

Wellness en Pointe Collective

empowering man & woman to remember that we are all creative beings of love

NEUROMUSCULAR RELEASE (NMR) WORKSHOP

Do you suffer from a sore back, sore neck, painful hips, painful knees, sore shoulders, painful wrists?

Would you like to help someone who does?

Neuromuscular Release is a technique that is a treatment through the physical body. This helps to re-educate the muscles to function the way they are meant to. It works to simultaneously realign skeletal and muscular systems without inflicting any trauma to the nervous system.



This treatment compliments massage therapy or can be used on its own. The only equipment required is a massage table and four towels.

When: March 21st & 22nd 2026

Arrive: 8.15am sharp for a 8.30am start – 4.30pm both days

Please allow enough time to arrive promptly for all sessions as to honour the group by not disturbing others.

Energy Exchange Early Bird \$595.00 (full payment to be received by 21st February 2026)

Or \$695.00 after this date to confirm attendance.

(Review Price \$295)

Upon booking, please let me know if you have your own massage table

To book text Susie Jalil 0478 959 897 or Email info@wellnessenpointecollective.com

Participant numbers will be limited so be in quick with your commitment.

BSB: 514179 A/C: 1793333 * name and NMR as reference

Venue: Elemental Connection, Shop 1A, 1 Finucane Road, Capalaba

BYO Lunch

*** Morning & Afternoon tea supplied.**

You need to bring: journal & pen, water, 2x large towels, 2x small towels, cushion or pillow, socks (if cool).

What to Wear: comfortable loose clothing (recommend long pants/shorts)

Short fingernails are highly recommended

Cancellation Policy:

If I cancel the workshop a full refund is given

Your non-attendance; you will forfeit your monies paid (payment non-fundable)

www.wellnessenpointecollective.com