



# Self-Help Myofascial Release Workshops

## PainCareClinic.co.uk & The Massage School

Pain Care Clinic is a complementary health practice specialising in advanced massage and myofascial release therapy for clients living with RSI and chronic pain conditions.

- Myo = muscle
- Fascia = connective soft tissue

Myofascial release is a gentle, non-invasive bodywork technique based on an understanding of how muscles and fascia work together deep within the body to produce movement and communicate pain.

Understanding the body in a myofascial way offers exciting possibilities for self-help techniques to aid physical movement and enhance well-being. These can be particularly beneficial for people living with chronic pain conditions such as fibromyalgia and RSI.

The Massage School believes in sharing these possibilities.

### Workshop 1: 12 November 2011 Fascial Connections - Hove

An informative and relaxing one-day introduction to the myofascial body, fascial stretching techniques, and the mind/body connection.

- Learn about how your body works
- Practise myofascial stretching techniques
- Explore visualisation techniques and reflective journaling for well-being

### Workshop 2: 19 November 2011 Myofascial Self-Help - Hove

A further one-day course for those living with pain and friends and family who want to explore the self-help potential of myofascial release to use between therapy sessions.

- Learn more about the properties of fascia
- Explore the relationship between fascia, the nervous system, and pain
- Practise hands-on bodywork techniques



#### Cost:

Each course runs from 10.00am until 4.00pm. The costs are £75.00 for one course, or £140.00 for both. Places are strictly limited, so please book now.

#### Location:

40 Wilbury Road  
Hove  
BN3 3JP

#### Transport:

We are approximately 10 minutes walk from Hove Station. Taxis are available.

From Brighton station it is possible to take a taxi or the number 6 bus, which stops close by at Palmeira Square. Please see [www.buses.co.uk](http://www.buses.co.uk) for more information.

We are also accessible by car. On-street meter parking is located on Wilbury Road and in surrounding streets. Please allow enough time to find a space.

#### Refreshments:

Tea, coffee and biscuits will be provided. There are plenty of local cafés, where lunch can be purchased.

#### Accommodation:

For those who wish to make an overnight or weekend stay of it, please see [www.visitbrighton.com](http://www.visitbrighton.com).

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## Booking Form

### For further information

Please contact Amanda Oswald: amanda@paincareclinic.co.uk | 07742 567528 | 01273 509192.

### To book

To book onto the Pain Care Clinic / The Massage School myofascial release courses, please complete the following form, and return with payment to:

The Massage School, 10 The Drove, Brighton, BN1 5NN | 01273 509192  
or email amanda@paincareclinic.co.uk

<b>Full name(s)</b> if you are booking for more than one person, please provide their name as well	
<b>Address</b> inc postcode	
<b>Contact telephone</b> inc one number on which we can contact you on the day, if necessary	
<b>Email</b> so we can confirm your booking send you a receipt	
<b>Please book me/us onto:</b> <ul style="list-style-type: none"><li>• Workshop 1, Fascial Connections - Hove, 12 November 2011, 10.00am to 4.00pm ..... number of places @ £75.00.</li><li>• Workshop 2, Myofascial Self-Help - Hove, 19 November 2011, 10.00am to 4.00pm ..... number of places @ £75.00.</li><li>• Both workshops, Hove, 12 &amp; 19 November 2011, 10.00am to 4.00pm ..... number of places @ £140.00.</li></ul>	
<input type="checkbox"/> I/we enclose a cheque for £..... made payable to 'Amanda Oswald'	<input type="checkbox"/> I/we have made a BACS payment of £..... to: Account Name: Amanda Oswald Account Number: 51794116 Sort Code: 40 14 03
Places are strictly limited, so bookings will be confirmed on receipt of payment. Cancellations with less than 14 days notice are non-refundable, at our discretion.	
<input type="checkbox"/> Yes, it's OK to send me/us occasional information that may be of interest, and details of other courses from time to time.	
<b>Signed:</b>	<b>Dated:</b>