



The Australian School of Applied Structural Integration & Somatic Studies presents:

The Essentials of Applied Structural Integration

A Experiential Workshop for those in the fields of Massage, Movement, Fitness, Yoga & Touch Therapies wishing to Advance & Stimulate their Skill Level

A 3 Day Workshop Date: Friday 20—21—22 Nov 2009 (9 am - 5.30 pm) **Gold Coast QLD**

This course is approved for 24 Category 1 IASI CE credits and suitable for AMT CE points

Experience the innovative principles of Applied Structural Integration combining unique 3D Myofascial Restructuring techniques, with Movement Awareness and the exciting field of the body mind to give you a unique opportunity to develop and expand your knowledge base. You will learn new ways of viewing and working with the human body that can change the way you practice and experience yourself.

Classes are taught in comfortable relaxed surroundings by our senior faculty with plenty of time for students to practice techniques to anchor the new knowledge, alongside expert supervision.



Applied Structural Integration holistically combines Myofascial Bodywork, Movement Awareness and Dialogue in an educational process

Applied Structural Integration is for anyone interested in improving their quality of life, health and wellbeing. When balance and alignment is re-established we don't have to strain or effort in ordinary daily activity, gaining more essential vital energy instead of fighting off bad posture and gravity.

Learning about this process can change your relationship with yourself, with others, and the world you live in.

Learning Outcomes:

- A range of touch techniques will be taught including our unique three dimensional method of Myofascial Restructuring.
- Body Reading & Assessment including the Psychology of Posture & Movement
- Myofascial Anatomy & Physiology - Understanding the importance of myofascial continuities in the body and how they can contribute to postural dysfunction and pain.
- Body Mechanics - Saving our hands, back & neck for a successful professional life.

Workshop Dates

Friday 20—21—22 Nov 2009 (9am - 5 .30 pm)

Venue:

Quantum Health House.
9 Nakina Street, Southport, Q4215

For further enquiries contact us at:

info@hellerwork.com.au or Ph: (07)55270333

Cost \$395 Aud Deposit \$150
Earlibird \$375 if paid in full by 10th Oct 09

To Reserve Your Place:

Write Cheque to: Quantum Health

Post To: Workshop Co-coordinator
Australian School of Applied Structural Integration
& Somatic Studies,
9 Nakina Street, Southport, Q4215, Australia.

Please include name, phone & all contact details.

For direct credit to our bank please contact us.

Website: www.hellerwork.com.au

The Presenter

Linda McClure has been a Structural Integration practitioner for 20 years and a Trainer and teacher for 12 years. She is currently a co-director of the Australian School of Applied Structural Integration & Somatic Studies on the Gold Coast .

Linda runs stimulating and knowledge packed workshops throughout Australia and Internationally.



A graduate of the Aston Patterning Movement program, Hakomi Integrative Somatics & Body Centered Psychology trainings Linda continues to have a deep interest in how the psychology of the mind effects the physiology of the body. She is currently furthering her studies in the Masters of Counselling program at the University of New England, New South Wales, Australia.

Linda works at the Quantum Health Trust as a Structural Integration practitioner specializing in pre and post operative orthopedic rehabilitation, chronic pain problems and postural dysfunction. She also is in private practice as a somatic psychotherapist and counsellor.