

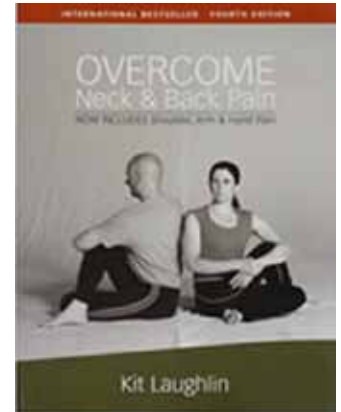
# One-day Overcome neck & back pain workshop

## Nowra, NSW – Saturday 27 March 2010

### DESCRIPTION

This workshop is suited to sufferers of **neck and 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.KitLaughlin.com](http://www.KitLaughlin.com) for more details.

### WORKSHOP DETAILS

#### Dates

Saturday 27 March

#### Times

9.30 am to 5.00 pm

#### Cost

\$149.00 (GST inclusive)

#### Venue

Shoalhaven City Arts Centre (Meeting Room)  
12 Berry Street  
Nowra NSW

### PRE-REQUISITES

If you are unsure whether your problem is suitable for the one-day workshop, please email Kit at [kit\\_l@mac.com](mailto: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 26 February 2010.

### NEED MORE INFORMATION?

Contact: Olivia Allnutt  
Phone: 02 6161 6002 or 0403 290 932  
Email: [o\\_p1@mac.com](mailto:o_p1@mac.com)

# **One-day Overcome neck & back pain workshop**

## **Nowra, NSW – Saturday 27 March 2010**

# **REGISTER NOW!**

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

Registrations requested by Friday 26 February 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 27 March                  \$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 14 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 14 days prior to the scheduled commencement date.
3. A full refund will be given if the course is cancelled.