



Workshop Dates and Venues
 Integrated Myofascial Therapy. A Soft Tissue approach to Healthcare
 New venues in Crewe and Exeter

INTENSIVES

| Exeter | Filey. N. Yorkshire | Glasgow |
|--|--|---|
| <p><u>Level 1 & 2</u></p> <p>12-15 Feb 2009, 4 days</p> <p>Exeter Natural Health Centre, Queens Walk, 83/84 Queen Street, Exeter, EX4 3RP</p> <p>Total cost £520 Payable by cheque or card via website</p> | <p><u>Level 1 & 2</u></p> <p>7-10 May 2009, 4 days</p> <p>Sue Lincoln, School of Holistic Therapies. Filey, North Yorkshire Tel:01723 516334. email. info@suelincoln.co.uk.</p> <p>Please contact Sue Lincoln direct to book.</p> | <p><u>Level 1 & 2</u></p> <p>19-22 Feb 2009. 4 days</p> <p>MFR UK.12 Station Rd, Milngavie. Glasgow G62 6AB Total cost £520 Payable by cheque or card via website</p> <p><u>Level 3 & Unwinding</u></p> <p>26-29 March 2009</p> <p>MFR UK.12 Station Rd, Milngavie. Glasgow G62 6AB Total cost £520 Payable by cheque or card via website</p> <p><u>Level 1, 2 & 3.</u></p> <p>27 Jun- 2 July 2009 6 days MFR UK.12 Station Rd, Milngavie. Glasgow G62 6AB</p> <p>Total cost £735, <u>saving £45.</u> Payable by cheque or card via website</p> |

| <u>Level 1</u> | <u>Date</u> | <u>Venue</u> | <u>Cost</u> | <u>Spaces</u> |
|--|--------------------|--|--|---------------|
| | | | | Spaces |
| Glasgow | 1/2 November 2008 | MFR UK. 12 Station Rd, Milngavie. Glasgow G62 6AB | £260 | Spaces |
| Exeter **new venue** | 22/23 Nov 2008 | Exeter Natural Health Centre, Queens Walk, 83/84 Queen Street, Exeter, EX4 3RP | £260 | Spaces |
| Crewe ** new venue** | 29/30 Nov 2008 | Crewe and Nantwich Physiotherapy Clinic 7 Mallard Court. Mallard way. Crewe Business Park. Crewe. CW1 6ZQ. Tel:- Vicky 07734819593. email- vickypearsall@hotmail.com | Contact the Physiotherapy centre in Crewe direct to book | Spaces |
| Central London | 31 Jan 01 Feb 2009 | Regent's College. Regent's Park. London. NW1 4NS | £270 table rent included | Spaces |
| Exeter <i>Level 2 14/15 Feb 09</i> | 12/13 Feb 2009 | Exeter Natural Health Centre, Queens Walk, 83/84 Queen Street, Exeter, EX4 3RP | £260 | Spaces |
| Glasgow <i>Level 2 21/22 Feb 09</i> | 19/20 Feb 2009 | MFR UK. 12 Station Rd, Milngavie. Glasgow G62 6AB | £260 | Spaces |
| Filey, North Yorkshire <i>Level 2 9/10 May 09</i> | 7/8 May 2009 | Please contact Sue direct to book. Sue Lincoln, School of Holistic Therapies. Filey, North Yorkshire O1723 516334. email. info@suelincoln.co.uk . | Contact Sue Lincoln direct to book | Spaces. |
| Glasgow <i>Level 2 29/30 June 09. Level 3 1/2 July 09</i> | 27/28 June 2009 | MFR UK. 12 Station Rd, Milngavie. Glasgow G62 6AB | £260 per level or £735 buying all 3 together, saving £45 | Spaces |

| <u>Myofascial Unwinding Pre Requisite Level 1</u> | <u>Date</u> | <u>Venue</u> | <u>Cost</u> | <u>Spaces</u> |
|---|------------------|---|--------------------------|---------------|
| London | Spring 09 | venue TBA | £270 table rent included | Spaces |
| Glasgow <i>Unw and level 3 together</i> | 26/27 March 2009 | Esporta Milngavie Health, Racquets & Golf Club Strathblane Road Milngavie Glasgow G62 8HJ Tel: | £260 | Spaces |

| <u>Level 2</u> | <u>Date</u> | <u>Venue</u> | <u>Cost</u> | <u>Spaces</u> |
|------------------------|----------------|--|---------------------------------------|---------------|
| | | | | Spaces |
| Exeter | 14/15 Feb 2009 | Exeter Natural Health Centre, Queens Walk, 83/84 Queen Street, Exeter, EX4 3RP | £260 | Spaces |
| Glasgow | 21/22 Feb 2009 | MFR UK. 12 Station Rd, Milngavie. Glasgow G62 6AB | £260 | Spaces |
| Central London | 4/5 April 2009 | Regent's College. Regent's Park. London. NW1 4NS | £270 table rent included | Spaces. |
| Filey, North Yorkshire | 9/10 May 2009 | Please contact Sue direct to book. Sue Lincoln, School of Holistic Therapies. Filey, North Yorkshire 01723 516334. email. info@suelincoln.co.uk . | Contact Sue Lincoln Direct to book | Spaces |

| <u>Level 3</u> | <u>Date</u> | <u>Venue</u> | <u>Cost</u> | <u>Spaces</u> |
|--|------------------|--|--------------------------|---------------|
| | | | | |
| Glasgow <i>Unw and level 3 together</i> | 28/29 March 2009 | MFR UK. 12 Station Rd, Milngavie. Glasgow G62 6AB | £260 | Spaces |
| Central London | 16/17 May 2009 | Regent's College. Regent's Park. London. NW1 4NS | £270 table rent included | Spaces |

| <u>Advanced MFR</u> Pre Requisite Level 3 | <u>Date</u> | <u>Venue</u> | <u>Cost</u> | <u>Spaces</u> |
|--|-----------------|--|--------------------------|---------------|
| | | | | |
| | | | | Spaces |
| Central London | 13/14 June 2009 | Regent's College. Regent's Park. London. NW1 4NS | £270 table rent included | Spaces |
| Glasgow | 5/6 Sep 2009 | MFR UK. 12 Station Rd, Milngavie. Glasgow G62 6AB | £260 | Spaces |

Each 2 days workshop costs £260.

All London workshops also incur a £5 per day treatment table rental, unless you are able to bring your own to the workshop.

Discounts for the intensive programs are available for booking any 3 workshops together, i.e. Level 1, 2 & 3 together or level 1, Unwinding & 2 together or Level 2, 3 and Adv together. The total for 3 workshops is £ 735, saving £45.

PLEASE NOTE! - some workshops must be booked and paid through the school, clinic or college hosting the event, not MFR UK.

A minimum deposit of £100 will secure your place. To receive the intensive discount you must pay the total amount of £735

All workshop costs are non refundable once paid. Re-scheduling is permitted with at least 3 weeks notice at no extra cost.

Payment

Unless noted otherwise please make cheques payable to 'MFR UK.' and mail with a completed booking form (printable from the website) to- Myofascial Release UK. The Natural Therapy Centre. 12 Station Rd, Milngavie. Glasgow. G62 8AB.

Or

Book online at www.myofascialrelease.co.uk with a credit/debit card. Deposits are not accepted on the web site, full amount only please.

For further details please contact Ruth or Janice on 0845 602 6274 or e-mail Ruth@myofascialrelease.co.uk. www.myofascialrelease.co.uk.

For details of workshops in Ireland please contact Mary Cunningham at MTBC@IOL.IE.



iMFT level 1 has a certification mark with The Complementary Therapists Association.



MFR UK.

www.myofascialrelease.co.uk

Tel: 0845 602 6274

MFR UK and iMFT are trademarked logos.