

2023 National Conference Scholarship Winner Report

My first Massage & Myotherapy Australia conference experience was definitely one to remember.



Firstly, thank you to everyone on the Massage & Myotherapy Australia team who made it possible for me to receive this opportunity. I touched down in New Zealand a day before the Conference accompanied by my husband and one-year-old son. I was just in time for the pre-conference function event hosted by Massage Champions! Thank you James and Elicia Crook, what a fun way to start the conference weekend and get to know some like-minded therapists. Day 1 of the Conference had the hotel lobby and conference areas buzzing! We officially began the day with a traditional Māori welcome ceremony which left us all in awe and excited to be part of this community.

The weekend presented some amazing opportunities to learn from experts and make valuable connections with other therapists. I had the privilege of hearing from Aubrey Gowing, Bruce Stark and Lily Chiu, who all shared valuable insights, techniques and new knowledge which I have already started implementing into my practice.

One key theme which stood out to me was the benefits of adopting a balanced and more mindful approach, challenging the notion of 'no pain, no gain' although still appreciating that it works. We looked into how the body responds to threats and that in order for our treatments to be effective long term, we need to allow the nervous system to relax. If we are not aggressive, the body yields. This perspective resonated with me and was refreshing to hear.

Since attending the Conference, I have successfully implemented the skills I acquired into my practice back in Sydney. At Kavanah Care, we focus on providing support to women throughout their fertility, pregnancy, birth and postpartum journeys. We are commonly presented with dysfunctions of the pelvis, shoulder and TMJ and so this conference offered me the ideal platform to learn new techniques and gain diverse perspectives on these specific areas.

The Gala dinner was a highlight! What a beautiful community of therapists Massage & Myotherapy Australia has created. We all had a great time chatting, getting to know each other and having a boogie on the dance floor. I look forward to attending next year's conference and connecting with everyone once again. Thank you once again Gary Lavis, the Board of Directors and the Conference Committee for making this opportunity possible and one to remember!

Shaili Nadav

6TH NATIONAL CONFERENCE

- Held in Sydney with the theme *Back to Function*.

HIGHLIGHTS

- National Conference Scholarship Scheme introduced.

2010

Te whakaeatanga e
It is completed

Te whakaeatanga e
It is done

Tēnei te Kaupapa ka ea
We have achieved our purpose

Tēnei te wānanga ka ea
Completed our forum

Te mauri o te Kaupapa ka whakamoea
Let the purpose of our gathering rest for now

Te mauri o te wānanga ka whakamoea
Let the vitality of our discussions replenish

Koa ki runga, koa ki raro
We depart with fulfilled heart and minds

Haumi e, hui e, tāiki e
Bonded in our common goal and unity

—
Noho ora mai (all the best),
Bernie Te Moni-Withington, Massage
New Zealand Co-Chair
Karakia (prayer) by Te Manahau Morrison
(better known as Scotty Morrison)

SAVE THE DATE

The 2024 National Conference will be held at the Twin Towns Conference and Function Centre in Tweed Heads, NSW on 18-19 May 2024.

This fantastic venue is right on the New South Wales/Queensland border and is only a ten-minute drive from the Gold Coast International Airport.
More information coming soon.