



Taster Workshops

Places on workshops have limited spaces per session. They're a great way to find out about new therapies and gain hands-on experience.

Saturday 25 October 2008

Zone	Time	Workshop	Presenter	Ref
1	10.30-11.30	Hands Free Chair Massage Techniques	Pauline Baxter	W1
1	11.55-13.25	Growing your Inner Business Team	Michael Zimmerman	W2
1	13.50-14.50	Ishta Spinal Touch	Sue Weller & Allyn Edwards	W3
1	15.15-16.45	An Introduction To Seated Acupressure	Michael Zimmerman	W4
2	10.30-11.30	The Art And Science Of Shiordhara	Ashish Paul	W5
2	11.55-13.25	Thai Yoga Massage	Dympna O'Brien	W6
2	13.50-14.50	Indigo Essences – Why Every Home Should Have Them	Ann Callaghan	W7
2	15.15-16.45	Traditional Ayurvedic Facelift Massage	Dr Deepa Apte	W8
3	10.30-11.30	Colon Massage Workshop	Allan Grey	W9
3	11.55-13.25	Positional Release And Cranial Technique Workshop	Jonathan Lawrence	W10
3	13.50-14.50	Kinesiology – Helps You To A Positive Future	Linda Hodges	W11
3	15.15-16.45	The Bowen Technique	Jo Lunn	W12
4	10.30-11.30	Reflexology To Maximise Health Potential	Frances Fewell	W13
4	11.55-13.25	Effective Stretching	Jane Johnson	W14
4	13.50-14.50	Soft Tissue Release	Jane Johnson	W15
4	15.15-16.45	Manual Lymph Drainage	Prospero Taroni Jnr	W16
5	10.30-11.30	Table Thai Massage – Solving Space Issues Of Eastern Treatments In UK Therapy Rooms	Annalisa Zisman	W17
5	11.55-13.25	Thai Foot Massage – Exploring The Orient Without Leaving West London	Annalisa Zisman	W18
5	13.50-14.50	Neuroskeletal Re-Alignment Therapy – Revolutionising The Treatment Of Back Pain	Carole Preen	W19
5	15.15-16.45	Introduction To Tui Na – The Ancient Art Of Chinese Massage	Andrew Croysdale	W20
6	10.30-11.30	Hot Stone Fusion	Meghan Mari	W21
6	11.55-13.25	Trigger Point Therapy: What It Is And How It Will Help Move Your Clients Out Of Pain	Meghan Mari	W22
6	13.50-14.50	Introduction To Sports Massage Technique	Rachel Fairweather	W23
6	15.15-16.45	Myofascial Release	Rachel Fairweather & Anne Cruickshank	W24

CPPD points available at all seminars & workshops

All Workshops cost £17.50 inc VAT. To book, please use the form on the back page, or visit www.camexpo.co.uk

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1	10.30-11.30	Hands Free Chair Massage Techniques	Pauline Baxter	W25
1	11.55-13.25	Thai Yoga Massage	Dympna O'Brien	W26
1	13.50-14.50	Ishta Spinal Touch	Sue Weller & Allyn Edwards	W27
1	15.15-16.45	An Introduction To Seated Acupressure	Michael Zimmerman	W28
2	10.30-11.30	Indigo Essences – Why Every Home Should Have Them	Ann Callaghan	W29
2	11.55-13.25	Traditional Ayurvedic Facelift Massage	Dr Deepa Apte	W30
2	13.50-14.50	The Art And Science Of Shirodhara	Ashish Paul	W31
2	15.15-16.45	How To Get The Most Out Of Networking	Dympna O'Brien, Gary Fannin & Doreen Uzice	W32
3	10.30-11.30	Kinesiology – Helps You To A Positive Future	Linda Hodges	W33
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6	10.30-11.30	Deep Tissue Massage	Meghan Mari	W45
6	11.55-13.25	Hot Stone Fusion For Sciatica And Low Back Pain	Meghan Mari	W46
6	13.50-14.50	Working With The Spine Through Advanced Massage Techniques	Rachel Fairweather	W47
6	15.15-16.45	Advanced Technique For Whiplash And Neck Pain	Rachel Fairweather	W48

Sunday 26 October 2008



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Book online at www.camexpo.co.uk or call 0844 906 0234

W1 & W25 Pauline Baxter Hands Free Chair Massage Techniques



Practitioner health, avoiding injury and the longevity of one's career are important subjects for all Bodywork Practitioners. This workshop involves the demonstration and practice of Hands Free Chair Massage Techniques by use of the elbow and forearm.

W2 Michael Zimmerman Growing Your Inner Business Team



Are you making the most of all the skills available to you? Learn how you can meet your inner business team – eg your 'pusher', your 'pleaser', your 'perfectionist', your 'visionary', and your 'inner critic', and identify the gift that each team member brings. Find out how Voice Dialogue can help you to take charge of your inner team, realise your full business potential, and make a living doing work that you love.

W3 & W27 Sue Weller & Allyn Edwards Ishta Spinal Touch



Ishta Spinal Touch is a gentle, powerful, relaxing and very effective way of assessing and treating postural distortions and misalignments of the musculo-skeletal structure. Observe a plumbline assessment and an alignment. We will explain why this technique is so effective. Clients love it and it's easy on the practitioner. For more information go to www.SpinalTouch.com.

W4 & W28 Michael Zimmerman An Introduction To Seated Acupressure

Seated Acupressure is a great way to grow your practice and share your passion for bodywork. Learn about the acupressure techniques that TouchPro have been teaching for over 20 years. Discover how you can work without effort or strain, and how to combine acupressure with sensational stretches and percussion, to transform the way your clients feel in as little as 15 minutes.

W5 & W31 Ashish Paul The Art And Science Of Shirodhara



Come and learn the art and science of Shirodhara a specialised treatment in Ayurvedic Medicine, used mainly for neurological and psychosomatic diseases, such as insomnia, stress and headache. This workshop will discuss the method, benefits and the science of Shirodhara.

W6 & W26 Dymrna O'Brien Thai Yoga Massage



Thai Yoga Massage is an ancient healing art that combines acupressure massage, stretching and applied yoga postures. It's both amazing to give and amazing to receive! Often described as 'lazy yoga', this practical workshop will give you some great techniques to take away – particularly related to back conditions. Participants must bring their own towel.

W7 & W29 Ann Callaghan Indigo Essences – Why Every Home Should Have Them



A session about the practical, day-to-day uses for essences in every household. In the course of working with children in her homeopathic practice, Ann realised that alongside constitutional homeopathic treatment, there was also a use for essences specifically designed to help children deal with emotional ups and downs. With this in mind, Ann asked her nephews to help her design a set of essences that would address various emotional difficulties, such as dealing with bullying, being shy, lacking confidence, being scared or feeling vulnerable away from home etc. In her talk, Ann will describe how these Indigo Essence Combinations can be used in any home to easily, quickly and gently, restore peace and harmony.

W8 & W30 Dr Deepa Apte Traditional Ayurvedic Facelift Massage



Join Dr Deepa Apte to find out about this amazing yet gentle Ayurvedic massage technique, which will leave your client feeling

rejuvenated and cleansed. Learn how this technique works and shows it effects to look younger. Also learn about various pressure points on the head and face, that when stimulated, help the skin to remain young and keep wrinkles away.

W9 & W35 Allan Grey **Colon Massage Workshop**

These special massage techniques are applied to the abdomen to alleviate congested colons of faecal matter and gas, to tone atonic bowels, and refresh and rejuvenate the immune system that resides in the bowel. The massage helps to restore natural peristaltic actions in the colon.

W10 & W36 Jonathan Lawrence **Positional Release And Cranial Technique Workshop**



These gentle techniques can be extremely effective in unlocking old patterns of pain and disability. They are safe and have very few side effects. They can have positive benefits for non-pathological psycho-emotional conditions. The workshop will teach the principles and some simple, safe and effective techniques that can be readily applied in the participant's work.



W11 & W33 Linda Hodges **Kinesiology – Helps You To A Positive Future**



Kinesiology is rapidly gaining in popularity as a powerful but gentle way of helping people regain their health and achieve their potential. It can help with emotional, structural and nutritional problems. At the workshop you will see how non-invasive muscle testing identifies imbalances in your body and what is required to make the corrections.

W12 & W34 Jo Lunn **The Bowen Technique**



The Bowen Technique is a gentle, hands-on therapy and can be performed through light clothing. It addresses a wide range of complaints and is suitable from newborn babies to the elderly. Understand and experience how problem shoulders can be addressed, hamstring flexibility increased and stress reduced in this interactive, hands-on workshop.

W13 & W43 Frances Fewell **Reflexology To Maximise Health Potential**



This workshop introduces how our gentle but specific approach to reflexology helps to reduce anxiety and increase health potential. We use this technique in clients who present with complex health issues and those who require deep relaxation. It is gentle to perform and profound in effect. We invite you to experience our treatment today.

W14 & W39 Jane Johnson **Effective Stretching**



Want to incorporate some passive stretches into your treatments? Want to provide active stretches for clients to do at home? Want a range of stretches for round-shouldered clients....or those with low back pain....or tight hamstrings.....or?! Come and enjoy this fully interactive workshop, where we will provide you with a free stretching workbook and give you loads of ideas to inform and inspire.

W15 & W40 Jane Johnson **Soft Tissue Release**

Here is a deep tissue technique that is safe and effective. Practice it today through clothing on calf muscles, hamstrings, quadriceps, pectorals, wrist flexors and extensors, rhomboids and

best of all, levator scapulae! (If you don't know where levator scapulae is that's ok, we'll find it together!) Enjoy receiving this technique and its powerful effect on tight tissue. A full workbook is provided.

W16 Prospero Taroni Jnr Manual Lymph Drainage



Prospero Taroni Junior studied Biology and has practiced MLD since 2003. This inspiring workshop will include: Anatomy,

Physiology, Pathology of the Lymphatic, Applications for MLD and mode of action.

W17 & W37 Annalisa Zisman Table Thai Massage – Solving The Space Issues Of Eastern Treatments In UK Therapy Rooms



The ancient eastern practice of Thai Massage adapted for use on the massage couch. Using gravity to your advantage, this workshop

will teach you dynamic postures and stretches in a therapeutic, through-clothes body massage using palming, thumbing, elbows and feet. These powerful manoeuvres will help you gain vital body listening skills.

W18 & W42 Annalisa Zisman Thai Foot Massage – Exploring The Orient Without Leaving The Comfort Of West London

Introducing a vibrant foot treatment, which produces a deep and unique feeling of balance, relaxation and well-being, this workshop is taught by a therapist who has studied extensively around Thailand, and is committed to retaining the authenticity of eastern treatments. The session is therefore steeped in oriental medical tradition and history.

W19 & W41 Carole Preen Neuroskeletal Re-Alignment Therapy – Revolutionising The Treatment Of Back Pain



Neuroskeletal Re-Alignment Therapy: A non-manipulative technique that gently allows the body to regain natural

balance. It works through muscles, nerves and lymph, as well as energy meridians and chakras.

W20 & W44 Andrew Croysdale Introduction to Tui Na – The Ancient Art Of Chinese Massage



Tui Na combines Traditional Chinese Medicine diagnosis, with ancient and highly efficient massage techniques that

manipulate joints and soft tissues to move and improve the flow of qi. This workshop will demonstrate a range of key Tui Na techniques that can be combined into an effective routine to treat headache, neck and shoulder problems.

W21 Meghan Mari Hot Stone Fusion



Receive and practise a little hot stone magic and see for yourself what all the buzz is about. Find out how to earn more money, have

more fun in your practice and work deeply and effectively, with no strain to your body. Jing Hot Stone Fusion is a unique seamless dance of hands on, stone work, and other advanced massage techniques.

W22 Meghan Mari Trigger Point Therapy: What It Is And How It Will Help Move Your Clients Out Of Pain

This hands-on workshop will introduce you to this proven technique, which is one of the most effective bodywork skills to treat chronic pain such as low back and neck pain. Used by chiropractors, osteopaths and physiotherapists, trigger point therapy is completely safe and easy to incorporate into your current routine.

W23 Rachel Fairweather Introduction To Sports Massage Technique



This dynamic workshop gives an overview of common sports massage techniques including: Soft Tissue Release, Trigger Point Therapy, and Advanced Stretching.

Learn how you can incorporate these techniques into all your work and improve results in the treatment of client pain. Fun and informative, walk away with information and skills that will change your work forever!

W24 Rachel Fairweather & Anne Cruickshank Myofascial Release

Adding MFR techniques to your skills set can often be the missing link in the

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treatment of complex and chronic pain conditions, including sports injuries, fibromyalgia, ME and ongoing pain from accident, injury or emotional trauma. These versatile skills can be used as a stand alone technique or incorporated into your existing bodywork practice.

W32 Dympna O'Brien, Gary Fannin and Doreen Uzice
How To Get The Most Out Of Networking



This will be a fun and informative look at how to get the most out of networking,

whether it's to grow your business contacts, to get support, gather information, to make connections....and more. There will be 'hot tips'....and the one really big secret about 'networking' that shifts it from being something boring and that only big business tycoons and people in suits in the city do, to something that you want to do! Curious? Then come along!

W38 Dr John Brazier
Deep Organ Massage



Opening up Qi, Blood and Body fluid flow for performance enhancement. This session will concentrate on the restriction of normal body processes in the abdomen that

undermines all sporting performances and our immune system. Students will learn to diagnose bowel and organ imbalance through palpation and muscle tests, then apply simple release techniques that will instantly invigorate the area. Muscle tests are then used to prove the therapy has been successful. This treatment can be used to successfully treat ME, Impotence and infertility, IBS, Weight problems, emotional issues and many more...



W45 Meghan Mari
Deep Tissue Massage

Being able to give your clients a deeper more specific massage, which engages the tissue and yields a profound outcome is undoubtedly good for business. However, knowing how to do it without injuring yourself is invaluable. This workshop will teach you exciting deep tissue techniques that you can incorporate into your routine without the need for any extra strain to yourself. Learn the value of 'less is more'!

W46 Meghan Mari
Hot Stone Fusion for Sciatica and Low Back Pain

Hot Stone Fusion is not just a relaxation treatment and can also effectively treat common pain conditions, such as low back pain, through adapting clinical skills, such as trigger point for use with the stones. Find out how you can move your clients out of pain quickly and effectively in this unique hands on workshop.

W47 Rachel Fairweather
Working With The Spine Through Advanced Massage Techniques

A healthy spine is integral to client health yet massage therapists often feel ill equipped to work with this area. This hands on workshop will give you an overview of the anatomy of the spine and how soft tissue techniques can be used to free spinal restrictions.

W48 Rachel Fairweather
Advanced Technique For Whiplash And Neck Pain

Neck and shoulder pain, including chronic whiplash, is one of the most common conditions in the UK. Come along and see how neck and shoulder pain can be treated with simple and effective advanced massage techniques, including trigger point, stretching and soft tissue release.