



The 'Superwoman' who can have it all may have been an invention of the 1980s, but it's a myth that persists. Many modern-day women find themselves run ragged between demanding jobs and caring for their family, with little space to look after themselves. And with more women waiting until later in life to have children with the effects of modern lifestyle taking their toll, infertility is also an increasing issue. Jayne Burke will explore Stress and the Modern Working Women and Clare Spink will share on Womb and Fertility Massage Therapy to dive into these topics in detail.

Women's health takes centre stage this year. The keynote address is given by Jenny Burrell, the founder of Burrell Education, the only education company in the UK dedicated to educating health professionals serving women throughout their major life phases. Jenny's speech focuses on how massage therapists are ideally placed to make a huge difference to the wellbeing of post-natal women, particularly in the areas of pelvic floor rehab, Diastasis Recti and respiratory dysfunction. She is also offering a workshop on the same topic.

The sedentary lifestyle brings a lot of clients to our doors. Long hours spent sitting at a desk or driving and little time spent in motion cause a variety of postural and muscular concerns. And as our world is increasingly based in the mind, the body's needs often get overlooked. In their Vital Motion workshop, Maya van der Galien and Iain Murdoch will

offer a range of exercises that show you how to come into contact with the body, unwind stuck postures and move in an authentic and nourishing way. Useful information for both therapist and client.

When it comes to working with muscular tension, how do you know that you are working in the right area? Client feedback and your own intuitive sense can take you so far, but add muscle testing to your toolkit and you can work even more effectively. Jane Langston and Earle Abrahamson's workshop on Muscle Testing for Modern Day Injuries offers precise tests to discover which muscles test weak and therefore need addressing – and it's not always the one you think!

Joint replacement surgery is on the increase in the UK, including knee replacements. In his workshop, The Painful Knee, Gavin Burt will show us how we can work with clients who have knee issues, even those we may have previously sent away.

There's nothing more natural than breathing, right? Another sad effect of the stresses and strains of modern life is that the way we breathe can be shallow and not give our body all the oxygen it needs. Gray Claws' Buteyko Breathing workshop offers a method for reinstating effortless breathing that moves from the diaphragm and improves the functional breath. It can help those with asthma, anxiety and

sleep disorders to breathe easy again.

According to the father of modern medicine Hippocrates, all disease starts in the gut, so having healthy digestion is a key factor in health and wellbeing. Science is discovering more and more about the importance of the gut microbiome and how fundamental it is in treating and preventing disease. In her workshop on the Importance of Gut Health, Susie Wilsher explains how nutrition and gut health influence a wide variety of issues such as immunity, mental health and abdominal pain to name a few.

And while the key is knowing how to best help our clients, knowing how to also take care of ourselves as therapists is essential. In her workshop MFR Me, Making Time for You in a Hectic World, Ruth Duncan will take you through how to use Myofascial Release to unwind stored tensions and emotions in the body. This workshop focuses on the inner journey, opening up deeper awareness in the body and increasing wellbeing.

As well as the chance to absorb information on these fascinating topics, the MTI conference is a great place to network and connect with other therapists going through the same journey as you. Whether you are an MTI member or not, you are assured of a friendly welcome and an engaging and heart-warming day.

Massage for the Modern World
Supporting Clients Tackling 21st Century Health Issues

Saturday 28th March 2020
 Solihull College

Tickets on sale now
www.mti-intouch.co.uk

Early Bird tickets available!

Jenny runs a private practice in Whitchurch, Shropshire and is also a member of, and the marketing officer for, the Massage Training Institute

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