

2021 AMT Annual General Meeting and Workshop

When: Sunday 2 May 2021

Time: AGM commences 10.30 AEST
Workshop 11.15am - 1.15pm AEST

Where: Online via Zoom

Reward: The AGM and workshop will be eligible for around 2.5 hours of professional development

Workshop cost: \$60 members
\$90 non-members
The AGM is free

AGENDA

10.30am AMT Annual General Meeting
11.00am Short tea/coffee/bathroom break

11.15am Workshop commences
1.15pm Close

ABOUT THE WORKSHOP

Better Breathing Through Bodywork: Working with the Breath, Diaphragms & Ribs

Working with breath is key to affecting long-term, whole-body changes for our clients and ourselves. Breathing patterns play an integral role in repetitive strain conditions, chronic pain, and sense of wellbeing.

In this virtual workshop, you'll learn:

- **Assessments** that indicate where to focus intervention
- **Key hands-on techniques** for optimising thoracic function
- **Verbal cues** for shifting habitual patterns
- **Breathing 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 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

**Members can choose to attend either the AGM or the workshop, or both.
If you are attending both, you will need to register separately for each event.**

Registration info

AGM registration

Workshop registration

You can also register for the workshop by completing the details below
and returning the form to info@amt.org.au

Please find enclosed: \$60.00 AMT Member
 \$90.00 non-members

TOTAL \$

EFT (see payment details below)

Or please debit my visa/mastercard

AMT Membership number: _____

PLEASE PROVIDE YOUR DETAILS BELOW

First name: _____ Surname: _____

Address: _____

Phone number: _____ Email address: _____

Cardholder's Name: _____

Card Number:

Cardholder's Signature: _____ Expiry Date: _____ / _____

PLEASE NOTE AMT DOES NOT ACCEPT THIRD PARTY PAYMENTS

EFT PAYMENT DETAILS

PLEASE USE YOUR NAME UNDER THE TRANSACTION DESCRIPTION SO WE CAN IDENTIFY THE
PAYMENT AND SEND THIS FORM BACK TO AMT

Account Name: Association of Massage Therapists Ltd
BSB: 062-212
Account Number: 1034-0221

Please return to:
AMT
PO Box 826 Broadway
NSW 2007
or email info@amt.org.au

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