through families for many generations. Hawaiian’s believe the physical, mental, emotional and spiritual are all part of the ‘whole self’. Ka Huna uses a unique combination of flowing movements, dance, rhythm, energy and massage in which the practitioner follows specific choreographed patterns of foot placement and body posture while the hands, arms and elbows sweep over the body to the pulse of music, creating a very fluid and rhythmic massage. Ka Huna combines body draining, soft and deep tissue, under body massage and energy balancing. Students also learn techniques for staying energised while giving the massage.

~~~~~

Bruce Stark

Bruce Stark BA, BMus, is a Registered Advanced Instructor and Practitioner of Ortho-Bionomy and teaches extensively throughout Australia, New Zealand and the US. A former Teaching Associate at the University of Wisconsin Medical School, Bruce has over 20 years of experience as a certified somatic therapist and bodyworker and has worked many years as a fitness instructor. His specialties include injury prevention and rehabilitation, physical balance through structural alignment, facilitation of body/mind integrity, and men’s health

care issues. In addition, Bruce is a trainer with the Somatics College of Body Centred Psychotherapy in Sydney. He maintains a private practice in Sydney.

Workshop focus:

Postural Assessment and Re-education with Ortho-Bionomy®

Ortho-Bionomy is a uniquely gentle, non-invasive form of bodywork developed by British osteopath Dr Arthur Lincoln Pauls. Ortho-Bionomy uses positional release, movement, fascial repatterning, structural alignment techniques and energetic interaction to facilitate structural, functional and emotional integration. Pain, stress and structural dysfunction are resolved by interacting with the body's natural mechanisms that promote healing and change. Without using force the client's postural alignment emerges from the body rather than being imposed upon it. The result is the reduction of pain, greater ease of movement and changes in the body that are deeper and longer lasting.

This workshop will cover:

- Basic release techniques for the spine and pelvis;
- Identification and stimulation of joint and fascial reflexes;
- Assessment of the mechanisms for balanced posture;
- Techniques for postural re-education;
- Client home exercises for maintaining changes and structural alignment.

At the end of the session you will be able to:

- Assess basic structural and postural imbalances;
- Observe and interact with the self-corrective reflexes in the musculoskeletal system;
- Understand some of the dynamics of postural alignment and orientation;
- Teach your clients simple exercises to support the changes from the session.

These highly effective techniques can be incorporated into any type of practice and participants will be able to utilise them straight away.

~~~~~

Details of the venue can be seen at [www.chateau-park.co.nz](http://www.chateau-park.co.nz) . Room charges for the conference are \$115 per night.