

# 2023 Course Schedule



## 1 Day Courses

### Treatment of Headaches

[Sydney | Sunday 26 February 2023](#)

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

### Postural Assessment

[Sydney | Sunday 2 April 2023](#)

Postural Assessment is an integral part of developing treatment plans and identifying areas of restriction and immobility. An ability to read posture is essential to delivering targeted long-term results.

### Advanced Pelvis \*

[Sydney | Saturday 6 May 2023](#)

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

### Myofascial Release for Hip Impingement Syndromes

[Sydney | Sunday 7 May 2023](#)

Advanced protocols in the assessment and treatment of Hip Impingement Syndromes.

## 2 Day Course

### Myofascial Release of the Lower Limbs \*

[Sydney | Saturday 12 - Sunday 13 August 2023](#)

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

[Sydney | Saturday 18 - Sunday 19 March 2023](#)

[Brisbane | Saturday 4 - Sunday 5 March 2023](#)

[Melbourne | Saturday 17-Sunday 18 June 2023](#)

[Gold Coast | Saturday 22 - Sunday 23 July 2023](#)

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

### Module 2 - Applied Myofascial Release

[Sydney | Friday 2 – Sunday 4 June 2023](#)

[Brisbane | Friday 25 August – Sunday 27 August 2023](#)

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

### Module 3 – TMJ, Neck & Pelvis

[Sydney | Friday 15 - Sunday 17 September 2023](#)

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

### Module 4 – Advanced Myofascial Release

[Sydney | Friday 17 – Sunday 19 November 2023](#)

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 2 – Sunday 5 February 2023](#)

[Sydney | Thursday 1- Sunday 4 February 2024](#)

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.

\* Course is part of the Professional Certificate in Myofascial Release