



The ACE Retreats are a mix of clinically relevant workshops, networking with likeminded health practitioners, amazing food, adventure and fun in incredible locations.

As with all of ACE's Manual Therapy Retreats, you can expect a variety of workshop topics that will cater for everyone, regardless of your interests, experience or specialty. We always bring new and different workshop content to our Retreats that you won't find in our standard workshops and seminars.

Prepare to spend 7 luxurious nights in this picturesque part of the world, with a nice mixture of learning, relaxing, exploring and indulging in everything that the Greek Islands have to offer.

You will have ample time to explore the region, soak up the culture and sunshine, and make memories that you'll take with you forever.

SANTORINI

Our 2025 Manual Therapy Retreat will be located in picture perfect Santorini!

Part of the Cyclades island group, Santorini (officially known as Thira) is famous for its breathtaking sunsets and crystal clear waters rippling over the Caldera.

With its whitewashed houses, blue-domed churches and never-ending vineyards, Santorini is Greece at its traditional best.







Black shining pebbles, unique land formations and black, white and red sands come together to create unforgettable scenery.

As evening approaches, people flock to the beautiful town of Oia to watch the brilliant sun sink beneath the shimmering Aegean Sea.

EL GRECO RESORT

We have chosen the stunning EL GRECO RESORT to host our 2025 Manual Therapy Retreat.

El Greco Resort is the biggest hotel on the island and is located just south of Santorini's magnificent capital, Fira.

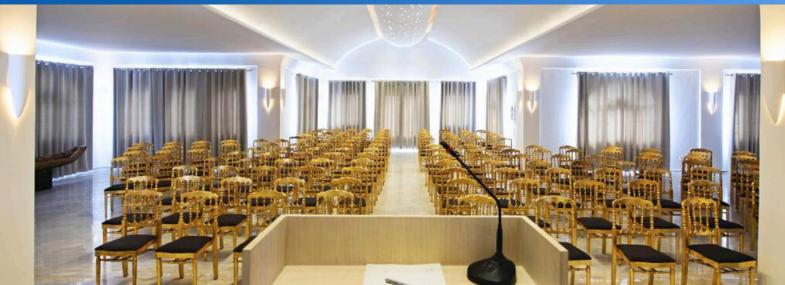
El Greco Resort boasts an adult only spa centre, 5 outdoor swimming pools, 1 indoor pool, a pool bar, as well as 2 restaurants and a gym.











EL GRECO RESORT CONT...













El Greco is located within 10-minute walking distance to Fira, Santorini's capital.

Fira is a vibrant town, full of life, delicious food and stunning caldera views.

SCHEDULE



GROUP ACTIVITIES

WELCOME COCKTAIL PARTY

Join us for two hours of all inclusive food and drinks, get to know your fellow Retreat attendees and the ACE Team, and celebrate the start of a week to remember!

ACE RACE

Based on the TV show "The Amazing Race", this activity not only helps you get to know the area, but also each other. Set tasks will challenge your creativity, problem solving ability and team work skills. This one is always a hit with Retreat attendees.



ACE Cruise Manual Therapy Retreat 2024

RETREAT OLYMPICS

Always a highlight of our Retreats, the ACE Olympics is a fun and entertaining group activity, where attendees get to compete in a range of challenges, with lots of laughs guaranteed.

RETREAT FAREWELL DINNER

The perfect way to round out and celebrate the end of our Retreat. Our farewell dinner is all inclusive (food and drinks) in one of the most stunning seaside locations in Santorini (Kamari Beach). Amazing food and incredible views are just the beginning. Our farewell dinner is generally followed by a night of celebration for those who are up for a party!



Mexico Manial Therapy Retreat 2023

WORKSHOPS

We have included wide range of clinically relevant topics for our workshops, utilising the most up to date research.

You can choose to attend all of them or leave some out - completely up to you to decide!*

*Professional development hours on your certificate will reflect the workshops you have attended.

MONDAY 5th May 2025

WORKSHOP 1: Developing Efficiency for Distance Running: A Practical Approach.

TIME: 6:00am DURATION: 1 hour

Running is possibly one of the most natural forms of exercise, yet so many of us struggle to find a way to do it comfortably and efficiently. This workshop will provide simple and easy to adopt skills that will allow you to decrease running related pain and injury, while increasing the ease at which you or your patients can run longer and more comfortably. This session will involve the practicing of a range of running techniques, but you do not need to be an experienced runner to participate.

WORKSHOP 2: Deconstructing Myths in Manual Therapy: An Updated Perspective for Practice.

TIME: 9:00am DURATION: 1 hour

This presentation will aim to discuss and deconstruct many myths and misconceptions in manual therapy. This will challenge your thoughts and ideas about what we do in clinical practice and how our understanding has evolved over time. The focus will be to provide a contemporary view of manual therapy that are based on solid clinical reasoning and current science, while discussing gaps in understanding and research.

WORKSHOP 3: From Injury to Sport Performance: Rehabilitation Strategies for the Ankle.

TIME: 10:00am DURATION: 3 hours

This workshop will provide a clinical perspective on how to manage acute ankle injuries from onset through to return to sport and beyond. This workshop will focus on physical assessments and structuring progressive rehabilitation to aid in the return to sport or return to normal functional activity.

TUESDAY 6th May 2025

WORKSHOP 4: Deconstructing the Deadlift.

TIME: 6:00am DURATION: 1 hour

The deadlift... Is it the greatest strength exercise one can do, or is it risky business? This practical workshop will break down the deadlift technique and aims to provide practical strategies to restore safety and confidence in lifting heavy weights.

WORKSHOP 5: Assessment of Acute Knee Injuries.

TIME: 9:00am DURATION: 2 hours

Participants will be guided through a practical workshop focusing on the anatomy of the knee and using this understanding to perform a physical assessment for acute type injuries. Developing a structured screening process, will allow participants to more efficiently, and effectively, identify injury and triage or manage as appropriate.

WORKSHOP 6: The Stiff and Painful Shoulder.

TIME: 11:00am DURATION: 2 hours

This workshop integrates physical assessment with manual therapy treatment to progressively restore pain free function in the shoulder. Participants will be guided through a common-sense approach to assessment while integrating of a range of passive and active joint mobilisation techniques.

WORKSHOPS CONT...

THUSRDAY 8th May 2025

WORKSHOP 7: Manual Interventions for the Lymphatic System.

TIME: 9:00am DURATION: 2 hours

Participants will be guided through the foundational science and a range of manual lymphatic drainage techniques, for a range of different presentations. The practical workshop will provide participants with the foundational skills to use novel MLD approaches in clinical practice.

WORKSHOP 8: Examining the Cervical Spine Anatomy: A Practical Focus.

TIME: 11:00am DURATION: 2 hours

In this practical workshop, participants will be exploring the complex anatomy of the cervical spine. The focus of this workshop will be to zoom in using 3D anatomy technology to improve your anatomical understanding and apply this understanding to manual palpation. This will include considering the gross musculoskeletal anatomy and the major neural and vascular structures, we will then aim to peel back the layers and examine the anatomy of cervical spine joints and their movements.

FRIDAY 9th May 2025

WORKSHOP 9: Mindfulness Strategies for Clinical Practice.

TIME: 8:30am DURATION: 1 hour

The connection between mental health and physical health is now a well-established and well researched topic. As Manual Therapists, having some practical skills to help patients with managing stress, developing focus and improving clarity of thought can be a true asset in clinical practice. In this session, participants will use an experiential approach to understanding and developing their ability to use mindfulness to support their patient's goals.

ADDITIONAL SESSIONS:

Trivia

DATE: Sunday 4th May 2025 **TIME:** 4pm **DURATION:** 1 hour A fun and engaging team exercise to test your brain and make new friends.

Q&A Panel: Business

DATE: Tuesday 6th May 2025 **TIME:** 5pm **DURATION:** 1.5 hours

This session will be an open, relaxed discussion with the group, and is your chance to fire your questions at the ACE Team and draw on decades of experience in business. Whether you're a business owner yourself, looking to start your own business, or looking for strategies to improve and grow your business, this panel is for you.

Q&A Panel: Clinical Content

DATE: Thursday 8th May 2025 **TIME:** 5pm **DURATION:** 1.5 hours

This session will be an open, relaxed discussion with the group, and is your chance to fire your questions at the ACE Team for any and all topics relevant to clinical practice. Got a patient that is an absolute head-scratcher? Have a case study you want discussed? Want clarification on a topic raised in a recent workshop or webinar? Or simply want a different perspective or opinion on a clinical presentation? This Q&A is for you.

TOTAL NUMBER OF PROFESSIONAL DEVELOPMENT HOURS = 20+

(includes additional online learning resources)

STANDARD ROOM TICKETS

STANDARD ROOM \$5,050.00

This ticket option is for those wishing to attend the retreat and will not have another person sharing the room with them.

Ticket price includes the following:

- 7 nights accommodation in a Standard Room at El Greco Resort (breakfast included) for 1 x retreat attendee ONLY.
- Attendance to all retreat workshops for 1 x retreat attendee ONLY.
- 2 hour Welcome Cocktail Party (drinks & canapes included) for 1 x retreat attendee ONLY.
- Farewell Group Dinner at local restaurant in Kamari Beach (includes food, drinks & transport to/from restaurant) for 1 x retreat attendee ONLY.
- Transfer to and from Port/Airport to resort for 1 x retreat attendee ONLY.
- Manual Therapy Retreat 2025 T-shirt for 1 x retreat attendee ONLY.
- Participation in all additional retreat social activities run by the ACE crew for 1 x retreat attendee ONLY.





STANDARD DOUBLE ROOM – bring a plus one \$5,400.00

This ticket option is for those wishing to attend the retreat and bring their partner/friend/family member along for a holiday.

- 7 nights accommodation in a Standard Room at El Greco Resort (breakfast included) for 1 x retreat attendee PLUS their partner/friend/family member.
- Attendance to all retreat workshops for 1 x retreat attendee ONLY.
- 2 hour Welcome Cocktail Party (drinks & canapes included) for 1 x retreat attendee PLUS their partner/friend/family member.
- Farewell Group Dinner at local restaurant in Kamari Beach (includes food, drinks & transport to/from restaurant) for 1 x retreat attendee PLUS their partner/friend/family member.
- Transfer to and from Port/Airport to resort for 1 x retreat attendee PLUS their partner/friend/family member.
- Manual Therapy Retreat 2025 T-shirt for 1 x retreat attendee ONLY.
- Participation in all additional retreat social activities run by the ACE crew for 1 x retreat attendee ONLY.

STANDARD ROOM TICKETS CONT...

STANDARD DOUBLE ROOM – shared with another retreat attendee \$3,800.00

This ticket option is for those wishing to attend the retreat and have a friend/partner/family member who is a practitioner that will also be attending the retreat workshops.

**Note: each retreat attendee must purchase their own ticket.

Ticket price includes the following:

- 7 nights accommodation in a Standard Room at El Greco Resort (breakfast included) for 1 x retreat attendee ONLY.
- Attendance to all retreat workshops for 1 x retreat attendee ONLY.
- 2 hour Welcome Cocktail Party (drinks & canapes included) for 1 x retreat attendee ONLY.
- Farewell Group Dinner at local restaurant in Kamari Beach (includes food, drinks & transport to/from restaurant) for 1 x retreat attendee ONLY.
- Transfer to and from Port/Airport to resort for 1 x retreat attendee ONLY.
- Manual Therapy Retreat 2025 T-shirt for 1 x retreat attendee ONLY.
- Participation in all additional retreat social activities run by the ACE crew for 1 x retreat attendee ONLY.





STANDARD TRIPLE ROOM – bring plus two \$6,350.00

This ticket option is for those wishing to attend the retreat and bring 2 additional people (partner/friend/family member) along for a holiday.

- 7 nights accommodation in a Standard Room at El Greco Resort (breakfast included) for 1 x retreat attendee PLUS 2 additional people (partner/friend/family member). Please note: 3rd bed supplied is a sofa bed.
- Attendance to all retreat workshops for 1 x retreat attendee ONLY.
- 2 hour Welcome Cocktail Party (drinks & canapes included) for 1 x retreat attendee PLUS 2 additional people (partner/friend/family member).
- Farewell Group Dinner at local restaurant in Kamari Beach (includes food, drinks & transport to/from restaurant) for 1 x retreat attendee PLUS 2 additional people (partner/friend/family member).
- Transfer to and from Port/Airport to resort for 1 x retreat attendee PLUS 2 additional people (partner/friend/family member).
- Manual Therapy Retreat 2025 T-shirt for 1 x retreat attendee ONLY.
- Participation in all additional retreat social activities run by the ACE crew for 1 x retreat attendee ONLY.

SUPERIOR ROOM TICKETS

SUPERIOR ROOM \$5,450.00

This ticket option is for those wishing to attend the retreat and will not have another person sharing the room with them

Ticket price includes the following:

- 7 nights accommodation in a Superior Room at El Greco Resort (breakfast included) for 1 x retreat attendee ONLY.
- Attendance to all retreat workshops for 1 x retreat attendee ONLY.
- 2 hour Welcome Cocktail Party (drinks & canapes included) for 1 x retreat attendee ONLY.
- Farewell Group Dinner at local restaurant in Kamari Beach (includes food, drinks & transport to/from restaurant) for 1 x retreat attendee ONLY.
- Transfer to and from Port/Airport to resort for 1 x retreat attendee ONLY.
- Manual Therapy Retreat 2025 T-shirt for 1 x retreat attendee ONLY.
- Participation in all additional retreat social activities run by the ACE crew for 1 x retreat attendee ONLY.





SUPERIOR DOUBLE ROOM – bring a plus one \$5,800.00

This ticket option is for those wishing to attend the retreat and bring their partner/friend/family member along for a holiday.

- 7 nights accommodation in a Superior Room at El Greco Resort (breakfast included) for 1 x retreat attendee PLUS their partner/friend/family member.
- Attendance to all retreat workshops for 1 x retreat attendee ONLY.
- 2 hour Welcome Cocktail Party (drinks & canapes included) for 1 x retreat attendee PLUS their partner/friend/family member.
- Farewell Group Dinner at local restaurant in Kamari Beach (includes food, drinks & transport to/from restaurant) for 1 x retreat attendee PLUS their partner/friend/family member.
- Transfer to and from Port/Airport to resort for 1 x retreat attendee PLUS their partner/friend/family member.
- Manual Therapy Retreat 2025 T-shirt for 1 x retreat attendee ONLY.
- Participation in all additional retreat social activities run by the ACE crew for 1 x retreat attendee ONLY.

SUPERIOR ROOM TICKETS CONT

SUPERIOR DOUBLE ROOM – shared with another retreat attendee \$4,000.00

This ticket option is for those wishing to attend the retreat and have a friend/partner/family member who is a practitioner that will also be attending the retreat workshops.

**Note: each retreat attendee must purchase their own ticket.

Ticket price includes the following:

- 7 nights accommodation in a Superior Room at El Greco Resort (breakfast included) for 1 x retreat attendee ONLY.
- Attendance to all retreat workshops for 1x retreat attendee ONLY.
- 2 hour Welcome Cocktail Party (drinks & canapes included) for 1 x retreat attendee ONLY.
- Farewell Group Dinner at local restaurant in Kamari Beach (includes food, drinks & transport to/from restaurant) for 1 x retreat attendee ONLY.
- Transfer to and from Port/Airport to resort for 1 x retreat attendee ONLY.
- Manual Therapy Retreat 2025 T-shirt for 1x retreat attendee ONLY.
- Participation in all additional retreat social activities run by the ACE crew for 1 x retreat attendee ONLY.





SUPERIOR TRIPLE ROOM – bring plus two \$6,750.00

This ticket option is for those wishing to attend the retreat and bring 2 additional people (partner/friend/family member) along for a holiday.

- 7 nights accommodation in a Superior Room at El Greco Resort (breakfast included) for 1 x retreat attendee PLUS 2 additional people (partner/friend/family member).
 Please note: 3rd bed supplied is a sofa bed.
- Attendance to all retreat workshops for 1x retreat attendee ONLY.
- 2 hour Welcome Cocktail Party (drinks & canapes included) for 1 x retreat attendee PLUS 2 additional people (partner/friend/family member).
- Farewell Group Dinner at local restaurant in Kamari Beach (includes food, drinks & transport to/from restaurant) for 1 x retreat attendee PLUS 2 additional people (partner/friend/family member).
- Transfer to and from Port/Airport to resort for 1 x retreat attendee PLUS 2 additional people (partner/friend/family member).
- Manual Therapy Retreat 2025 T-shirt for 1x retreat attendee ONLY.
- Participation in all additional retreat social activities run by the ACE crew for 1 x retreat attendee ONLY.

SUPERIOR ROOM TICKETS CONT...



SUPERIOR TRIPLE ROOM – shared with 2 other retreat attendees \$3,700.00

This ticket option is for those wishing to attend the retreat and have 2 additional people (friend/partner/family member) who are also practitioners that will be attending the retreat workshops.

- **Note: each retreat attendee must purchase their own ticket. Ticket price includes the following:
 - 7 nights accommodation in a Superior Room at El Greco Resort (breakfast included) for 1 x retreat attendee ONLY. Please note: 3rd bed supplied is a sofa bed.
 - Attendance to all retreat workshops for 1 x retreat attendee ONLY.
 - 2 hour Welcome Cocktail Party (drinks & canapes included) for 1 x retreat attendee ONLY.
- Farewell Group Dinner at local restaurant in Kamari Beach (includes food, drinks & transport to/from restaurant) for 1 x retreat attendee ONLY.
- Transfer to and from Port/Airport to resort for 1 x retreat attendee ONLY.
- Manual Therapy Retreat 2025 T-shirt for 1 x retreat attendee ONLY.
- Participation in all additional retreat social activities run by the ACE crew for 1 x retreat attendee ONLY.

PAYMENT PLANS

Payment plans are available for this event. Instalment amounts are outlined below:

10 x EQUAL MONTHLY INSTALMENTS COMMENCING IN MAY 2024

TICKET TYPE	PAYMENT PLAN TOTAL (INC. \$100.00 NON-REFUNDABLE ADMIN/TRANS FEE)	INSTALMENT AMOUNTS
STANDARD ROOM	\$5,150.00	\$515.00
SUPERIOR ROOM	\$5,550.00	\$555.00
STANDARD DOUBLE ROOM (bring a plus one)	\$5,500.00	\$550.00
SUPERIOR DOUBLE ROOM (bring a plus one)	\$5,900.00	\$590.00
STANDARD DOUBLE ROOM (shared with another retreat attendee)	\$3,900.00	\$390.00
SUPERIOR DOUBLE ROOM (shared with another retreat attendee)	\$4,100.00	\$410.00
STANDARD TRIPLE ROOM (bring plus two)	\$6,450.00	\$645.00
SUPERIOR TRIPLE ROOM (bring plus two)	\$6,850.00	\$685.00
SUPERIOR TRIPLE ROOM (shared with 2 other retreat attendees)	\$3,800.00	\$380.00

To request a payment plan, please email admin@advancedclinicaled.com.

For payment plans initiated after May 2024, the number of instalments will change accordingly - this information will be shared with you should it apply. All payment plans must be paid out by February 2025.

OPTIONAL TOUR

Wednesday 7th May 2025 is a scheduled free day.

We have arranged an optional bus tour through the island that you can add

for an additional cost.

SANTORINI HIGHLIGHTS TOUR \$125 PER PERSON

After a coach pickup at the resort, guests will be driven to Profitis Ilias, the highest point on the island. Take in an incredible panorama of the entire island of Santorini, and the stunning deep blue color of the Aegean Sea while learning about the island's fascinating volcanic history. Wander around the courtyard of the 18th-century monastery that sits on top of the mountain. Then visit the Saint Nektarios chapel and enjoy the tranquillity of your surroundings.

Continue to the village of Pyrgos, a hidden gem of Santorini. Wander through its winding alleys and immerse yourself in its traditional atmosphere. See typical houses, blue-domed churches, and quaint shops. Walk up to its imposing castle for beautiful vistas of the surrounding area.

The next stop is Emporio, where you will join a guided walk and visit the small Venetian fortress. Discover the many doorways, windows, alleys, and arches of this picturesque medieval village. This is followed by plenty of free time to go swimming in the sea or have lunch at one of the Greek tavernas facing the Perissa Black Sand beach.

In the afternoon, take the opportunity to taste local Santorinian wine, one of the most famous products of the island. Learn about the winemaking process and enjoy a private wine tasting session of 3 wines made of local grape varieties.

Arrive at the cliff-top village of Oia with its famous blue-domed churches. Embark on a guided walk from Saint George's Church in the most peaceful part of Oia. Learn about Oia's glorious maritime past and admire elegant captains' mansions and cave-like houses along the way.

Once at the bustling castle area, enjoy some free time to take some photos, shop, or have a relaxing drink. Finally, watch an incredible sunset before meeting up with your guide opposite Platsani Church. Board the bus for a relaxing evening journey with drop-off back at El Greco Resort.



SANTORINI HIGLIGHTS TOUR STOPS

1. Emporio Village

Explore one of the oldest and most authentic traditional villages of Santorini, built like a small labyrinth and visit its medieval fortress (15th century).

2. Akrotiri Excavation Site

Guided tour of the so-called "Prehistoric Pompei" or "Lost Atlantis", buried and preserved by the volcanic ash of one of the largest volcanic eruptions in human history (17th century BC).

3. Perissa Beach

Enjoy free time to have lunch and relax at one of the longest black sandy beaches in the Cyclades and the most popular beach of Santorini.

4. Santorini Winery

Taste Santorini's distinctive wines and learn about one of the oldest vineyards in Europe.

5. Profitis Ilias Mountain

Short stop at the highest peak of Santorini (567 meters) to admire the striking panoramic view of the entire island.

6. Oia Village

Transfer to the popular village of Oia and the most photographed place in Greece. Enjoy free time to experience its legendary sunset.

Included:

- Pick up/Drop off
- Wine Tasting (3 wines)

Not included:

- Entrance fees at Akrotiri Archaeological site
- Lunch







ACE CREW

PRESENTERS



SHAUN BREWSTER
Founder & Executive Director

Musculoskeletal Therapist, Exercise Physiologist.



BODINE LEDDEN
Director of Education

Soft Tissue Therapist, Master of Educational Neuroscience.



DALTON YATES
Assistant Educator & Student
Support

Remedial Massage Therapist.



AMANDA KILMINSTER
Assistant Educator

Remedial Massage Therapist.

RETREAT CO-ORDINATOR



GABRIELLE BREWSTER
Director of Finance & Human
Resources

Myotherapist

EVENT SUPPORT



ELISA KALLIOSALO
Executive Assistant &
Marketing Manager



NICK KILMINSTER
Activities Co-ordinator

ALL ENQUIRIES: <u>ADMIN@ADVANCEDCLINICALED.COM</u>

TRAVEL AGENT



JESS CHAMBERS

Personal Travel Manager

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jess.chambers@travelmanagers.com.au

https://travelmanagers.com.au/ptm/JessChambers/

Travel Managers
As individual as you are

travelmanagers.com.au

Our personal Travel Manager, Jess, is ready to turn your travel dreams into reality.

With 14 years of industry experience and a passion for exploration, Jess specialises in crafting personalised experiences tailored to your preferences. Please contact Jess for help with the following:

- International Flights & Internal Europe Flights
- Ferries & transfers to Santorini & beyond
- Red Cruise Sunset Tours
- Athens pre or post retreat packages
- Itinerary planning
- Independent & Group travel
- Travel Insurance

CANCELLATION POLICY

150 days or more prior to the first day of the retreat (Wed 4th Dec) = Cancellation charge of \$250.00.

149-121 days prior to the first day of the retreat (Thu 5th Dec – Thu 2nd Jan 2025) = Cancellation charge of 25% of **the ticket price.**

120-101 days prior to the first day of the retreat (Fri 3rd Jan – Wed 22nd Jan 2025) = Cancellation charge of 50% of the ticket price.

100-81 days prior to the first day of the retreat (Thu 23rd Jan – Tue 11th Feb 2025) = Cancellation charge of 75% of the ticket price.

80-0 days prior to the first day of the retreat (Wed 12th Feb – Sat 3 May 2025) = Cancellation charge of 100% of the ticket price (no refund).

We strongly recommend that all retreat attendees book adequate travel insurance cover as soon as possible after securing their ticket.

CLICK HERE TO SECURE YOUR TICKET

We can't wait to spend a week with you in Santorini!



For more information on everything ACE has to offer, please head to our website:

www.advancedclinicaled.com

