

## Bodywork Professional Development

### Positional Release Techniques - 1 day – with Richard Hogg

Positional Release Technique (PRT) is a method of total body evaluation and treatment, which utilises tender points and a position of comfort. By using an indirect technique, it applies force away from a point of resistance resolving an associated dysfunction.

PRT can be used in the reduction of neuro-muscular tension. The technique involves passive body positioning by the therapist, which is claimed to bring about immediate and prolonged reductions in tenderness at focal myofascial trigger points and to reduce pain associated with musculoskeletal conditions.

PRT can be precise on positioning of dysfunctional tissues, allowing a spontaneous response that releases excessive tension and/or spasms. The mechanisms are thought to result from spindle resetting, reduction in nociceptive sensitivity and circulatory enhancement.



**You will be awarded an attendance certificate at the end of the course.**

**The workshop is open to therapists holding a minimum Remedial & Sports Massage qualification at level 4 as well as Physiotherapists, Osteopaths, etc.**

Workshop participants should bring:

1. Couch and Cover
2. Bolster and pillow
3. Blanket/towels and face cradle cover

#### **About Richard**

Richard has been involved with complementary therapies/healthcare for almost 30 years. One of the earliest therapies he trained in was Reiki. He has been teaching others in this modality and many others for the past 12 years. In addition, he is trained to Manipulative therapy level as well as Advanced Remedial Massage, Remedial and Sports, Swedish Massage and several other modalities.

He has trained people in First Aid over the past 30 years. He has taught first aid with major aid agencies and many private organisations. He has taught in a variety of industries including Local Authorities, Voluntary and Private Sector as well as in Primary and Secondary Education.

Currently, Richard teaches Remedial and Sports Massage in both Edinburgh and Aberdeen on behalf of Scottish Massage Schools.

## Bodywork Professional Development

Date	Workshop being attended	Cost
13 May 2017	Positional Release Technique workshop	£125.00
Venue	Edinburgh Academy Junior School, 10 Arboretum Road, Edinburgh, EH3 5PL	
Each course requires a non-refundable <b>deposit of £60.00</b>		
Full payment/balances should be received no later than 28 days before the course date.		
Please Note – Workshop participants should bring the following, (where practicable)		
<input type="checkbox"/> I am bringing a couch (Please tick all that apply) <input type="checkbox"/> I am bringing pillows, bolster and towels <input type="checkbox"/> I require information on B&B		
Please advise us by email if you have any special needs.		

### Personal Details

Name:	Name on Certificate:
Address:	
	Postcode:
Tel No:	Email:
Payment amount:	Signature:

<b>Payment by <u>cheque</u> made out to:</b>	<b>Bodyworkcpd Ltd,</b>
<b>Send to:</b>	<b>12 North Loanhead, Limekilns, Fife, KY11 3LA</b>
<b>By <u>Bank Transfer</u>:</b>	<b>BodyworkCPD Ltd, Sort code: 83-23-25, Account no: 11679195</b>
<b>Please add '<u>PRT-Edin-your surname</u>' as a reference so we can identify your fees and what they are for, email us to let us know when you have processed your payment.</b>	
<b>Please email us this completed booking form. Thanks!</b>	