



## REGISTRATION FORM

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Ph: \_\_\_\_\_

### I would like to register for:

- Fundamentals       Applied MFR  
 Jaw/Neck           Mastery  
 Healing & Transformation

I am able to bring a massage table       Yes       No

I am paying:       50% Deposit       Full Payment

### Payment type:

Direct Deposit     Credit Card     Cash

Cheque (made payable to "Infinite Horizons (NSW) Pty Ltd")  
Name on Card: \_\_\_\_\_

Amount Paid: \$ \_\_\_\_\_

Card # \_\_\_\_\_

Expiry \_\_\_\_ / \_\_\_\_    CCV# \_\_\_\_

### Booking Conditions:

1. Registration can be made with a 50% deposit accompanied by a Registration Form.
2. Full Payment is due 14 days prior to commencement of training (except Annual Retreat)
3. Cancellation within less than 21 days results in your deposit being forfeited. If cancellation occurs within 3 days of commencement of training full payment is forfeited. Alternatively, your payment can be transferred to another training.
4. CBT reserves the right to cancel or postpone any training in which case all monies will be refunded in full.

I have read and agree to the above conditions:

Signature \_\_\_\_\_

Date \_\_\_\_\_

On completion of these trainings you will have journeyed deeply into their own process, emerging with a greater sense of their soul's purpose as healers on the planet.

These workshops have been developed from the result of thousands of hours of clinical practice and extensive training in Myofascial Release, Deep Tissue Massage, Trigger Point Therapy and Craniosacral Therapy.

Send a 50% deposit with your registration form to secure a place to:  
Infinite Horizons (NSW) Pty Ltd  
PO Box 4117  
Oatley NSW 2223

ATMS Accredited for Continuing Education Points

To ensure the highest quality training, numbers per workshop will be limited

Location – Sydney, Australia

For more information contact  
Chris O'Brien | 0405 386256

[info@myofascialreleasetherapy.com](mailto:info@myofascialreleasetherapy.com)  
[www.myofascialreleasetherapy.com](http://www.myofascialreleasetherapy.com)



Incorporating direct and indirect Myofascial Release, Muscle Energy Techniques and Deep Tissue Massage. Through the vehicle of bodywork, we endeavour to teach the student the heart and essence of healing.

Presented by Chris O'Brien  
Telephone | 0405 386256

## Level 1 - Fundamentals of Myofascial Release & Deep Tissue Body Work

### In this training the student will learn:

- The theory and philosophy of Myofascial Release.
- Effective, powerful techniques for the shoulder girdle/neck, lower back & pelvis.
- How to effectively use their body weight for maximum efficiency and minimum fatigue.
- Effectively assess and treat musculoskeletal pain.
- Dramatically improve clinical results in the treatment of neck and shoulder pain, the pelvis and lower back.

### In this training we will explore:

- How Myofascial Release effects the emotional feeling body.
- How character traits are reflected in the body.

On completion of this training the student will have gained treatment protocols and techniques that will dramatically improve clinical results.

**Cost of Training:** \$400

**Duration of Training:** 2 days

## Level 2 - Applied Myofascial Release

Applied Myofascial Release will take the student deeper into the art of Myofascial Release and Deep Tissue Bodywork.

### In this training we will explore:

- The healing relationship.
- The body's own innate wisdom and it's capacity to self correct.
- Common conditions of the myofascial and musculoskeletal system.
- The body's innermost fascial tracts.

**Pre-requisite** – Fundamentals of MFR

**Cost of Training:** \$550

**Duration of Training:** 3 ½ days

## Level 3 - Jaw and Neck

Treatment of Jaw & Neck Dysfunction

### In this training the student will learn:

- How to assess and treat Temporo-mandibular joint dysfunction, a major source of chronic neck and shoulder pain.
- How to unwind the mandible and maxilla.
- Advanced techniques for the medial and lateral pterygoids, masseter, temporalis and buccinator.
- Advanced techniques for the superficial and deep fascia of the anterior neck.

### In this training we will explore:

- The emotional and physical causes of chronic jaw and neck pain.
- The spiritual dimensions of bodywork.

**Pre-requisite** – Applied Myofascial Release

**Cost of Training:** \$550

**Duration of Training:** 3 days

## Level 4 – Mastery

Unwinding the Fascia

### In this training the student will learn:

- Indirect Myofascial Release of the Cranium, Deep Posterior & Anterior fascia of the neck, limbs, thorax & lumbar spine.
- How to unravel energetic & fascial confusion in the body that perpetuates pain & disharmony in the bodymind.

### In this training we will explore:

- The fascinating phenomenon of fascial unwinding.
- The concept & experience of embodiment.
- The body's own innate wisdom and it's capacity to self correct.
- The organic consciousness of the body.

**Pre-requisite** – Deep Core Jaw/Neck

**Cost of Training:** \$690

**Duration of Training:** 4 days

## Level 5 - Healing & Transformation

Unwinding as a method for healing and transformation. Mastery II builds upon the skills learnt in Mastery.

### In this training we will explore:

- The Fascia, the Cerebrospinal Fluid & the Cranial Wave
- The art of holding a healing space
- Techniques to induce full body unwinding
- The organic consciousness of the body
- Working as a group to facilitate a profound space for healing
- How the transformation of the individual acts as a catalyst for planetary healing
- The art of listening & responding to the subtle energies & movements with the bodymind
- Learning how to trust the innate wisdom of the body

**Pre-requisite** – Mastery

**Cost of Training:** \$690

**Duration of Training:** 4 days