



## Scottish Massage Therapists Organisation presents



**SMTTO Annual Conference – 21<sup>st</sup> & 22<sup>nd</sup> March 2020 – in Perth Station Hotel**

### **Born to Move - Presented by James Earls**

The late Leon Chaitow often summarised the causes of soft tissue dysfunction as due to “overuse, misuse, disuse and abuse” and we have developed many wonderful effective techniques to ease the damaging outcomes. However, do we truly understand the use of soft tissue?

How should the soft tissue respond during movement? Can therapists start to implement strategies that not only ease symptoms but also lead to better movement patterns that help prevent further dysfunction?



Over the last few decades we have had the therapeutic phases of ‘core’, ‘fascia’, ‘tensegrity’ and we are now entering a new phase of ‘function’. Is there a way that blends all of what we have learned in the last 30 years to enable us to see movement with a better understanding of what function actually is?

In this wide-ranging presentation, James Earls will draw from his 30 years of experience as a soft tissue therapist and humbly admit to the ‘anatomy stories’ he has fallen victim to. Thankfully, the years eventually led to a wider understanding of the interrelationships between form and function, skeletal and soft tissues, tensegrity and reality, and he will bring these many strands together to show how, finally, they can all be applied to understand the use of soft tissues in movement.

#### **Combining Movement & Bodywork**

During this workshop we will explore the functional interrelationships of the shoulders, trunk and lower limbs. Bodywork techniques will be taught as you feel the ways in which the pectoral muscles affect the thoracic and lumbar spine, and how they can all relate to the opposite hip and even into the opposite knee and foot. Many tissues will be covered in this two-day event and you will come away with an immediate hands-on experience of how the body transfers force, new ways to assess it and new methods to treat and re-educate your clients’ movement. We will be performing functional bodywork by having the client standing and moving in certain ways that allow simultaneous treatment and assessment making the work ideal for pitch or track-side. The principles taught during this workshop will allow you to apply the techniques immediately for the benefit of your clients.

**Trade Exhibition will be open to all both days with Songbird Naturals (wax), Scottish Massage Schools (courses, polo shirts, oils, consultation & treatment packs), Handspring Publishing with a fantastic selection of must-read books, Neal’s Yard Remedies, and many, many more...**

Please contact us on [info@scotmass.co.uk](mailto:info@scotmass.co.uk) if you would like to hire a stall.

**Title:** “Born to Move” with James Earls

**Venue:** Station Hotel, 1 Leonard Street, Perth, PH2 8HE.

**Costs:** Full price - £250 (SMTTO members) / £175 (Students) / £275 (non-members)

**Early bird price (paid by 31/12/19) - £225 (SMTTO) / £250 (non-members) / Students - £150.**

**Dates:** 21<sup>st</sup> & 22<sup>nd</sup> March 2020; Saturday & Sunday, 9am – 5pm.

**Contact:** SMTTO, 27 Craigs Ave, Edinburgh, EH12 8HS. [info@scotmass.co.uk](mailto:info@scotmass.co.uk) 08454-638852 / 07715-663852.

## SMTO CONFERENCE 2020 - BOOKING FORM

Date	Workshops to be attended	Cost for 2 days
<b><u>21<sup>st</sup>/22<sup>nd</sup></u> <u>March</u> <u>2020</u></b>	<b><u>James Earls -</u> <u>Born to Move</u></b>  The Station Hotel, 1 Leonard Street, Perth, PH2 8HE.	<b>£150 - Students Early Bird - pre 31/12/19</b>
		<b>£225 - SMTO Member Early Bird - pre 31/12/19</b>
		<b>£250 - non-SMTO member Early Bird - pre 31/12/19</b>
		<b>£175 - Students - post 1/1/20</b>
		<b>£250 - SMTO Member - post 1/1/20</b>
		<b>£275 - non-SMTO member - post 1/1/20</b>
	<b>£_____ Other</b>	

<b>Please tick all that apply:</b>  <b>Please note:</b>		I am bringing a massage couch
		I am bringing couch cover, pillows and towels.
		I am a vegetarian (for organising lunches)
		Other dietary requirements, list to the left
		I wish to attend the meal on the Saturday evening 6pm
		I require B&B information
		I require free car parking. My car reg is _____

<b>Name:</b>	<b>Signature:</b>
<b>Address:</b>	<b>Postcode:</b>
<b>Email:</b>	<b>Tel no:</b>
<b>Amount £</b> This is a deposit of £125 (balance to be paid before 31/12/19) <input type="checkbox"/> Full payment <input type="checkbox"/>	<b>SMTO Member YES / NO</b> Membership no: _____

Please make cheques payable to Scottish Massage Therapists Organisation (SMTO) or payment can be sent direct to the **SMTO's bank account no: 17001395, sort code: 83-51-00**.  
 Please add a reference 'CONF2020-your surname' so we can identify your money.

**To make payment by credit / debit card:**

	Please debit my credit / debit card with the sum of £ _____ Card No: _____ - _____ - _____ - _____ Expiry date: __ / __ 3-digit CVV (reverse): ___ Signature: _____
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*Please note that the following are non-refundable: Deposits, Student discounted places (unless another student can fill the place), and cancellations within 4 weeks of the conference.*