



Scottish Massage Therapists Organisation Ltd

27 Craigs Avenue, Edinburgh, EH12 8HS

Phone: 08454-638852 or 07715-663852

Email: info@scotmass.co.uk www.scotmass.co.uk

www.facebook.com/smtopage

SMT O CONFERENCE 2019 BOOKING FORM

Name:		Signature:	
Address:			
City:		Postcode:	
Tel no:		Email:	
Amount £		SMT O Member YES / NO Member no:	

Date	Workshops to be attended	Cost each day
<u>March 2019</u>	<u>John Gibbons -</u> <u>BodyMaster Method</u>	£50 per day - Students Early Bird - pre 31/12/18
		£75 per day - Students - post 1/1/19
Fri - 22nd	- Advanced Soft Tissue Techniques	£100 per day SMT O member Early Bird - pre 31/12/18
Sat - 23rd	- Vital Glutes & Psoas - SMT O Conf	£125 per day SMT O Member - post 1/1/19
Sun - 24th	- Shoulder Complex - SMT O Conf	£125 per day non-SMT O Member - pre 31/12/18
Mon - 25th	- Neurological Testing	£150 per day non-SMT O Member - post 1/1/19
	[Non-refundable deposit required of £50 per day]	£_____ Other

Please tick all that apply: Please note:	<input type="checkbox"/>	I am bringing a massage couch
	<input type="checkbox"/>	I am bringing couch cover, pillows and towels.
	<input type="checkbox"/>	I am a vegetarian (for organising lunches)
	<input type="checkbox"/>	Other dietary requirements, list to the left
	<input type="checkbox"/>	I wish to attend the meal on the Saturday evening 6pm
	<input type="checkbox"/>	I require B&B information

Please make cheques payable to Scottish Massage Therapists Organisation (SMT O) or payment can be sent direct to the **SMT O's bank account no: 17001395, sort code: 83-51-00.**

Please add a reference 'CONF-your surname' so we can identify your money.

To make payment over the telephone, please call SMT O on 08454-638852 or 07715-663852

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: _____

Please note that the following are non-refundable: Deposits, Student discounted places (unless another student can fill the place), and cancellations within 3 weeks of the conference.

Scottish Massage Therapists Organisation



John Gibbons Bodymaster Method®

SMTO Annual Conference - 23rd/24th March 2019 - Perth College



John Gibbons trained in Osteopathy, Sports Therapy, Exercise Rehabilitation, Spinal Manipulation, Acupuncture and Nutrition, painstakingly developing a treatment method that is fast and effective, whether you are a house-wife or a top athlete or a super-fit soldier. John's 20-year journey has culminated in the 'Bodymaster Method' - a unique fusion of therapy techniques rigorously designed to remove pain and restore mobility without recourse to drugs or surgery. His mission in life is "to take away your pain".

John has never presented in Scotland before and therefore I have asked him to present a day either side of the SMTO Conference. He will thus be presenting 4 one-day workshops:

Friday 22nd March 2019 - Advanced Soft Tissue Techniques - this one day workshop introduces you to advanced soft tissue techniques such as John's Bodymaster release technique (BMRT), soft tissue release (STR), muscle energy techniques (MET), strain counterstrain (SCS), and positional release (PR) and some advanced myofascial release techniques. Once the method is learned, these techniques can be used all over the body, with great effects. Further details can be found at: <http://www.johngibbonsbodymaster.co.uk/>

Saturday 23rd March 2019 - The Vital Glutes & Psoas - John looks at two of the most neglected areas of the body: the gluteal and psoas muscles. He will teach how you can recognise pain and dysfunctional patterns that can arise in this area. He will address questions such as 'why glute muscles cause pain and dysfunction in distant sites of the body, how the gait pattern contributes to pain and dysfunction, and will show us how the application of gluteal-psoas specific Muscles Energy Techniques aid full-body wellbeing. Further details can be found at: <http://www.johngibbonsbodymaster.co.uk/vital-glutes-psoas-master-class/>

Sunday 24th March 2019 - Shoulder Complex - this one-day workshop will enable you to gain the knowledge and practical experience necessary to identify, assess and treat specific dysfunction within the shoulder complex. Further details can be found at: <http://www.johngibbonsbodymaster.co.uk/shoulder-joint-masterclass/>

Monday 25th March 2019 - Neurological Testing made Simple - The workshop's focus is on the peripheral Nervous System e.g. the brachial, lumbar and sciatic plexus. You will learn how to assess using the patella (reflex) hammer, as well as specific muscle testing (myotomes) and various sensory tests (dermatomes) using specialist equipment.

Trade Exhibition will be open to all Friday-Sunday with Songbird Naturals (wax), Scottish Massage Schools (courses, polo shirts, oils, consultation & treatment packs), Hedgetables (herbal chocolate, confectionary & skincare) Handspring Publishing with a fantastic selection of must read books, Neal's Yard Remedies and many more... Please contact us on info@scotmass.co.uk if you would like to hire a stall.

Title: John Gibbons - The Bodymaster Method
Venue: Academy of Sport & Wellbeing, Perth College UHI, Crieff Road, PERTH, PH1 2NX
Cost/day: £50 (Student) / £100 (SMTO members) / £125 (non-members) Early Bird prices
Early bird prices available if paid in full before 31st December 2018.
£75 (Student) / £125 (SMTO members) / £150 (non-members) after 1st Jan 2019
Dates: Fri / Sat / Sun / Mon, 22nd / 23rd / 24th / 25th March 2019; all 9am – 5pm
Contact: SMTO, 27 Craigs Ave, Edinburgh EH12 8HS. info@scotmass.co.uk 07715-663852