

The Richard Royster Institute presents

September 25-27, 2008

3-day Workshop in Odenwald, Germany

HOSHINO THERAPY®

The Biomechanical Origins of Pain

with Bodhi F. Kocica, LMT

Over 70% of all pain has a biomechanical origin. The Hoshino method will give you all the tools and skills you need to quickly and accurately localize the areas of wear and tear and provide a solution to pain, not just temporary relief.

In this intensive, hands-on training you will learn:

The Hoshino Therapy 270 Acu-point System and unique manual techniques for the early detection and solution of biomechanical pain.

The Hoshino Preventive Evaluation: How to assess ROM, joint function, overall coordination and gait patterns and detect patterns of wear and tear even before pain happens.

Conditioning the Body and Preparing the Hands: How to develop tactile sensitivity, maintain the vitality of soft tissues and freedom of movement in the joints.

The Prevention of Pain for the Therapist: How to work with correct body mechanics, self-treatment of the hands and forearms, the importance of daily exercise.

The Hoshino Exercises: Learn 4 simple exercises, the minimum daily requirement for exercise, that will lubricate your tissues and joints, while promoting harmonious coordination. DVD available.

Posturcize: Movements for Pain-free Living: Learn a 15-minute routine choreographed to music that relieves and prevents pain in back, neck, shoulders, arms and hands. Effective for repetitive motion trauma and carpal tunnel pain. DVD available.



Bodhi F. Kocica, LMT is a direct disciple of Professor Tomezo Hoshino. He is the Director of the Hoshino Therapy Clinic in Miami since 1981, Director of the Hoshino Apprenticeship Program and a Certified Instructor of the American Oriental Bodywork Therapy Association (AOBTA). He is co-author of the DVDs, "Posturcize Part I & II: Movements for Pain-free Living." He brings a great sense of humor and over 30 years expertise to his workshops.

VISIT www.hoshinotherapy.org for more information.

CONTACT BODHI: US Tel: 305-666-2243. Email: info@hoshinotherapy.org

DATE & TIME: September 25-27, 2008, 9.00-17.00 daily.

LOCATION: Grasellenbach in Odenwald, Germany (nearest airport, Frankfurt with easy connections to Grasellenbach by train and bus; one hour by car from Frankfurt, 30 minutes from Heidelberg).

WORKSHOP COST: €99 Euros per Level. (Visit www.xe.com for exchange rates).

PREREQUISITES: Background in Bodywork, Physical Therapy, Occupational Therapy or Exercise Physiology is helpful.

MATERIALS PROVIDED: Flowchart of Hoshino Treatment and Practice DVD.

WORKSHOP REGISTRATION: Contact Monika Weller in Germany 0049-2302-48110 (US: 011-49-2302-48110).

ACCOMODATIONS: Lodging with full pension (3 full meals per day) at Hotel Die Dorflinde, plus full privileges to amenities at 4-star Hotel Siegfriedbrunnen. Hotel reservations should be made directly with Hotel Dorflinde, c/o Ms. Petermann, Landgasthof Dorflinde, Siegfriedstr. 14, 64689 Grasellenbach, Germany. Tel. 0049-06207-92290, www.Landgasthof-dorflinde.de, info@landgasthof-dorflinde.de. Please mention Richard royster Institute to receive special group rate discount: Single room with full pension per person: €62; Double room with full pension per person: €54; Daily fee for non-hotel guests (lunch and coffee break): €15.

AMENITIES AT RING HOTEL SIEGFRIEDBRUNNEN/HOTEL DIE DORFLINDE

- Attractive single or double rooms with view private bath or shower with Satellite TV and telephone
- Large breakfast buffet with fresh fruit, yoghurt, granola, cold cuts and cheese, jams, rolls, hard-boiled eggs, juice, tea or coffee
- Coffee break- cookies and mineral water
- Lunch & dinner buffet- 3 entrees (one vegetarian) plus soup, vegetables, large salad buffet, and two desserts
- Full access to all amenities at 4-star Hotel Siegfriedbrunnen (next door): Sauna with free champagne and orange juice, Solarium, indoor swimming pool, large outdoor seawater pool with sun-bathing, tennis courts, mini-golf , ping-pong
- Recreation: nature hikes in Odenwald Forest (**UNESCO REGION**).

Directions by car:

Coming from the north, take A5 towards Heppenheim from the Autobahn. In Heppenheim go direction Furth. In Furth follow signs to Grasellenbach.

Coming from the south, at the A5-Intersection in Weinheim, go direction Weinheim, then go direction Furth. Follow signs in Furth to Grasellenbach.

