

## Stone Sports Therapy is moving.....to LEEDS!

Stone Sports Therapy is excited to announce that it will be moving to Leeds as of the 2nd July 2015. It is a big and exciting move for Stone Sports Therapy and I'm really looking forward to the challenge of taking the business to a new location and hopefully making it even bigger and better than before.

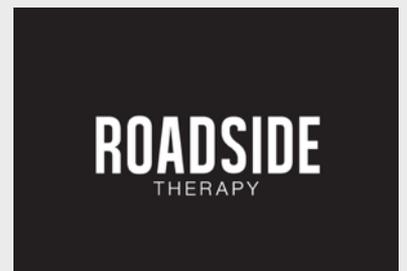
It has been a great year working in Eastbourne and I will be sad to leave such a great town. I would like to say a massive thank you to all my brilliant clients who have made the last year such a good one for Stone Sports Therapy. As many of my clients already know, I will still be returning to Eastbourne once a month to continue my Sports Massage teaching, and will be running a clinic day alongside this, so keep an eye out for these dates which will be posted on the Stone Sports Therapy Website and Facebook Page. I also have connections with other great therapists in Eastbourne and will be more than happy to provide recommendations to other therapists.

I am very excited for the upcoming move to Leeds. Clinic details are to be confirmed shortly, so watch this space for more information. If you are based in Leeds or know people who are let them know that Stone Sports Therapy will be in Leeds from 2nd July!!

## Roadside Therapy

I am very excited to now be part of the Roadside Therapy Team. Roadside Therapy provide manual therapy and treatment for sporting events worldwide and I cannot wait to attend some great events with as part of this team.

[www.roadsidetherapy.co.uk](http://www.roadsidetherapy.co.uk)



## Eroica Britannia Cycling Festival

Only a few days after joining the Roadside Therapy Team I was already attending my first event. The Eroica Britannia Cycling festival was held over the 19th-21st June 2015 and I was there with a team from Volvo UK working on their "Cykling" stand. Alongside other therapists, coaches and members of the Madison Genesis Cycling team we spent the weekend encouraging people to take part in the Volvo "Cykling" challenge.

The “Cykling” challenge involved people at the event to jumping onto a Watt Bike and completing a 400m sprint in the fastest time possible. I was on hand with another therapist to provide post event massages to those taking part in the challenge and to those involved in the festival riding 30mile, 50mile or 100miles in the Peak District. It was great to see so many people getting involved in the challenge - and getting very competitive striving for a place on top of the leader board.



## AHG Sports Therapy Conference 2015 & Malawi Fundraiser

This years Sports Therapy Conference was held in Manchester, followed by an evening of celebrations and Malawi Fundraiser. It was a day full of fantastic and interesting talks and workshops that really emphasised just how much this industry is growing and developing - followed by an evening of great music and company. It was brilliant to spend the day surrounded by so many friends and sports therapists who are so passionate about what they do. I love being part of this industry and cannot wait to keep learning and working alongside such amazing people. A massive thank you to everyone at Active Health Group for organising such a fantastic day!



## Advanced Myofascial Release Course

This month I spent an amazing 2 weeks up in Manchester on the Advanced Myofascial Release course with Active Health as part of my Level 6 Sports Therapy Training! It was such a great course learning how to release fascia from head to toe in order to correct postural alignment, release pain and correct body movements. It's amazing how much fascia influences our muscles, posture and movement and how much we can do as therapists in order to correct the problems that can be created through fascial restrictions. I am very excited to be incorporating these brilliant skills into my treatments and be able to make even more positive changes for my clients.



If you want to know more about how myofascial release and sports therapy treatments can help you get in contact: [07533264485](tel:07533264485) / [info@stonesportstherapy.co.uk](mailto:info@stonesportstherapy.co.uk) / [www.stonesportstherapy.co.uk](http://www.stonesportstherapy.co.uk)

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