



**Friday 6<sup>th</sup> May                      Getting to Know You Dinner & AGM**

**Saturday 7<sup>th</sup> May (full day)                      Georgie Oldfield MCSP**

Physiotherapist, chronic pain specialist and creator of the SIRPA Recovery Programme, Georgie will lead us through **“Chronic and recurring health conditions: How our past and present environment affects our health and how this knowledge can potentially be life-changing for our patients”**.

**Sunday 8<sup>th</sup> May (full day)                      Stuart Robertson MCSP**

Myofascial release specialist, physical education teacher, physiotherapist, yoga teacher and founder of Mindful Breathing and Movement, Stuart will practically introduce us to **“Wellbeing and mindfulness strategies for healthcare professionals”**. This course looks at a variety of simple, practical ways to in-corporate self-care strategies into your practice; enabling you to enhance your own sense of wellbeing, as well as that of the people you work with. It promises to be inspiring, insightful and lots of fun! \*includes laughing yoga ☺

**Monday 9<sup>th</sup> May (morning)                      Fiona Russell MCSP**

Manual physiotherapist with a special interest in movement and energy, Fiona will lead a very practical session **combining “Gyrokinesis”** – movement on multiple planes around an axis through the spine and limbs which frees physical and energetic movement **with “Bioenergetic meditation – a powerful and uplifting technique known as ‘shaking’”** which facilitates spontaneous unwinding and emotional release in whatever form is needed by the body.

**Lunch then Fond Farewells until next time**

**Aaaaahh  
ACPEM @  
Ammerdown  
2016**

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**MOVING  
BEYOND  
TECHNIQUE**

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**FRI 6<sup>TH</sup> - MON 9<sup>TH</sup>  
MAY 2016**

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**ALL INCLUSIVE**

\*LEAP at EARLY BIRD  
offer until 29th Feb 2016

Members £370\* / 395  
Non-members £395\* / 420  
Students £ 250\* / 230

Daily rate £125

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