

## Introduction to Myofascial Release with John Annan: Part 2

Date	Venue	Tutor
Sat 22 <sup>nd</sup> – Sun 23 <sup>rd</sup> Nov 2008	Royal United Hospital, Bath	John Annan
Sat 6 <sup>th</sup> – Sun 7 <sup>th</sup> Dec 2008	Stoke Mandeville Hospital, Aylesbury	John Annan
Sat 14 <sup>th</sup> – Sun 15 <sup>th</sup> March 2009	Hyde Physiotherapy Centre, Hyde, Manchester	John Annan
Sat 27 <sup>th</sup> – Sun 28 <sup>th</sup> June 2009	Whittington Hospital, Archway, London	John Annan
Sat 5 <sup>th</sup> – Sun 6 <sup>th</sup> Dec 2009	Kingston Hospital, Kingston Upon Thames	John Annan

Myofascial Release is a light touch treatment that can result in profound and lasting structural changes, the reduction of pain and the lengthening of chronically shortened soft tissues. Having integrated the introductory theory base with the delicate tactile skills taught in the part I course, John Annan builds upon this knowledge and skills in the Part II course by introducing a powerful combination of cervical and pelvic Myofascial Release techniques that advance and focus both your sense of touch and the scope of conditions that you will be confident treating.

John's unique and memorable blend of visual imagery, metaphor, and the inescapable "food analogies" are all exercised fully on this two-day course which, like the Part I, has a heavy emphasis on learning through practical hands on experience. The first day will concentrate on the head, as you learn to treat the temporomandibular joint and associated facial muscles along with a more detailed approach to the musculature of the neck.

On the second day you will learn a series of techniques for realigning imbalances at the pelvic girdle such as pelvic torques, up-slips and other such misalignments which can generally be rectified in less than 20 minutes. If you have previously found other systems for analysing and treating the sacroiliac joint complicated and confusing these sensitive and straightforward pelvic myofascial releases will take your manual skills to the next level.

Registration 8.45am

Start 9.00am

Finish 5.00pm

**There will be a morning and afternoon break and an hour for lunch.**