



MIMT presents

DIRECT RELEASE MYOFASCIAL TECHNIQUE II

With Michael Stanborough, MA

MIMT
May 30, 31

Michael Stanborough, MA (Victoria University, Australia), has taught *Direct Release Myofascial Technique* at numerous schools, hospitals and clinics throughout the world including the USA, Korea, Singapore, New Zealand, Canada, Japan, Puerto Rico, Africa and Australia. In 2006 he created SI Australia, an IASI certified school, for training therapists in the Structural Integration method as originally presented by Dr. Rolf. His career has included being an instructor at the Rolf Institute and Michael has practiced the Rolfing method for over 30 years. His classes have a reputation for presenting interesting and practical material in a lively, engaging manner. Michael is the author of the acclaimed text, ***Direct Release Myofascial Technique*** (Churchill Livingstone).



Ribs, Respiration and Spine

You will learn how to free the movement of the ribs and help create better breathing as well as improved thoracic function. This is done via MFR, functional release techniques and joint mobilisation. Many painful areas in the spine are associated with “stuck” facet joints and you will learn to identify and treat them with low force techniques. Participants will go away from the class with a greatly enhanced ability to make specific responses to restriction in these areas via soft tissue and mobilising techniques. This course covers:

- *How to identify stuck facet joints through motion testing and correct the restriction via client movement*
- *Simple tests for SIJ mobility and stability and how to respond to the findings*
- *Working with the ligaments of the sacrum and how to address sacral torsions*
- *Over twenty MFR techniques that are learned through extensive student exchange and can be easily integrated into any manual therapy practice. You will learn new skills and at the same time enjoy release of some of your own restrictions!*
- *An effective approach to addressing scoliosis through asymmetrical MFR. This can be used with functional curvatures as well as long term structural ones such as idiopathic scoliosis.*



2 DAY WORKSHOP FEE: \$495

For more information and to register please visit www.mimt.com.au or contact MIMT at (03) 9455 1926 or administration@mimt.com.au

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