

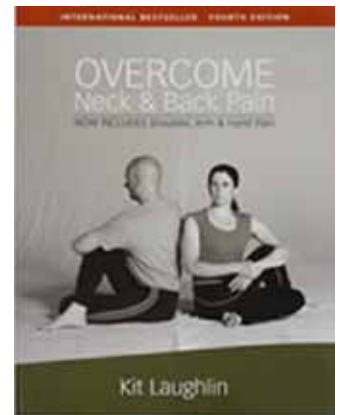
One-day Overcome neck & back pain workshop

Cootamundra – Saturday 6 February 2010

DESCRIPTION

This workshop is suited to sufferers of **neck & back pain**, and practitioners who treat these problems, alike. Practitioners will have an opportunity to see the *Overcome neck & back pain* method in action, with real people and real problems.

Kit Laughlin, author of *Overcome neck & back pain*, now in its 4th edition, will present this one-day workshop for the first time since the new edition of the book has been released.



ONE-DAY WORKSHOP OVERVIEW

Session 1 – You will have an opportunity to describe the problem that you have and the treatments you have received for it, in the group situation. (You will be surprised to hear how similar people's stories are, and how ineffective conventional treatments can be.)

Session 2 – All attendees will be **individually assessed** for any structural causes of their problems, such as actual or functional leg length differences.

Session 3 – All attendees will go through the muscle testing protocol. In this session, critical left-right functional differences in your own body will be revealed, and effective treatment exercises taught and practised.

By the end of these sessions, you will have a clear understanding of the structural and functional causes of your problems, and the best exercises to treat these. As well, the best exercises for the common problem *piriformis syndrome* (sciatica caused by a muscle in the hip) will be taught and practised.

The afternoon session will complete the exercises for the lower and middle back.

The final sessions will use innovative partner and solo exercises for neck problems, including a floor exercise that stretches the scalenes safely (a cause of thoracic outlet compression syndrome).

PRESENTER

Kit Laughlin is a world authority in stretching and strengthening techniques. He is the author of the best-selling books *Overcome neck & back pain*, *Stretching & Flexibility*, and *Stretching & Pregnancy*. Kit has presented workshops to over 3,000 individuals worldwide and is a strength and flexibility consultant to elite teams and athletes. He studied Oriental medicine and Shiatsu massage for three years in Japan and founded the Shoshin Centre in Canberra, Australia, where he assists clients to overcome pain related to muscular and skeletal asymmetries. Please visit www.pandf.com.au for more details.

WORKSHOP DETAILS

Dates

Saturday 6 February

Times

9.30 am to 5.00 pm

Cost

\$149.00 (GST inclusive)

Venue

Chris Edwards Dance Studio
303 Parker Street
Cootamundra

PRE-REQUISITES

If you are unsure whether your problem is suitable for the one-day workshop, please email Kit at kit_l@mac.com before enrolling.



Please print this page and retain for your record.

Please print and complete the following page and return as detailed.

Registrations requested by Friday 8 January 2010.

NEED MORE INFORMATION?

Contact: Rachel Moon
Phone: 6942 6166 or 0414 240 805
Email: rach24moon@hotmail.com

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REGISTER NOW!

Use this form to send in your registration by mail or fax. Please PRINT CLEARLY.

Registrations requested by Friday 8 January 2010

FIRST NAME _____ LAST NAME _____

ADDRESS _____

CITY _____ STATE/COUNTRY _____ POSTCODE _____

PHONE H _____ W _____ M _____

EMAIL _____ Registration confirmation will be sent via email.

REGISTRATION FEE Saturday 6 February \$149.00 (GST inclusive)

PAYMENT DETAILS

Visa Mastercard Cheque * * Please make cheques payable to Kit Laughlin & Associates Pty Ltd

Credit Card Number

Expiry Date

Cardholder's Name

Cardholder's Signature

Return this form, with payment, to:

Kit Laughlin & Associates Pty Ltd
PO Box 2038
Kambah ACT 2902
Fax: (02) 6161 8684

Refunds and withdrawals

1. Participants who wish to withdraw more than 10 days prior to the scheduled date will receive a full refund of money paid, minus a \$20 administration charge unless you transfer registration to another participant.
2. There will be no refund on withdrawal from a workshop if notification is received less than 10 days prior to the scheduled commencement date.
3. A full refund will be given if the course is cancelled.