



**MTI Conference 2017**

***Celebrating and  
Recognising Difference***

**Solihull College**

**M** A S S A G E  
**T** R A I N I N G  
**I** N S T I T U T E

Delegate  
Booklet

<b>9am</b>	Registration, refreshments, exhibitions, meeting friends
<b>10am</b>	Welcome by Earle Abrahamson
<b>10.10am</b>	Keynote Speech by Jane Langston
<b>10.45am</b>	<b>Morning Workshops</b> <ul style="list-style-type: none"> <li>• Aromatic Integration: Safe, Effective Aromatherapy for Massage and Bodywork – <b>Sarah Bryan PhD</b></li> <li>• Bacterial and Fungal Skin Infections: How to Protect Yourself and Your Practice – <b>Annie Morien PhD, PA-C, LMT</b></li> <li>• Assessing and Treating the Neck: How a Massage Therapist can Safely Utilise the Physio Perspective – <b>Jane Johnson</b></li> <li>• Use of Muscle Testing for the Lower Back – <b>Earle Abrahamson &amp; Jane Langston</b></li> <li>• Practising Mindfulness – Selfcare for Therapists – <b>Sharon Bull</b></li> <li>• May All Beings Know Love – Extending Holistic Therapy to our Animal Friends – <b>Katrina Beath</b></li> </ul>
<b>12.45pm</b>	Lunch
<b>1.45pm</b>	<b>Afternoon Workshops</b> <ul style="list-style-type: none"> <li>• Applied Cases in Soft Tissue Therapy – Experience and Expectations – <b>Earle Abrahamson</b></li> <li>• Healing Trauma Through Present Touch – <b>Katya Langmuur Ph</b></li> <li>• Bacterial and Fungal Skin Infections: How to Protect Yourself and Your Practice – <b>Annie Morien PhD, PA-C, LMT</b></li> <li>• Sciatica: Clinical Assessment – <b>Tim Bartlett</b></li> <li>• Energy and Energetic Intuition – <b>Jennie Parke Matheson</b></li> <li>• WHAT, WHO &amp; HOW of Marketing your Practice – <b>Leora Sharp</b></li> </ul>
<b>3.45pm</b>	Afternoon Tea and Hub Networking – an informal meeting space for delegates to network and discuss issues relevant to their practise and MTI. Topics we hope to cover are: <ul style="list-style-type: none"> <li>• Meeting your regional reps</li> <li>• Becoming a MTI Tutor</li> <li>• CPD availability from MTI schools</li> <li>• What's next for MTI?</li> <li>• Revision and Study Tips</li> <li>• Questions regarding practising massage – raising issues and sharing resources</li> </ul>
<b>4.45pm</b>	Prizes and Conference close

# Message from Earle Abrahamson MTI Chair



Dear Delegates,

Welcome to the 2017 MTI Annual conference. This year we have selected a theme that celebrates and recognises individuality, difference, diversity, and equality. Through this theme we aim to remind our community of practice about the richness inherent in the complementary medicine world, as well as our continued contributions towards its successes.

I feel an enormous pride when I read about our members' accomplishments, the journeys they have travelled, the adversity some of them face, and the desire to overcome obstacles to truly represent the profession in an inspiring fashion. The wealth within the MTI is due to individual and collective differences in our practices, cultures, mindsets, and behaviour.

These differences embody the value of being a practitioner, understanding others, and working to promote our practices in a positive and professional manner. We live in a world where being different is frowned upon, stigmatised, or simply ignored.

The conference is designed to showcase the talent within our community and work towards a space wherein we can flourish, learn, share, and promote positive interactions with others. The conference programme is punctuated with interesting workshops and presenters. We are delighted to have Jane Langston present the keynote address which will enable us to consider the impact of practice on health and well-being.

This year we have further introduced an informal meeting hub for delegates to further interact with the MTI board, regional representatives, and other practitioners. In the spirit of the conference theme, we want to hear your stories and work collaboratively to strengthen the MTI community and build a better and stronger future.

On behalf of the board, and conference committee, we hope you have a wonderful day and learn to spot the difference.

The MTI Board is Earle Abrahamson, Karen Yarnell and Tim Bartlett. You can find out more about Earle and Tim later on in this booklet, but here's more about Karen.

Karen qualified as a massage practitioner in 1997. Since then she has trained in Aromatherapy, Bowen Technique, Indian Head Massage, Reiki, Sports Massage and Thermal Stone Therapy. She feels her broad skill base supports her in meeting her clients' needs and keeps life interesting. She is also a teacher of anatomy, physiology and pathology, and courses such as Stone Therapy. She is also an MTI practical and theory exam assessor. The one thing Karen could never do without is her diary, it tells her which part of the country she is meant to be in and when!



## Keynote Speaker Jane Langston



Jane Langston is a Fellow of the Institute of Biomedical Science, and originally worked in pathology departments in the National Health Service in England for over 20 years, which instilled a love of anatomy and physiology.

She has been an Amatsu practitioner since 2000, and is now managing director of the multi award winning company, The Amatsu Training School. This was awarded the Institute for Complementary and Natural Medicine (ICNM) "Best Complementary Medicine Company Award" in 2012 and "What's On 4 Me Award" in 2014 for "Best Training Provider".

Jane also was awarded the ICNM award for "Outstanding Contribution to Complementary Medicine" in 2015, having been a founder of several Amatsu associations, and her work in producing award winning training and courses. Jane and Earle Abrahamson have co-written "Making Sense of Learning Human Anatomy and Physiology", published by Lotus (Nov 2016).



# Workshop Leaders

## **Earle Abrahamson**

***Applied Cases in Soft Tissue Therapy***

***Use of Muscle Testing for the Lower Back***

**[www.hands-on-training.co.uk](http://www.hands-on-training.co.uk)**



Earle Abrahamson is a senior lecturer in sports therapy. He is also the national chair of the Massage Training Institute, Vice-Chair of the General Council for Sport Tissue Therapists, and sits on the professional board for soft tissue therapy at the Complementary and Natural Health Care council. He is an internationally published author, therapist, psychologist, educator and teaching fellow.

Born and raised in Johannesburg, South Africa, Earle gained qualifications and expertise in physical education and soft tissue therapy, clinical psychology and educational practices. Earle was a medical gamemaker for the London 2012 Olympic and Paralympic Games. He is a director at Hands-on Training an MTI accredited school. Recently he won the Turnitin Global Innovation award for student engagement.

## **Tim Bartlett**

***Sciatica: Clinical Assessment***



Tim has taught Holistic Massage with Bristol College of Massage and Bodywork since 2004, and is a practising massage therapist and sports massage therapist. He also teaches anatomy, physiology and pathology for the Massage Training Institute, and is a member of the MTI Training Committee. He is a member of both MTI and the Association of Physical and Natural Therapists (APNT). He has worked extensively supporting people with autism and learning difficulties, life planning and working with therapeutic touch and movement differences.

He is an MTI practical exam assessor and also a theory exam assessor.

## **Katrina Beath**

***May All Beings Know Love – Extending  
Holistic Therapy to our Animal Friends***  
**[www.klbtherapy.com](http://www.klbtherapy.com)**



Katrina is a multi-modal human and animal therapist with a special interest in nurturing the beautiful bonds of trust and unconditional love that can exist between animals and their human guardians (owners); especially horses and dogs.

She initially trained in Holistic Massage – the human variety – in 2008 (MTI, ITEC). This drew her into further development as a Reiki Master, followed by training as an Equine Bodyworker. She is a tutor of equine healing, a degree student of Humanistic Counselling, and runs a private practice in Richmond-Upon-Thames.

Katrina believes fully in the intertwining of the physical, mental, emotional and spiritual aspects of all beings. Her greatest professional thrill comes from finding parallels between guardian and animal physical and emotional tensions and the mirrors they hold up for each other, and by raising awareness of this, to facilitate therapeutic change for the owner and a happy life for the four-legged companion.

## **Dr. Sarah Bryan**

***Aromatic Integration: Safe, Effective  
Aromatherapy for Massage and Bodywork***  
**[www.sbholistic.co.uk](http://www.sbholistic.co.uk)**



Sarah is a member of both the MTI and the IFPA. Prior to starting her bodywork career, she studied speech and language sciences, graduating with a Ph.D in 2012. She now hopes to use the research experience in the development of massage and aromatherapy.

Sarah first trained in holistic massage therapy in 2012 and went on to train in holistic sports and remedial massage. In 2014, she completed a diploma in Clinical Aromatherapy and is currently studying Integrated Myofascial Therapy.

She has recently developed a range of aromatherapy products specifically designed for remedial massage and bodywork, due to launch in 2017.

## **Sharon Bull**

### ***Practising Mindfulness***

Sharon is a multiskilled holistic bodyworker, wellbeing coach and qualified tutor with an easygoing and unique approach that has enabled her to work with clients and practitioners to improve health and wellbeing since 1999 when she founded touchenergy.



Recognising the power of the mindbody relationship that helps her overcome her own health issues and responses to stress, Sharon is passionate about the body's ability to heal itself.

Sharon's experience includes being Principal of the Academy of Natural Health (former MTI founder school), delivering postgraduate bodywork courses and specialising in personal development coaching and mindfulness. She has held NHS and Social Service contracts for over 5 years supporting unpaid carers in their homes with bodywork and mindfulness and is a MTI SW Rep and Tutor. Currently working with MTI to develop professional supervision and development framework for practitioners.

## **Jane Johnson**

### ***Assessing and Treating the Neck: How a Massage Therapist can Safely Utilise the Physio Perspective***

Jane became fascinated with anatomy and physiology from an early age. She enjoyed studying fitness, health and massage and then practiced those disciplines for over 10 years.



She took a masters degree in health and exercise behaviour and became passionate about helping adults to learn about the structure and function of their bodies.

She has taught anatomy and physiology for many years and qualified as a Chartered Physiotherapist in 2004. Jane has authored many A & P books and regularly presents at conferences and exhibitions.

She has recently been appointed anatomy and physiology advisor to the IFA (International federation of Aromatherapists) and has been a member of the Institute of Anatomical Sciences for 15 years.

## **Dr Katya Langmuur**

### ***Healing Trauma Through Present Touch***

**<http://katyayani.co.uk>**

Dr Katya Langmuur is a personal development facilitator, multi-modality holistic therapist, academic and meditation teacher.



As well as being an accredited MTI tutor and examiner, for the past 16 years she has worked in London for the NHS as a front line practitioner in HIV-related holistic and palliative care. In the past few years, she has developed further specialisms in HIV-related oncology and in gentle dying practices and now is considered one of the most senior therapists in this sector in the UK. As part of her engagement in this field she has worked with numerous patients who could be said to be affected by trauma.

## **Jennie Parke Matheson**

### ***Energy and Energetic Intuition***

**[www.white-wave.org.uk](http://www.white-wave.org.uk)**

Jennie began her career in the performing arts. Then during the 1990's she joined The Terrence Higgins Trust, co-managing the North London Buddy group and devising sex education workshops for schools.



Several years later she trained as a Healer. She also studied Chakra Psychology, Crystal Therapy, and explored Feng Shui, Dowsing and Earth Healing. Aware of the need for increased physical contact when working with her clients, she qualified in Deep Tissue Massage, then added Hot Stone, Pregnancy and IHM. Jennie established her business, White Wave, in 2008 and has been practising ever since.

She is a qualified Massage in Schools Instructor and delivers one-on-one training in massage for use in hospitals & hospices, having worked in the Complementary Therapy Department at the Royal Free Hospital.

With Earle Abrahamson, MTI's chair, Jennie founded Hands-On Training which delivers the MTI Holistic Massage Diploma, a diverse range of CPD workshops and shortly the new Sports Diploma Course.

Jennie was the MTI London rep for 2 years. This year Hands-On Training is holding the London & Home Counties CPD workshop programme.



## **Annie Morien**

### ***Bacterial and Fungal Skin Infections: How to Protect Yourself and Your Practice***

**[www.issues4tissues.com](http://www.issues4tissues.com)**



Dr. Annie loves talking about skin diseases! She is a clinician in the USA, with extensive training in dermatology. She also loves teaching and is a highly regarded educator with almost 30 years experience. Recently, she was awarded AMTA's Teacher of the Year Award.

Dr. Annie combines her massage therapy training and her dermatology clinical experience by teaching practical information that directly relates to the massage therapy clinic. Her classes are unique, interesting and fun – and sometimes intriguingly gross!

In addition, Dr. Annie writes skin disease-related articles for various massage therapy magazines, and publishes online courses for [AMTAmassage.org](http://AMTAmassage.org). She recently published the popular and practical book "Infectious and Communicable Skin Diseases: A Pocket Guide for Massage Therapists."

## **Leora Sharp**

### ***WHAT, WHO & HOW of Marketing your Practice***

**<https://webmistressofbath.com>**



Before I became interested in wellness, I worked as a web designer in Johannesburg and London as well as stints in Chicago, San Francisco and Dublin.

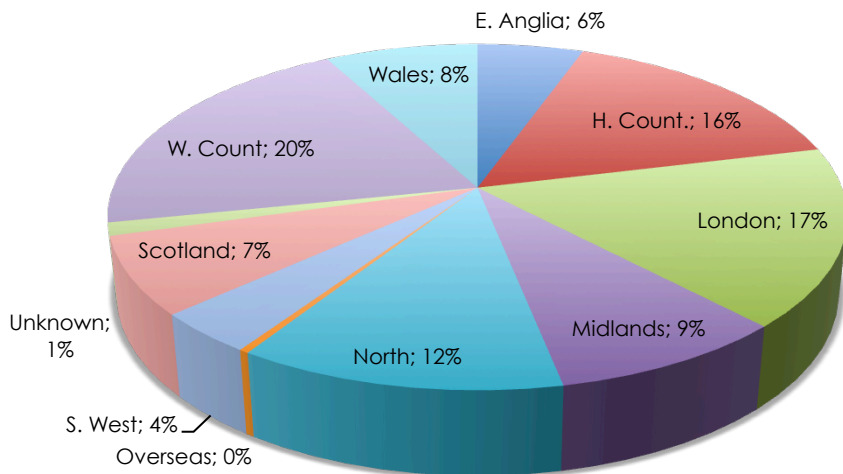
During these years I had the privilege to work on great brands such as BMW, Coca-cola, Liberty of London, Jamie Oliver, Microsoft and the Irish National Lottery. During 11 years in the industry I gained an extensive knowledge and understanding for new media communications.

I then realised I wanted to work in, and from, a heart space rather than a corporate space. I felt a desire to support people through times of challenge. I left the internet industry and trained in Holistic massage.

After a few years, with my massage practice established, I returned to the internet world to see how I could help practitioners get online. I am the founder and facilitator of The Bath Practitioner Group. Through that, and my massage, I remain connected to all things holistic.

# Membership Report

MTI currently has 877 members; students = 290 (an increase of 7% from a year ago); practitioners = 587 (a increase of 6% from a year ago).



## The Regional Teams

We have eight regional groups who aim to offer great CPD and networking opportunities for our members. You can find out more about your regional team on the next few pages. These teams work on a voluntary basis and give a great deal of time and effort for the benefit of other MTI practitioners and students in their region.

We are keen to hear your views on MTI and how we can improve what we offer to our members. The best way to achieve this is to get involved with your regional team. If you'd like more information then get in touch with Anna at [register@massagetraining.co.uk](mailto:register@massagetraining.co.uk).

We would particularly like to hear from members in the Home Counties, Wales and London.

## East Anglia

[eastanglia@massagetraining.co.uk](mailto:eastanglia@massagetraining.co.uk)

We have an active team in East Anglia. Blessed with members, qualified in other areas, able to lead some regional meets.

In June, a last minute reschedule brought our area tutor, Kit Adam, forward to lead us in a session of Qi gong. To ground and centre ourselves, get our energy flowing. Our usual meditation, sharing practical tips with group supervision, bring and share vegetarian lunch and massage swaps, made it a day of connectivity.

September brought another of our members forward to host a workshop. Edwina Green, practitioner and naturopathic, nutritional therapist held '10 tips to support immune health this winter'.

Revisiting the functions of immune system, how to keep it active and healthy for ourselves and tips to pass onto our clients. The highlight of this day was massaging cabbage, with a hands on practical, making our own fermented veg to boost our digestive systems.

November, we had Ruth, Complementary Health Manager at our local MIND lead us in an evening of mindfulness practice. Some great tips on stopping and staying in the moment - benefiting ourselves, our clients and those around us.

January, we were honoured with another visit from Owen Lewis (Anatomy Trains). There was a huge turnout of our members as Owen lead a workshop on 'Breath'. Not only with how to assess movement and restriction, but some understanding of fascia and practical tips on releasing areas around the upper torso.

There's another super swaps day planned for March, a talk on cancer care in the pipeline, we also have a very active East Anglia facebook page where we support each other with advice, guidance, useful articles equipment and local jobs on offer.

We will once again be hosting a seated massage event in Norwich, where we raise money for charity, whilst promoting MTI training and our therapists.



### The Team

Kerensa Martin

Laura Richardson

Kit Adam (not pictured)

**Laura is at the conference**



## Midlands

[midlands@massagetraining.co.uk](mailto:midlands@massagetraining.co.uk)

MTI midlands team kickstarted the New Year with a Yoga & Meditation workshop, hosted by the fabulous Barbara Wall. This was all about shaking off 2016 and feeling fresh, rebalanced and ready to face all that 2017 brings our way...

For our second workshop in March we bought Barbara back to give us an introduction to Thai Yoga Massage, which she kindly adapted for use on the massage couch to show how these wonderful techniques could be incorporated into our treatment sessions.

Our next workshop in June is Kinesiology Taping for the Massage Therapist. This will be run by Niki, one of our Regional reps, as well as a Rocktape certified RockDoc & Rocktape Movement Coach. Rocktape have kindly agreed to support Niki by providing discount codes for all attendees.

Looking to the future. The Midlands Representatives are currently looking to expand the team, we are in need of a couple of 'Workshop Roadies' who will be able to help out at events. Anyone who is interested please contact us for more information on the job role & benefits of being part of the Regional Team.



### The Team

Niki Cope  
Anne Bradshaw  
Usama Dafaalla

**Niki is at the conference**

## Wales

[wales@massagetraining.co.uk](mailto:wales@massagetraining.co.uk)

We're said to say that Danielle Adams left her role as regional rep but we're happy to say that Jessica Sainsbury-Thomas has joined Sue to form the Welsh regional team. Due to these changes the events schedule has taken a little while to get going but we hope the next 12 months offer more.



### The Team

Sue Attrill  
Jessica Sainsbury-Thomas

**Sue is at the conference**

## London & The Home Counties

[London@massagetraining.co.uk](mailto:London@massagetraining.co.uk)

**The Team:** Gary Rollins

Following a lull in activity in the London & Home Counties region, 2017 has already seen one well-attended workshop, *Introducing Massage for Dancers*.

We have a number of workshops in the pipeline for 2017:

- 29th April - Seated Massage
- 17th June - Back to back – spinal...
- 9th September - Taping

The next step for the London and Home Counties is to expand the regional team so that we can continue to provide quality events to the area's members.



## South West

[southwest@massagetraining.co.uk](mailto:southwest@massagetraining.co.uk)

Said hello and goodbye to Paula our new Regional Rep and wish her well as she moved abroad. Sharon continues to connect with non-MTI therapists and build a network of therapists to the east of the region and is soon to meet up with local facebook therapists group in effort to promote MTI.

Events – Self Care for Massage Therapists was held in Dorchester Yoga & Therapy Studio (Sharon Cox-Button's new centre and it's great!) in November. We enjoyed a wonderful nurturing and mindful day feeding us and our practice with great feedback. Sharon aims to run these self care and supervision groups quarterly to support massage practitioners within their work.

- April 2017 – Self Care for Therapists: Focus on Feet – date tba
- July 2017 – Self Care for Therapists: Focus on Hips & Legs – date tba
- September 2017 – Self Care for Therapists – date tba



### The Team

Bridget Taylor  
Sharon Bull

**Sharon is at the Conference**

## Scotland

[scotland@massagetraining.co.uk](mailto:scotland@massagetraining.co.uk)

We've had a full and successful events programme in the last year.

In August Ruth Duncan (assisted by Linda Currie) led a workshop in Demystifying and treating CFS and Fibromyalgia with MFR. Ruth discussed the labels Fibromyalgia, CFS and also chronic pain syndrome explaining the need to treat the client based on how they're presenting, not by the label they've been given or adopted.

In October Meghan Mhairi from Jing Advanced Clinical Massage led a session in Treating herniated disc with confidence. This was a joint event with Jing. It encouraged massage therapists to lose fear of treating conditions such as herniated disc and learn to understand, safely assess and treat the possible causes of sciatica.

In December Nicola Dobiecka and David Bailey led a Alexander Technique Workshop. We learned about Alexander Technique and had individual practical sessions This was a good self-development workshop for us as therapists to be aware of the body we are in and how we function, move and connect with the world in practise.

In January Katya Langmuur ran a workshop on Energy work for massage therapists. A great workshop exploring what we mean by energy work and how massage therapists could use some new tools in their practice. The second part of the workshop was a masterclass/supervision which therapists found very helpful.

### Future events

- May- June 2017 - Massage swaps and peer supervision
- 26 August 2017 - Massage skills exchange
- 28 October 2017 – Working smarter not harder with Ros Cope
- 09 December 2017 – Massage swaps and peer supervision

### The Team

Natalia Duncan, Daniel Mullins, Carolyn Young, Emma Jane Veitch

### Natalia is at the Conference



## North

[north@massagetraining.co.uk](mailto:north@massagetraining.co.uk)

It's been a packed diary since we kicked off with a gathering in Sheffield, last November. The focus of the day was marketing and social media and video marketing.

Our most recent event was an Introduction to Ayurvedic Massage with Kathy Moores, held in Sheffield in February 2017, which was really well attended and enjoyed by everyone.

Events planned for the remainder of 2017 include massage meet ups in Sheffield, Leeds, Manchester and Middlesbrough. These events are totally free: a chance to meet other therapists, to talk massage, make connections, arrange massage swaps and make new friends.

In April Jen Wren will be giving a Kinesiology Taping Workshop In Leeds.

In June we will be holding a gathering in Sheffield. The focus of this day will be self-care, something that is very important for all therapists! We will not only be giving and receiving massage but spending part of the day caring for ourselves though meditation, yoga and relaxation.

In September in Manchester we hope to host Darien Pritchard from Dynamic Massage who will be teaching an Introduction to Hands-Free massage, this will be followed by another gathering in October and a final workshop in November led by Jane Midgley and Claire Feldkamp where we will be exploring fascial techniques.

The northern region is full of wonderful and diverse therapists who together create our community. We have a lively Facebook page and can also be found on Twitter - though both of these mediums we aim to connect everyone and build relationships where we can support, learn and grow from each other.

We are always keen for members to tell us how we can support them in their work, and what kinds of training they want to participate in.

**The Team:** Claire Feldkamp, Natalia Vrchovska, Gerry Andrews and John Mackie - **The whole team is at the Conference**



## West Country

[westcountry@massagetraining.co.uk](mailto:westcountry@massagetraining.co.uk)

### Events

Since April 2016 there have been swaps, socials and topical talks for MTI West country members. The talks were from Sarah Hoare on the critical issue of 'Self-Care' in July and Debbie Bird (from Able Growth) on developing your business plan and marketing your business.

### Representatives update

Kate and Victoria were joined in August by Krzys Klinowski and Lydia Spry, leading to an ambitious plan for the year which is being fulfilled. However, in December both Victoria and Krzys stepped away due to time and location constraints. The team want to thank them both for all their hard work. As a result, two new members have been recruited – Jitka Godoy and Dovile Arlauskite. Welcome to both of them!

### What's next

The ambitious plan continues over the next few months with a longer business course to aid 12 local delegates to develop their business plans, cut out procrastinations and set achievable goals. There will also be swaps and socials and plans are afoot for a skin-cancer awareness raising talk as well as a 'taping' workshop for therapists interested in sports massage. Watch this space...

**The Team:** Kate Browne, Lydia Spry, Jitka Godoy Dovile Arlauskaite

**Lydia and Jitka are at the Conference**





# MTI Research Group

The Research Group was started in July 2016 by MTI Chair, Earle Abrahamson. He put out a call for interested members to join him and the group now has 6 members. The group was formed to help ensure that MTI massage has a strong evidence and research base behind treatments – this was prompted by weaknesses in the recent NICE guidelines which considered whether to remove therapies like massage from the treatment of back pain and palliative care. Among other aims, the group plans to produce summaries of relevant research areas which will add knowledge and value to MTI membership; develop a stronger evidence-base for MTI training and practice; and encourage overall “research-mindedness” in MTI.

MTI practitioners and schools were surveyed to find the three main pathologies that occur during real-life massage intervention, and these were:

- Muscular tension and massage
- Chronic illness and pain and massage
- Emotional and psychological issues and massage

The group's initial work is to properly showcase previous MTI studies, produce up-to-date summaries of research in these three areas, plus write and publish some “how-to” articles about research (e.g. *How to Read a Research Article*). We are well on the way to achieving our initial aims.

If you're interested in joining the Research Group please contact Diana at [MTI@massagetraining.co.uk](mailto:MTI@massagetraining.co.uk)

# Faces to Names and Voices

Find out a bit more about the MTI team you may have been in contact with over the last year.



**Jenny Hampton** *Marketing Officer*

Jenny is a practising massage therapist and marketing consultant. Following covering Anna Glowacka's maternity leave she has joined the MTI team on a permanent basis as Marketing Officer. Jenny has been in post since March 2016 and is looking forward to meeting members at the conference.



**Anna Glowacka** *Membership Officer*

Anna joined the MTI team in 2011. Her role is to support the practitioner membership and the regional teams. She is also a massage therapist so has an understanding of the issues that bodyworkers face.



**Diana Newson** *Schools' and Student Officer*

Diana has been organising courses and exams for MTI since 2011. Before that she was a self-employed holistic massage practitioner and aromatherapist for 11 years. Her background as both a student and practitioner help inform her MTI work.



**Sarah Cohen** *New Tutors' Officer*

Sarah supports and guides new tutors as they gain accreditation and begin to teach. She joined the MTI team in 2011. She is also a tutor with the Bristol College of Massage and Bodywork, based in Worcester, so has an insight into the needs of new and practising tutors.



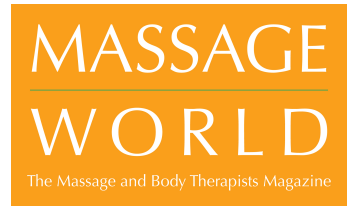
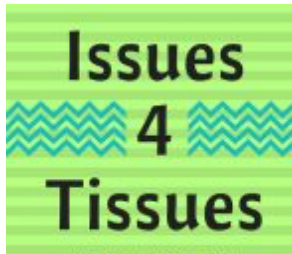
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