

2021 pre-conference interactive workshop



Images courtesy of Dr. Seuss
'Oh the places you'll go' story book

When: Saturday 23 October 2021

Time: 10.30am - 1.00pm AEDT

Where: Online via Zoom

Workshop cost: \$70 members

\$100 non-members

Reward: This workshop will be eligible for around 3 hours of professional development

ABOUT THE WORKSHOP

Working with the scapula to improve shoulder girdle function

Improving freedom and coordination of shoulder blade movement is key to affecting shoulder pain, neck and back issues, and headaches.

In this virtual workshop you'll learn:

- **Assessments** that indicate where to focus interventions
- **Key hands-on techniques** for freeing scapular movement
- **Verbal cues** for shifting habitual shoulder girdle use
- **Movement exploration** for self-care and client education.

This interactive workshop will include theory, instructor demos, and supervised practice. As you try out the techniques with a friend or colleague, you'll be able to ask questions and get feedback from instructors. Presentation handouts will be provided for review before class.

ABOUT THE PRESENTERS



Larry Koliha & Bethany Ward are instructors at the **Rolf Institute® of Structural Integration** and **Lead Instructors for Advanced-Trainings.com's Advanced Myofascial Techniques series**. They teach internationally and share a full-time private practice, **ActionPotential**, in **North Carolina, USA**.

Larry's clear, knowledgeable, and good-natured teaching style consistently delights students. As a former engineer, he brings a wealth of experience to his courses, combining his talent for seeing how parts work together with an emphasis on sustainable body use, sensitive touch and appropriate pacing. More at www.rolfworld.com

Bethany co-chairs the Rolf Movement department, is on the Leadership Council for the International Somatic Movement Education and Therapy Association and is past-president of the Ida P. Rolf Research Foundation. Bethany is adept at making complex ideas understandable, relevant and accessible. More at www.rolfusa.com

Click here

Workshop registration

for online registration

AMT REFUND POLICY

- Cancellation less than 2 weeks but more than 1 week – **Administration fee of \$25**
- Cancellation less than 1 week – **less 50%**
- No refund will be given after the event

