



2020 Course Schedule

1 Day Courses

Treatment of Headaches

[Sydney | Sunday 23 February 2020](#)

Treatment strategies for different types of headaches, their signs and symptoms and anatomical influences.

Advanced Pelvis

[Sydney | Saturday 10 October 2020](#)

Advanced protocols in the assessment and treatment of complex pelvic conditions.

2 Day Course

Myofascial Release of the Lower Limbs

[Sydney | Saturday 8 - Sunday 9 August 2020](#)

Myofascial Release of the lower limbs to improve function at the hip, knee and ankle complex

Core Body Therapy Series

Module 1 – Core Myofascial Release

[Brisbane | Saturday 8 – Sunday 9 February 2020](#)

[Sydney | Saturday 21 - Sunday 22 March 2020](#)

[Melbourne | Saturday 13 – Sunday 14 June 2020](#)

Fundamental philosophy of Core Body Therapy and the treatment of Forward Head Posture and Lower Back Pain

Module 2 - Applied Myofascial Release

[Sydney | Friday 19 – Sunday 21 June 2020](#)

Working with the deep core, treating the thoracic, pelvis & lower back.

Module 3 – TMJ, Neck & Pelvis

[Brisbane | Friday 15 – Sunday 17 May 2020](#)

[Sydney | Friday 11 – Sunday 13 September 2020](#)

Myofascial Release in the treatment of the temporal-mandibular joint, cervical spine and pelvis.

Module 4 – Advanced Myofascial Release

[Sydney | Friday 13 – Sunday 15 November 2020](#)

Advanced Myofascial Release makes the transition from classical deep tissue techniques to the more gentle but potentially more powerful techniques of fascial unwinding.

Module 5 – Cranium, Headaches & Advanced TMJ

[Sydney | Thursday 30 April – Sunday 3 May 2020](#)

Explore the relationship between the bones of the cranium, the temporomandibular joint and the cervical spine using a light touch and fascial unwinding to create profound change and healing within the body/mind.

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