



## IMTA AGM EXCLUSIVE OFFER !

A series of weekend workshops with renowned world leaders in Dublin



UPPER EXTREMITY



LYMPHATIC DRAINAGE



TRIGGERPOINT NUTRITION



Judith DeLany

Paula Bergs

Dr. William Elliott

# BODYWORK CPD WORKSHOPS

**Lymphatic Drainage**

**MAY 8th, 9th and 10th 2015**

**Triggerpoint Nutrition**

**JULY 3rd, 4th and 5th 2015**

**Upper Extremity NMT**

**JULY 17th, 18th and 19th 2015**

NTC, 15-16 Saint Joseph's Parade, Dublin 7  
01 882 7777 [www.ntc.ie](http://www.ntc.ie)

**25% OFF**  
**TODAY ONLY**  
FOR ALL IMTA MEMBERS

## Lymphatic Drainage

Join us for an intensive weekend of education that will focus on an in-depth approach to Lymphatic Drainage Massage combined with Neuromuscular Therapy. From understanding the role of lymph in massage to learning palpation exercises and releasing techniques for the superior, middle and deep fascia this workshop will provide you with new knowledge and skills that you

can use on your patients, including the effective treatment of scar tissue. Delivered by **Paula Bergs** who is a certified Neuromuscular Therapist since 1990 and an instructor since 1997. She has served as a faculty member for several massage schools during the course of her career and has maintained a private practice in Neuromuscular Therapy in Minneapolis since 1990. Paula received her BS degree in Life Science Education from the University of Minnesota. Paula brings a

great breadth of knowledge and practical experience in the areas of anatomy and neuromuscular therapy to her NMT classes and presents the material in a easy going, yet methodical manner, applying realistic solutions to real life problems.

**DATE: May 8th, 9th and 10th 2015**

**COST: €390.00** Special IMTA AGM Price when booked today - **€292.50**. Bookings for IMTA members after today offer a 10% discount.

**VENUE: National Training Centre, Dublin**

## Triggerpoint Nutrition

This intriguing weekend workshop covers the nutritional considerations surrounding the treatment of pain, injury and dysfunction. Delivered by **Dr. William Elliott** it will explore essential nutrients, hydration, stimulants, protein, carbohydrate, fat, vitamins, minerals, fibre and alcohol. The workshop will then focus

on nutrition and chronic pain, the biomechanical factors of chronic pain, inflammation, intolerances related to pain and dysfunction, dietary aspects of anxiety and pain and detoxification for chronic pain. Dr. Elliott is an exercise physiologist and founder of HealthBuilding Inc. and has taught extensively on health and physiology related programmes at the University of Colorado, the Colorado Institute of Massage Therapy, Penrose Main Hospital, Cardiac Rehabilitation, Colorado Springs and on the

University of Chester accredited MSc in Neuromuscular Therapy delivered at the National Training Centre, Dublin.

**DATE: July 3rd, 4th and 5th 2015**

**COST: €390.00** Special IMTA AGM Price when booked today - **€292.50**. Bookings for IMTA members after today offer a 10% discount.

**VENUE: National Training Centre, Dublin**

## Upper Extremity NMT

This CPD weekend includes anatomy, physiology, functions and dysfunctions of the shoulder, arm and hand. Carpal tunnel, frozen shoulder, tennis elbow, and SIT tendons, as well as common syndromes, surgical approaches and a step-by-step therapy routine will be discussed. Delivered by **Judith DeLany** who has refined and developed

methods of teaching the American version of NMT and is the founder and director of the International Academy of NeuroMuscular Therapies, a certifying body that sets standards for the training of healthcare practitioners in the use of NMT. She is the Director of the NMT Center, an educational/training organisation that produces NMT events throughout the United States and internationally each year and is an internationally recognised speaker on such

topics as chronic pain and myofascial dysfunction. She is co-author with Leon Chaitow of Clinical Application of Neuromuscular Techniques, Volumes 1 and 2.

**DATE: July 17th, 18th and 19th 2015**

**COST: €390.00** Special IMTA AGM Price when booked today - **€292.50**. Bookings for IMTA members after today offer a 10% discount.

**VENUE: National Training Centre, Dublin**